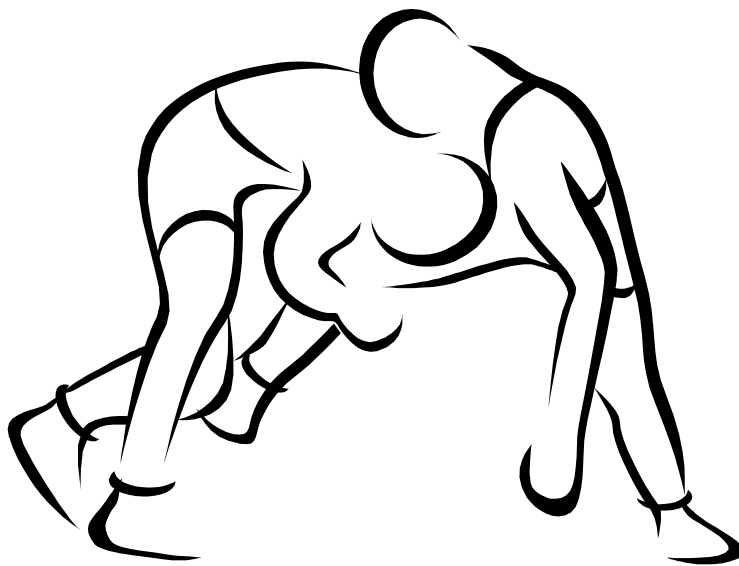


# MIDDLETON CARDINAL WRESTLING

<http://www.mcpasd.k12.wi.us/mhs/athletics/wrestling.cfm>

*2007-2008 Season*



## Team Handbook

Head Wrestling Coaches: Kent Weiler, John Bremmer  
Assistant Wrestling Coaches: Aaron Bock, Luke Francois  
Volunteer Wrestling Coaches: Drew Sloan, Matt Bright, Mike Makris

Hello, and welcome to the 2007-08 wrestling season. We would like to take this time to share with parents and athlete's important information about the upcoming wrestling season. We are excited to begin and looking forward to another successful year of Middleton Wrestling.

Please call if you have questions!

Kent Weiler	469-5640 (cell)	
John Bremmer	445-3440 (cell)	
Aaron Bock	279-4663 (cell)	798-4663 (home)
Luke Francois	829-9913 (school)	831-0428 (home)

### ***IMPORTANT DATES***

**FIRST DAY OF PRACTICE** – MONDAY, NOVEMBER 12, 3:30-5:30 PM

Before an athlete can practice, they must have turned in the following information to the athletic office:

1. Physical Card or Alternate Year Card
2. Parent Permission Form
3. Emergency Contact Card (to coach)

Athletes should bring the following to practice daily:

- Clean shorts
- Clean T-Shirt
- Towel
- Soap (Dial or anti-bacterial soap is best)
- Shampoo

**MANDATORY PARENT INFORMATION NIGHT** - THURSDAY, NOVEMBER 15

- Parents welcome to the wrestling room after 5:00 PM
- Wrestling Practice Concludes by 5:30 PM
- Mandatory parent meeting begins at 6:00 PM in the MHS courtyard
- Meeting will conclude at 7:00 PM

The coaching staff will distribute parent information in the library describing a complete overview of the wrestling program. Question and answer period will be available at the end of the meeting.

**Scrimmage at Middleton** - Wednesday, November 22, 2006, 3:30pm

Every wrestler will wrestle a minimum of two matches against teams from Hartland Arrowhead, Stoughton, and Whitewater.

Team Pictures – Monday, Nov. 19 at practice.

First Home Dual is PARENT’S NIGHT – Tuesday, December 4 with Lodi.

- JV wrestles at 6:30 PM
- Varsity wrestles at 7:30 PM
- Meet other wrestling parents! More information will follow.

