

LEE Volunteer Wrestling

To: LEE wrestlers and their families

From: Head wrestling coach, Jody Odom, and Assistant wrestling coach Mario Sosa.

Subject: Policies and procedures for the 2020-2021 season.

The purpose of the information in this handbook is to acquaint both new and returning wrestlers and their families with the program and expectations for this year.

Contents of this handbook:

- Vision and Mission statement for the program
- Team membership requirements
- Clothing, equipment, and hygiene
- Weight management and wrestle offs
- Competition expectations for wrestlers and parents
- Lettering requirements and Leadership council information
- Grievance and communication procedures
- Competition schedule
- Acknowledgement and acceptance page

LEE Volunteer Wrestling

Vision

Develop mentally tough, disciplined, confident, and competitive wrestlers that are fully equipped to reach their full potential both athletically and personally with integrity, tenacity, and personal accountability.

Mission “Win the Battle”

LEE High School Wrestling offers a unique opportunity for student-athletes to participate and excel in the exceptional sport of wrestling. The LEE Wrestling program is committed to providing student-athletes the tools and opportunities to develop an exceptional lifestyle by:

Developing the core values of humility, accountability, self-respect, self-confidence, leadership, discipline, sportsmanship, integrity, and a growth mindset.

Fostering team loyalty, spirit, and pride. – Volunteer Wrestlers sweat together, battle together, win together, and grow together.

Encouraging student-athletes to participate in multiple sports competing in as many athletic arenas as possible.

Complying with the rules and policies of the NFHS, UIL, Northeast ISD, and LEE High School.

LEE Volunteer Wrestling

Team Membership Requirements

Attitude

All wrestlers are to bring a positive, ready to work and learn attitude to every practice. A growth-oriented mindset is essential to progress quickly and grow as a competitive athlete.

Attendance

All wrestlers attend **every** practice in its entirety with a positive and hard-working attitude. In the event a wrestler's effort or attitude becomes detrimental to the team or to the individual wrestler, that wrestler may be excused from practice. Excusal from practice will count as an incomplete practice. In the event of an unavoidable absence, parent or athlete must communicate with the head coach. Failure to complete two or more practices will result in loss of competition privilege for the week. This is not punishment, but loss of practice time reduces competitive readiness and increased risk for injury.

Academics

All wrestlers must maintain academic eligibility by earning a grade average of "70" or higher in all classes at the end of **each nine-week period, semester averages do not count.**

Loss of eligibility results in the wrestler being academically suspended from practice to provide extra time, energy, and focus for academic readiness. The wrestler must be passing all academic classes at the three-week grade check to regain eligibility and practice status with the team.

Failure to regain eligibility at the first three-week grade check will result in the athlete remaining on academic suspension from practice until the six-week grade check.

If at the six-week grade check a wrestler is not passing **all** academic classes, that wrestler will be dismissed from the team for the remainder of the year to focus on academics.

Conduct

All wrestlers must assure that their conduct, both on and off the mat, comply with the high standards expected of all LEE athletes.

LEE Volunteer Wrestling

Clothing, equipment, and hygiene

Clothing

Every athlete will attend practice prepared. Workout clothes must be clean at the beginning of every practice. The week of the first competition, all wrestlers that are eligible to compete will be issued a LEE wrestling t-shirt and LEE wrestling shorts to be worn at competitions and can be worn at practice from that point forward.

What is “practice appropriate” attire?

- Gray, or red crew neck shirt, with sleeves (no sleeveless shirts), and snug fitting
- Red, gray, or black shorts or leggings **without** pockets
- Wrestling shoes
 - Purchased by wrestler
- Head gear
 - Issued by school
- Mouthpiece that covers top and bottom teeth for any athlete that has braces

Coaches reserve the right to determine the appropriateness of practice clothing.

Health

Athletes must be in good cardiovascular condition and physically ready to perform the movements and skills demonstrated during practice. Coaches may choose to hold individuals out of practice for any health-related issues that may be harmful to the individual or others. Individuals with an active skin disorder will not practice until a medical doctor clears them AND the training staff approves of medical documentation. Those who cannot participate, attend practice. If there is anything in question, it is the athlete’s responsibility to notify the coaching staff. Skin checks will take place periodically throughout the season. Individuals with skin infections must have a completed Medical Release Form before on-the-mat participation resumes. Athletes with concussions must follow mandatory protocol before they can participate at all. Athletes who are unable to practice due to injury or any other non-illness related diagnosis attend practice.

Safety Procedures

In wrestling, as with all sports, injury is an inherent risk. Athletes should be aware of this risk. Skin infections are a common problem in the sport of wrestling. We must all do our part to keep skin infections to a minimum. Athletes should report any signs of possible infection to the coaching staff immediately. Athletes are not trainers. Do not self-diagnose injuries or infections. If you believe you are injured, sick, or have a skin infection, check in with the coaches and we will send you to the trainer.

Unless you have a communicable disease, you will be at every practice.

Hygiene

All athletes will shower after practice before going home. The wrestler is responsible for hygiene items and is encouraged to provide their own towels. Clean towels will be available from the coaching staff.

