

TEAM HANDBOOK



RIVER CITY WRESTLING | 2011-2012

OUR MISSION

River City Wrestling is designed to promote the sport of wrestling. Wrestling is the world's oldest and greatest sport. The discipline, balance and skills that are taught in the sport of wrestling will strengthen your body, mind and soul.

Our goal is to provide our athletes with a safe, healthy and enjoyable environment in which to compete; without fear of abuse, either physical or verbal from anyone, be it opponent, official, coach or spectator. We strive to bring glory to God through the sport of wrestling.

OUR HISTORY

The River City Wrestling Club Freestyle Program was established in 1995 by Jim Kraeszig to promote the sport of wrestling in the Louisville Metropolitan area. The Freestyle Club (now known as the Spring Program) is open to any athlete, K - 12th grade who wishes to start or improve their skills in the sport of wrestling. The River City Wrestling Club has grown to be one of the largest wrestling clubs in the state of Kentucky.

In 2005 Efren Quirino created the River City Folkstyle Program for wrestlers from 2nd through 8th grades. In the first season of Folkstyle wrestling, River City had more than 30 wrestlers representing 14 area schools. The Folkstyle club has maintained an enrollment of 60+ wrestlers each year. In the 2010-2011 season, the Middle School team was District Champions, Regional Champions, 6th at State Duals and 3rd in the State Championships. The Youth team was 2nd at Regional and 7th at the Youth State Championships. The program is proud to have multiple State Placers and State Champions at both the Middle School and Youth level.

RIVER CITY GOALS

Overall Program Goals

- To encourage the overall discipline of all participants.
- To practice the ideals of sportsmanship and citizenship.
- To improve the leadership of all wrestlers.
- To maintain a consistent, disciplined work ethic in practice.
- To improve the skill level of all wrestlers.
- To promote the sport of wrestling and promote a life-long love of the sport.

Middle School Team Goals:

- To fill all weight classes.
- To place in the top 2 at all tournaments.
- To be District Champions.
- To be Regional Champions.
- To have 11 or more State Qualifiers.
- To place in the top 3 at State Duals.
- To place in the top 2 as a team at the State Tournament.

Youth Team Goals:

- To support wrestlers to strive for excellence on and off of the mat.
- To learn and practice the ideals of sportsmanship.
- To learn fundamental skills of wrestling needed for long term success in the sport.
- To foster a love of the sport of wrestling.

EXPECTATIONS

Every wrestler should expect to work hard and commit themselves to being the best, not only on the wrestling mat but in the classroom and the community. River City Wrestlers are expected to maintain high standards in sportsmanship, citizenship and respect for persons and property. They are expected to have good manners, a positive attitude and an excellent work ethic.

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SCHOOL

River City Wrestlers are expected to go to class daily, pay attention, work hard, and respect their teachers. They should set good examples for the rest of the student body when it comes to manners, respect for persons and property and all school rules and regulations.

ELIGIBILITY

A wrestler shall be eligible to represent River City Wrestling if he meets the following criteria:

- He must represent his team and school ideals in student conduct.
- Passing all courses according to your school district standards. It is the parents' responsibility to notify the head coach of any failing grades or academic concerns.
- If a wrestler is not passing a subject he is ineligible for three weeks; at the end of the three weeks if he is still not passing he is still ineligible for the remainder of the grading period.
- Wrestlers' appearance will consistent with the ideals of our team goals. (natural hair color, no piercings, or tattoos)
- Wrestlers will maintain a practice attendance rate of 80% or better.

Problems in any of these areas may result in:

- Extra conditioning after practice
- Loss of challenge privileges
- Suspension
- Expulsion

PRACTICE

Know the practice schedule and keep up to date by checking emails and the River City Wrestling website (www.rivercitywrestling.org). Every time a River City Wrestler comes to practice, he is expected to work hard, focus on getting better and put 100% into every practice session. Your teammates count on you to be at practice, work hard and make yourself better. The more you improve, the more your teammates will improve. All wrestlers are expected to attend a minimum of 80% of all practices. Failure to do so may result in dismissal from the team for the remainder of the season. **Green Team-** out of 37 scheduled practices, a wrestler is allowed to miss 8. **Gold Team-** out of 57 scheduled practices, a wrestler is allowed to miss 12. When a wrestler missed the determined number of practices, parents will need to meet with Coach Quirino and/or Coach Ohlmann to discuss continued enrollment in the program. Please communicate any concerns about attendance with Coach Quirino as soon as possible so that we may avoid this consequence.

COMPETITION

Competition schedules will vary for every athlete. The primary goal of a wrestler should be to learn the sport and be the best that they can be. When a wrestler is ready to compete, we will put wrestlers on the mat that think and believe that they can win. A River City Wrestler is expected to give 100% every time he steps out on the mat. He should be ready both mentally and physically. He should wrestle aggressively, yet within the realm of good sportsmanship and should never question a call by an official. Watch and support all team members when they compete.