Middle School Wrestling– Saturday, December 9 @ Kromrey, 8:00am

MHS hosts this event to raise funds and allow our middle school wrestlers to have the ability to compete in front of family and friends. **All MHS wrestlers are required to be in attendance to help set up/run/tear down the middle school tournament.**

Middleton JV Wrestling Tournament – Saturday, January 12, 8:00am

MHS hosts a tournament for the Junior Varsity Team to raise funds and give the JV a chance to compete in front of family and friends. Help (parents included) will be needed with set-up, serving as matside table workers, concessions, hospitality room, and clean up. **All varsity wrestlers are required to be in attendance and assist with running the JV tournament.**

Conference Wrestling Tournament – Friday, Feb 1, 4:30pm

MHS hosts a tournament for the Big 8 conference to raise funds and support our future MHS wrestlers. This tournament is the opportunity for us to claim the conference championship trophy at home. **All JV wrestlers are required to be in attendance and assist with running the Conference tournament.**

You have the privilege and responsibility of maintaining a long tradition of excellence. You will be expected to meet high standards in athletic and academic pursuits as well as general conduct. Our team goals this year will include:

1. This is a drug/tobacco/alcohol free team and each member is dedicated and committed against drug, tobacco, and alcohol use.
2. Wrestlers will be dedicated in their schoolwork and we will lose no one from competition due to athletic ineligibility.
3. We will continue to set a positive example of good sportsmanship and strive to conduct our personal behavior in competition with class and dignity.
4. Go undefeated in our conference duals.
5. Win the Conference Tournament as well as our other varsity tournaments and we will ‘place’ every wrestler we enter.
6. Have our team represented in the state tournament by state qualifiers.
7. Win the state championship for our school.

You, with the help of your coaches, should establish high, but realistic goals for yourself. These goals must relate to where you want to be at the end of the season, but more importantly, what your goals are for each match you wrestle. The keys to success in

wrestling are easy: dedicated stewardship of your body and keeping it healthy, knowing proper wrestling technique and having the strength to execute the technique, and having the aggressiveness, competitiveness and desire to defeat your opponent.

Our 'Philosophy of Competition' is:

1. We will be better conditioned than anyone we meet.
2. We are best on our feet – always working for the takedown.
3. We will force our opponents to make mistakes or stall with our aggressiveness and pressure.
4. We will pin to win dual meets – it counts twice as much.
5. No one can keep you down on the mat.
6. Never surrender, no matter whom you're wrestling or what the score is.

### **General Conduct**

The Cardinal wrestler must remember that he and his actions are representing not only himself, but also the entire program and every other individual in our program. You will be expected to meet quality standards in your conduct on and off the mat so that your representation of our wrestling program is not only a credit to yourself, but to your family and all the members of our wrestling team.

### **Team Guidelines**

1. Skin Fold & Hydration Test – November 16 & 18  
The WIAA requires each wrestler to have established a minimum weight class at which he can safely wrestle before being able to compete. To determine the wrestler's minimum weight, our school athletic trainer will conduct a series of skin fold measurements. The skin fold measurement entails three caliper pinches of skin taken from the areas of the triceps, stomach, and the middle back under the shoulder blade. For measurements to be accurate, athletes must be well hydrated. The athletic trainer conducts a hydration test before they take skin measurements to validate that the athlete has enough water in his system. The athletic trainer does all skin fold testing at MHS during practice, costs nothing, and ensures that your athlete does not wrestle at a weight class in which the wrestler's body fat content is below 7% of his total body weight. If you have any questions or concerns, please contact us.

Weight Classes: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285.

2. Training Rules – athletics are valueless unless you are able to discipline yourself and learn the lesson of hard work and dedication in attaining goals. Drinking alcohol, using other drugs, or smoking causes the opposite result of the character you should be trying to develop, and it damages your physical endurance, stamina, and mental judgment. You need self-discipline, the ability to handle pressure, and top-notch physical conditioning to be successful.

3. Shoes – you must purchase a pair of wrestling shoes. If you can't afford shoes, please see Coach Weiler/Bremmer as past alumni may have donated shoes to the program in your size.
4. Hair, beard, and fingernails must be trimmed to regulation. Hair color must be your natural hair color.
5. Quitting is a bad habit. Don't start something unless you intend to finish it.
6. Practice starts at 3:30 pm. Be dressed and ready to go in the weight room, wrestling room or the designated area.
7. Due to the possible exposure of contagious communicable diseases, showers are mandatory after every practice and competition. Also, it is expected that all practice and competition clothing will be washed after each use.
8. Injuries – must be reported. Wrestling is a contact sport and all sports carry the risk of injury. Good technique, good coaching, good conditioning, good equipment, and good officiating can lessen the chance of injury. But the possibility is always present. If you develop any skin rash, report it to Coach Weiler/Bremmer immediately. Keep your practice clothes clean. Special rules pertain to communicable skin conditions and they must be monitored closely.
9. You are responsible for clean up and treatment associated with your blood – as in the fairly common instance of bloody noses. To be on the safe side, all blood is to be treated as hazardous medical waste and is to be properly disposed of.
10. Don't take your coach's yelling personally. As long as we yell, you can be sure we care about what you are doing out on the mat. When we stop yelling is when you should start to worry. Don't confuse criticism of your performance with criticism of you personally. Being honest about mistakes and deficiencies is a crucial step in correcting problems. We will try to do this without damaging your dignity. Remember, there is no winning without losing.
11. You will be treated as men. Whining, complaining, and making excuses are signs of weak and immature character and there is no place for those character traits in the wrestling room.
12. You must ride the bus to and from away dual meets. On rare occasion, on our Saturday tournaments, you may be given permission to go home with your parents (only your parents). Your parents must sign a waiver form before you are allowed to leave with them. However, this will be discouraged because we should be trying to build team unity every chance we get - we should arrive and depart from competition as a team. Also, everyone gets on and off the bus together. We will stay until the end of every competition.