LEE Volunteer Wrestling

Weight Management

Proper nutrition is essential to achieve peak performance levels and lead an exceptional lifestyle. Athletes will compete at his/her designated weight class at each competition and may not compete in a contest if he/she does not make weight. Coaches will closely monitor the weight of each athlete. As a wrestler progresses, discussions may occur regarding moving up or down a weight class to put the wrestler in the best competitive position; however, the ultimate decision remains with the athlete **and** his/her parents/guardians. All weight management efforts will follow the weight loss plan provided through Trackwrestling.com and enforced by UIL.

Wrestle-offs

The coaching staff will determine the line-up for each contest by using wrestle offs, when applicable. There will be opportunities for athletes to challenge others and to “wrestle-off” for a spot. However, wrestle-offs are NOT the single determining factor for the starting line-up, varsity participation, or any other position available on the wrestling team. Coaches will consider practice attendance, practice performance, behavior, character, individual match-up, team needs, and personal development when determining positions in the lineup. Being a member of the varsity starting line-up is a privilege, not a right. The team will receive a final date for varsity challenge matches by the coaching staff.

Boys Weight classes: 106, 113, 120, 125, 132, 138, 145, 152, 165, 170, 182, 195, 220, and 285

Girls Weight classes: 95, 102, 110, 119, 128, 138, 148, 165, 185, 215

LEE Volunteer Wrestling

Competitions

When competing, either in town or out of town, all wrestlers, coaches, and parents will represent the wrestling program and school district with class and integrity. Athletes must travel with the team to events (exceptions occur on a case-by-case basis) and may ride home with his/her parent(s) once the **team as a whole** has completed the competition. The parent must notify either the head coach or assistant coach ahead of time via email, phone, or hand-written and signed (by parent) note. In the event of an unexpected need, the parent must notify the head coach or assistant coach in person that the athlete is leaving early. **Only** parents/guardians (not aunts, uncles, cousins, brothers/sister, etc.) will be allowed to take athletes from competition without prior communication with the head coach. Leaving a competition early for any reason will result in loss of competition eligibility for the next competition. When competitions are hosted at LEE High School, **all** wrestlers will be present and help with set up, operation, and cleanup of the event.

Parent expectations

Parents' role at competitions is to support LEE athletes in positive and encouraging ways. Parents are encouraged to attend all events and support their wrestler and the team, in a positive and encouraging fashion. All coaching will come from the coach's corner of the mat, wrestling a tough opponent is difficult enough without trying to choose which advice is best.

At no time should a parent enter a dispute with another coach, athlete, or official nor should they use derogatory, offensive, or vulgar language toward the athlete or coach(s).

-Failure to meet this expectation can result in:

-Dismissal from the event

-Repeat offenses will result in inability to attend school related events.

LEE Volunteer Wrestling

Lettering Requirements

1. Any senior who has been in good standing for 4 years and contributes to the team for 4 entire seasons.
2. Any freshman, sophomore, junior or senior who competes in five or more varsity events, wins two or more varsity matches, or competes at the varsity district tournament.
3. At the coaching staff's discretion, a wrestler who had an injury/hardship preventing him/her from the above criteria or has made a significant unquantifiable contribution that the coaches believe deserves a varsity letter.

**Varsity Letters awarded only to athletes who finish the season in good standing.*

Team Captains

Appointment

Coaches will select team captains for each of the wrestling teams, varsity boys, varsity girls, and junior varsity boys. Being a team captain is not an award but a responsibility that is bestowed upon individuals that exhibit a devotion to their own individual growth and team growth through their actions in practice, the classroom, competitions, and their personal time.

Responsibilities

Monitor and maintain the entire teams' credibility and morale. Team captains must help the coaches monitor wrestlers during practice, tournaments, duals, school, and outside of school activities. Lead the team during practice and pre-match warm-ups and represent the team during a coin toss at duals. Other duties of leaders are to help organize dual and tournament setup and clean up.

Lead from the front

Lead from the front means "lead by doing". Effective leaders do not ask anyone to do anything that they would not do themselves. Be on time! Work hard! Be a good sport! All members of the LEE wrestling team are representatives of our school and our sport. Do what you are supposed to be doing when you are supposed to be doing it. As a student athlete, you have put yourself in an exceptional group; perform exceptionally in class, practice, competition, and life. Make sure you and your teammates are taking care of both.

LEE Volunteer Wrestling

Grievances

Step 1: Wrestler speaks to the head coach before or after practice.

Step 2: Schedule a conference between the parents, wrestler, and head coach to address the concern.

Step 3: Schedule a conference between the parents, wrestler, head coach, and athletic coordinator to resolve the grievance.

Areas that are NOT appropriate for parents to discuss with coaches: individual wrestling time, team strategy, the make-up of the team and the decisions as to who participates in competitions, other members of the team, other parents, and other coaches. The purpose of this process to address a grievance is to help student-athletes take responsibility for their lives and learn to communicate with authority in a respectful and professional manner. Please support our coaching efforts and encourage your wrestler to bring any grievances directly to us first before getting involved, this will improve the wrestler's confidence and self-advocacy skills.

Communication

Top two methods of communication:

1.) Remind 101: text @volwrest to 81010

-You will receive messages from me and can send messages to me through this system.

2.) Email: jodom@neisd.net

Other methods:

Office number: 210 356-0838

Coach Odom Cell: 940 531-0369

-use only in emergencies and during reasonable hours