COACHES

- Must have good communication with other coaches, wrestlers, and parents.
- Must be consistent with disciplinary action and encouragement with all wrestlers.
- Must be up to date on current wrestling skills, strategy, nutrition and weight training.
- Must be familiar with all KSWA and USA Wrestling policies as they relate to the wrestling program.
- Must have organized, intense practices so each wrestler can achieve to the best of their ability.
- Must set a good example for wrestlers by refraining from over-aggressive behaviors such as excessive yelling, belittling or berating of wrestlers, referees, parents or other coaches.
- Must maintain positive interactions with wrestlers remembering that we are leaders, role models and mentors.

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WRESTLER

- Must be coachable (willing to listen, learn and give their best effort).
- Must be totally committed during the season to the team and the sport of wrestling.
- Must work to achieve great physical condition.
- Must diet correctly and be in the correct weight class.
- Must maintain the ideals of sportsmanship and citizenship at all times.
- Must work hard in the classroom.

ATTENDANCE

It is your responsibility to know the practice schedule, to attend and be on time. If you have a legitimate reason for being absent or late, notify a coach in advance at (502) 627-0789 & email: CoachQ@rivercitywrestling.org.

- Practice begins at 6 P.M. daily unless notified otherwise.
- All Wrestlers will wear athletic shorts, t-shirt and wrestling shoes for practice (bring a water bottle, running shoes, sweatshirt and change of clothes)
- No jewelry will be worn during practice (i.e. watches, wrist bands or necklaces).
- Excessive talking and horseplay will not be tolerated.
- Be prepared to work hard every day.

TEAM DESIGNATION

Coaches will decide which team, nights of practice and practice times will be appropriate for each wrestler. The team will be divided into two main groups: the Green Team (more focused on learning and developing within the sport) and the Gold Team (more experienced, competition oriented). Determining the weekly starting line-ups will be based on the following:

- Practice Attendance
- Work Ethic
- Attitude
- Citizenship
- Wrestle-Off Matches

WRESTLE-OFF

If a wrestler has satisfied the requirements listed above, he may challenge according to the challenge schedule. Match times for all Middle School Team Challenge Matches are 1:30, 1:30, 1:30 (overtime will follow KSWA guidelines). There may be instances in which a wrestler may have more than one challenge match a day, but every effort will be made to ensure fairness within each weight class. Wrestlers may, upon approval from the Head Coach, challenge for more than one weight class. The winner of the first challenge match will compete that weekend. Wrestlers must meet the following weight allowances at the time of a challenge match: 70-96lbs must be within 2 lbs; 103-Hwt must be within 3 lbs. These challenges are a privilege, not a right.

EQUIPMENT

You assume full responsibility for all equipment checked out to you. If equipment is lost damaged or not returned, your security deposit will be withheld.

Competition singlets are checked out to you before your first competition. If there is a lineup change, the two wrestlers involved will make the switch if necessary. All equipment must be turned in at the end of the season.

You are responsible for providing your own headgear, wrestling shoes and mouthpiece (if you have braces). See Coach Quirino or our team mom, Mrs. Miles, if you need guidance in purchasing of equipment.

Due to the nature of the sport, it is very important to wash practice gear daily and shower immediately following practice or competition.

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TOURNAMENTS

- Show up to competitions on time and on weight.
- Make sure you have all equipment, uniform, headgear and nail clippers in wrestling bag.
- Follow the proper weigh-in procedure.
- Sit together as a team in the bleachers.
- Warm-up as a team.
- Listen for your matches being called.
- Cheer positively for our team; do not make comments about other teams.
- Shake coaches' hands before and after matches.
- Talk briefly with one of the coaches after your match.
- Stay in uniform unless you have been eliminated or you have permission to change.
- Be in full uniform when receiving awards.
- Pick up all trash around our team area at the conclusion of the tournament.
- If you earn an award you will be expected to show up for the award ceremony in team uniform.
- If we host a tournament, all wrestlers and their families are expected to help run the tournament (set up, run and clean up at the end of the tournament).

TRAINING GUIDELINES

To ensure maximum performance, please follow the suggestions below:

- Be asleep by 10:00 PM on weeknights and nights before a match.
- Eat smart. Stay away from junk food with no caloric value. Eat more fruits, vegetables and foods high in carbohydrates.
- Drink plenty of water
- Run, do push-ups, pull-ups and sit-ups on your own.
- Use visualization as a tool to help you be successful.

ACCEPTANCE

I have read and understand the team handbook, including all policies and procedures. I agree to abide by all rules, regulations and consequences contained herein.

Wrestler Name (Printed) →		Parent Name (Printed) →	
Wrestler Signature (Below) ↓		Parent Signature (Below) ↓	
Date:		Date:	

A signed copy of this form must be on file in order to compete in the wrestling program.