13. Please treat our cheerleaders, statisticians and managers with courtesy and respect. They are amongst our biggest supporters and deserving of our gratitude and respect.
14. Weight Control – you must accurately weigh yourself in and out of practice every night. Try and stay at your competitive (specific weight class) weight.
15. Wrestle-offs
  - a. Notice of a challenge must be given to Coach Weiler/Bremmer and the challenged wrestler one day in advance.
  - b. A challenger must be within three pounds of the weight class being contested.
  - c. The coaches reserve the right to change or amend this procedure. The number one consideration will always be what is best for the team as a whole and individual considerations come second. Simply put, to satisfy matters relative to competitiveness and sportsmanship, we want to put the best team we can out on the mat.

16. Awards

- a) Lettering – the minimum standards for lettering are wrestling on varsity at least 4 meets and earning at least 50 team points. Two points will be awarded for each varsity match entered.

Additional points will be awarded as follows:

- |                  |  |       |
|------------------|--|-------|
| Dual Meets:      | Win by Pin, DF, DQ, or Forfeit   | 6 pts |
|                  | Win by Technical Fall  | 5 pts |
|                  | Win by Major Decision  | 4 pts |
|                  | Win by Decision  | 3 pts |
| Tournaments:     | All match, advancement, and placement points will be added to the total.   |       |
| Weight Training: | All supervised lifting sessions before school or during structured school classes will also be factored into total points. |       |

Also, all wrestlers should finish the season as a **team member in good standing** (eligible and not under any disciplinary suspension) to be considered for a letter. Seniors will receive special consideration if they are short in points or matches. Wrestlers with injuries, which prevent them from competing, will be given special consideration if they finish the season in good standing. **Practice attendance is still required for injured wrestlers.** Special consideration is also given to athletes short in points or matches who make extraordinary contributions in a dual meet or tournament when called upon to replace a starter. This is especially true if the wrestler scores team points in the conference or regional tournament.

- b) Other awards –

1. Awards for stat leaders at the end of the season
2. Awards for outstanding wrestlers.
3. Most Improved Wrestler
4. Hustler award
5. Coaches award
6. Scholar Athlete Award
7. Other specific awards as deemed fit by the coaches

#### What is expected of the wrestler?

1. Enthusiastic commitment to do your best in the classroom and on the mat.
2. Be dedicated in the classroom and do your academic work on time.
3. If you have a problem, go find out who can help you solve the problem and then solve it – don't gripe about it.
4. Act like a gentleman at all times. A gentleman's behavior is appropriate to the occasion, is considerate of others, and treats others the way he would like to be treated.
5. Tell the truth. Always be honest with yourself, your teammates, your coaches, your teachers, and your parents. No group can exist successfully where there is a lack of trust and honesty is the bedrock of trust.
6. Take care of your body. With all our amazing scientific advancements, we still haven't come close to developing anything that comes close to your body and how efficiently it functions. You are expected to take care of it with proper nutrition, rest, and habits that build it up, not tear it down.
7. Respect your teammates. Each person is a unique individual with his own set of strengths and weaknesses, likes, and dislikes. A winning team is a group of individuals who are willing to sacrifice themselves individually to unite together in one common goal – to win as a team.
8. You can learn from both your wins and your losses, and how you respond to each is the best learning experience. Neither victory nor defeat is permanent and life is made up of both. In every match, you have a chance to win and a chance to lose, and you must learn to enjoy each contest for its own sake. Develop a healthy attitude toward competition.

