

Bainbridge Wrestling Team

Handbook & Philosophy

It is the goal of Bainbridge High School Wrestling to develop student athletes that represent their community school, team, and themselves through the pursuit of high standards and the refinement of good character.

The Student Athlete:

We strive to apply to the classroom the hard work, determination and attitude gained from sport. As wrestlers we integrate the lessons that the sport gives including, working through adversity, overcoming obstacles and facing challenges so that we will be successful at anything we pursue. "Whether you believe you can or believe you can't, your probably right" (Henry Ford).

High Standards:

We push to improve ourselves every day in everything we do. We seek the the best competition, the best workout partner, the best technique. We are tenacious in our effort to reach perfection. We set the standard for what others wish they were because we are not afraid of the challenge to go beyond what others expect. "One should not pursue goals that are easily achieved. One must develop an instinct for what one can barely achieve through one's greatest efforts." (Albert Einstein).

Good Character:

Everything we do reveals who we are. Upright character is a sacrifice, it takes guts and the ability to choose for ourselves. "You can judge the character of a man by what he does when he thinks he won't get caught".

Expectations

Respect:

Coaches:

Respecting coaches includes listening to and following instructions from the coaches. Your coaches deserve your respect because they have sacrificed many things for your benefit. They paid the price before you, serving countless hours to the sport through competing and coaching. Most of all they care for you and want you to be successful.

Teammates:

Respecting teammates means that I work to help those on my team get better. It also means that I give every teammate encouragement, honor and consideration. Your teammates deserve your respect because they are working by your side doing everything that you are. Teammates who know that they are respected will wrestle better and that performance benefits everyone on the team, both in the practice room and in competition.

Opponents:

Respecting opponents means that I give my best every time I step on the mat. It also means that I handle myself with dignity in victory or defeat. Your opponent deserves your respect because he is working hard like you and remember that many under respected opponents have shocked those that have thought too highly of themselves.

Self:

Respecting ones self means that I take care of my mind and body through the proper nutrition, hygiene and avoiding anything that could be harmful to me or detrimental to my performance. There are many times in life when you are the only one that you can rely on, wrestling is a great sport for learning about this. People that don't respect themselves often find that failure is waiting for them in times of adversity.

Responsibility:

Academic expectations:

1. Wrestlers are expected to put their best effort toward academic success.
2. Wrestlers are expected to meet and exceed the expectations of the BHS athletic code.
3. **Wrestlers who have more than 3 missing assignments will not compete until they have 3 or less.**

Practice expectations:

1. Wrestlers are expected to be at every practice.
 - a. Any missed practice is a bonus set of ladder sprints.
 - b. A wrestler may not wrestle in a match or tournament until the sprints he owes are completed.
 - c. If a wrestler is injured he is still required to be at practice or rehabbing the injury.
2. Wrestlers are expected to be on time to practice and stay to the end (practice is from 3:15-5:45)
 - a. Being late to practice earns you 50 push ups and 100 sit ups.
 - d. Penalties will be done outside of practice time.
3. The expectations above also apply to holiday practices. During the holiday practices wrestlers will be accountable for each others' attendance and whereabouts.
4. Wrestlers will bring all of their wrestling gear to practice and will have clean clothing every day .
5. Wrestlers will shower immediately after every practice.
6. Wrestlers will wear their headgear whenever they are in contact with another wrestler.

Match and Tournament expectations:

1. Wrestlers are expected to come to every match and tournament, and to be there on time.
(Missed matches are a set of ladder sprints.)
2. Wrestlers will stay the duration of matches and tournaments. The team will make every effort to stay at a tournament until its completion.(During home meets, everyone stays to help clean up).
3. We travel together as a team. People who are not part of the team need to make their own arrangements to get to or from events.
4. During matches and tournaments:
 - a. Wrestlers will sit together
 - Varsity will stay dressed in uniform and on the bench for the duration of matches.
 - JV may sit together in the stands.
 - b. Wrestlers will begin warming up for their match at least 2 weight classes before their match.
 - c. Wrestlers do not yell instructions, but may yell support.

What wrestlers can expect from their coaches

1. Wrestlers can expect to be treated with respect by your coaches.
2. Wrestlers can expect to see coaches giving their best.
3. Wrestlers can expect that coaches will hold one another accountable to maintaining a high standard.
4. Wrestlers can expect that coaches will be fair and consistent in individual and team affairs.

Earning a Varsity Letter

Requirements

Bainbridge High School will issue one letter per student, per athletic career, which is only to be worn on an official letter jacket. Each additional time a wrestler letters, he will receive a certificate. All wrestlers must follow scholastic, citizenship, and training rules set forth by Bainbridge High School and the wrestling program.

A varsity letter will be awarded to any wrestler who meets one of the qualifications outlined below and finishes the year in good standing with the coaches, team, athletic director, and the school administration.

In order to receive your letter you must finish the season up to and including the last practice prior to Regional competition. In addition, it is a good team member who wants to come to practice the last week regardless of qualified status to make his teammates better.

1. 75 POINTS NEEDED TO LETTER (30 OF THE 75 MUST BE VARSITY POINTS)

A. WRESTLE IN A VARSITY MATCH 2 POINTS

B. VARSITY VICTORY BY DECISION 3 POINTS

C. VARSITY VICTORY BY PIN 6 POINTS

D. VARSITY VICTORY BY MAJOR DECISION 4 POINTS

E. VARSITY VICTORY BY TECHNICAL FALL 5 POINTS

F. MAKE WEIGHT FOR COMPETITION 1 POINT

G. PERFECT PRACTICE ATTENDANCE 10 POINTS

H. ATENDANCE AT ALL HOLIDAY PRACTICES 10 POINTS

I. PRACTICE THROUGH REGIONALS 10 POINTS

J. QUALIFY FOR REGIONALS 10 POINTS

K. JUNIOR VARSITY VICTORY 1 POINT

L. JUNIOR VARSITY WIN BY PIN OR TECH FALL 2 POINTS\

M. WRESTLE MORE THAN HALF OF YOUR MATCHES ON VARSITY 10 POINTS

2. A Senior wrestler who has been a member of the program for 4 seasons and has not met varsity letter qualifications but has been a positive contributor to the team.

3. Due to injury, illness, or other circumstances, an athlete who in the coach's estimation would have lettered may receive a letter.

Bainbridge Wrestling Team Agreement

I _____ guarantee that I have read the Bainbridge Wrestling Team Handbook and Philosophy. I agree to abide by this handbook and to support the coaches and my teammates in upholding this agreement

Wrestler: _____ Date: _____

Parent: _____ Date: _____