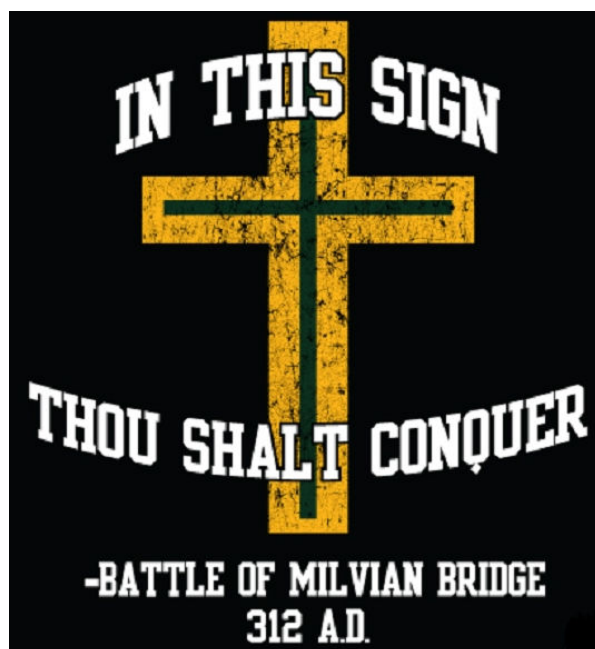


2009-2010 TEAM HANDBOOK



Mission

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

We are in agreement that it is our goal 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.

www.rivercitywrestling.org

History

The River City Wrestling Club Freestyle Program was established in 1995 to encourage the sport of wrestling in the Louisville Metropolitan area. The Freestyle Club 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 will be starting its 14th season in Spring 2009 and is the largest wrestling club in the state of Kentucky. Over 150 athletes belong to the club and interest is growing immensely.

In 2005 River City Wrestling expanded to offer a Folkstyle wrestling club to wrestlers from 2nd through 8th grades. In the first season of Folkstyle wrestling, River City had more than 30 wrestlers representing 14 area schools. We were proud to recognize (2) Middle School State Champions, (1) Elementary State Champion, (1) Elementary State Runner-Up and a total of (4) Middle School State Qualifiers in our first season.

In our second season, our Middle School team was chosen to receive the team sportsmanship award for our region. At the Elementary State Championships in 2006, we had (1) State Champion, (4) Runners-up, (2) 3rd placers and (1) 4th placer as well as finishing 6th as a team. In 2007, we had 6 Middle School State Qualifiers, (1) Runner-up, (1) 4th place. Our elementary team won the Regional Title and took 15 to the State tournament. 12 of the 15 placed in the top 4. In the 2008 – 2009 season our Middle School team won the Region 2 Tournament and placed 10th at the State Championships. We also had one State Champion and one 5th place finish. The Elementary Program was 2nd in the Region and 5th at the State Championships.

Overall Program Goals

1. To encourage the overall academic achievement of all wrestlers.
2. A Commitment to Excellence (practice the ideals of sportsmanship and citizenship)
3. To improve the leadership of all wrestlers.
4. To maintain a consistent, disciplined and work ethic in practice.
5. To improve the skill level of all wrestlers.

Middle School Team Goals:

1. To have all weight classes filled.
2. To place at all tournaments.
3. To win the District Championships.
4. To repeat as Regional Champions.
5. To have 10 or more State Qualifiers.
6. To place in the top 3 as a team at the State Tournament.

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.

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.

Practice

Know the practice schedule, keep up to date by checking emails and the 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.

Competition

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.

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 will have their natural hair color during the season.

Problems in any of these areas may result in:

Extra conditioning after practice

Loss of challenge privileges

Suspension

Expulsion

Coach and Wrestler Expectations

Coaches

1. Must have good communication with other coaches, wrestlers, and parents.
2. Must be consistent with disciplinary action and encouragement.
3. Must be up to date on current wrestling skills, strategy, nutrition and weight training.
4. Must be familiar with all KSWA and USA Wrestling policies as they relate to the wrestling program.
5. Must have organized, intense practices so each wrestler can achieve to the best of his ability.
6. Must set a good example for others.

Wrestler

1. Must be coachable (willing to listen, learn and try).
2. Must be totally committed during the season.
3. Must work to achieve great physical condition.
4. Must diet correctly and be in the correct weight class.
5. Must maintain the ideals of sportsmanship and citizenship at all times.
6. Must work hard in the classroom.

Practice Rules

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.

Coach Quirino's cell number is 500-4012 and email is CoachQ@insightbb.com

*Practice begins at 5:45 P.M. daily unless notified otherwise.

*All Wrestlers will wear Shorts, Shirt and Wrestling shoes for practice (bring 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

Determining the weekly starting line-ups will be based on the following:

*Practice Attendance *Work Ethic *Attitude *Citizenship *Challenge Matches

Wrestle-Off

If a wrestler has satisfied the requirements listed above, he may challenge according to the challenge schedule. Match times for all challenges are 1-1-1. 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, except for the final wrestle-off (which will be the best 2 out of 3 matches). 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**

Challenges are a Privilege, Not a Right

Equipment Information

- *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 at the beginning of the season. If there is a line up change, the two wrestlers involved will make the switch if necessary. All equipment must be turned in at the end of the season.
- *Due to the nature of the sport, it is very important to wash practice gear daily and shower immediately following practice or competition.

Tournament Information

- *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.

Dual Meet Information

Pre-Dual

- *Be at weigh-ins on time and on weight
- * Make sure you have all equipment.
- *Be prepared for weigh-ins; hair cut and fingernails clipped.
- *Warm-up as a team. Captains run warm-up.
- *Stand together for the National Anthem and Introductions.
- *The 70 pound wrestler should be warmed up and ready to wrestle. The 75 and 82 pound wrestler should be warming up.

During the Dual

- *When the 70 pound match is finished the 89 pound wrestler should be warming up.
- *Pay attention to the match in progress and only say words of encouragement.
- *Let the coaches' coach.
- *At the conclusion of each match, all wrestlers will get out of their chairs and meet our wrestler as he is coming off of the mat.
- *The wrestler who just finished will find his coach shake hands, and talk briefly about the match.
- *At the conclusion of the dual, all wrestlers will form a line, shake hands with the opposing team, and meet with the coaches to discuss the meet.
- *If it is a home dual, all wrestlers will help clean up.

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 fatty junk food with no caloric value. Eat more fruits, vegetables and foods high in carbohydrates.
- *Drink plenty of water
- *Run, do push-ups and sit-ups on your own.
- *Use visualization as a tool to help you be successful.

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 Signature _____

Parent Signature _____

Date _____

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