#### What you can expect from the coaches...

1. To be treated with respect. Each of you is different. To treat all of you equally would not be right. We will treat each of you FAIRLY and with respect as an individual. True respect is always earned. It is earned through your actions and the character you display.
2. The coaches' decision will always be based on what they think is best for the team. Occasionally, this will conflict with an individual's desires. In that case the individual must learn to willingly sacrifice for the best interests of the team.
3. We will try and let you know exactly where you stand. We will not play mind games with you. It is the athlete's right to know how he is doing at all times.

4. We will provide you with our best teaching. It is our job to prepare the team. It is your job to wrestle. We as coaches will work to improve and update our knowledge of the sport and pass it on to you. Good teaching is good coaching.
5. Wrestlers are entitled to good, safe equipment and good, safe wrestling areas. The prevention of injuries and the prompt proper care of injuries should they occur, are also the coach's responsibility.
6. Coaches are expected to teach you how to compete. To compete means to do all in your power to win within the rules of the contest.
7. The coaches will assist in helping you establish significant, but realistic short term and long-term goals. We will help you recognize your strengths and identify the weaknesses that need improvement so that you can compete to the best of your ability and potential.
8. The coaches will work to develop the capacity of self-motivation in every wrestler. External or outside motivators have their place in sports, but the ability to self-motivate and accomplish goals because YOU want to achieve them is one of our primary goals.

#### Tips for Positive Parenting in Extracurricular Activities...

1. Be positive with your athlete. Let them know you are proud they are part of the team. Focus on the benefits of teamwork and personal discipline.
2. Encourage your athlete to follow all training rules. Help the coaches build commitment to the team. Set a good example in your personal lifestyle.
3. Allow your athlete to progress and perform at a level consistent with their ability. Athletes mature at different ages; some are more gifted than others.
4. Please support the coaching staff when controversial decisions are made.
  - a. The coaches need your backing to keep good morale on the team. This is probably the hardest thing for parents to do – to leave things in the hands of the coaches and support their decision. However, nothing can destroy team morale, the relationship between a coach and his team, and the coach/athlete relationship quicker than one or more negative parents. We will need to be on the **same** team.
  - b. If you disagree with a coaching decision, ask the coach for an explanation. Don't rely on what your son says because it may not be wholly accurate. Stay calm and reserve judgment until you've heard all sides. The worst time to confront a coach is before, during, or especially right after a contest (too much emotion).
  - c. "Playing Time" or "Starting" is less controversial in wrestling because of the wrestle-off procedure used to determine starters. Wrestlers win their position in a competitive match against other challengers. Please keep in mind that the coaches see their athletes every night in practice and are constantly evaluating their performance. They are in the best position to offer the most accurate judgment on a wrestler's ability and skill.

5. Insist on positive behavior in school and a high level of performance in the classroom.
  - a. Numerous studies indicate extracurricular involvement helps enhance academic performance.
  - b. Encourage strong effort both in and outside the classroom – it can be habit-forming.
6. Stay calm in injury situations. Parents can help minimize the trauma by remaining calm and in control and offering comfort.
7. Cheer in a positive way for our team and players. Opponents and referees deserve respect.
  - a. Realize that high school students will make mistakes - keep things in perspective. Your support will mean a great deal during tough times.
  - b. The golden rule applies to opponents and officials.
  - c. We stress good sportsmanship on the team and with most of the schools we compete with we have developed a very good reputation. However, it only takes one bad experience to undo what it took a long time to build up. We don't want to lower our standards for good sportsmanship simply because an opponent or its fans have dropped theirs.
8. Promote having fun and being a team player. Very few athletes receive college scholarships. Concentrate on what is best for the team. Preoccupation with statistics can be distracting.
9. An athlete's self-confidence and self-image will be enhanced by support at home. Comparison to others is discouraged. Do encourage the athlete to do their best regardless of brothers who may have been outstanding performers. Athletes are usually under enough pressure to perform well and they don't need any added pressure distracting them.
10. Winning is fun but building team values is more important. The concept of working together to perform a task will have lasting benefits.
11. Find the time to be an avid booster of school activities. Help build a solid support system for coaches and athletes.
12. Help students keep jobs and cars in proper perspective. Materialistic values can detract from the commitment to the team (or family or school work). Teenagers should have the opportunity to take advantage of extracurricular activities while they are available. The world of work will claim their lives soon enough.
13. Athletes must attend all practices and contests. Stress the necessity to make a commitment to the team.

14. Emphasize the importance of well-balanced meals and regular sleep patterns. An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.

**Thank you for being a part of Cardinal Wrestling!**