

INDIANS

WRESTLING

EXPECTATIONS

Expectations of the Coach

You can expect the coach to:

- Work hard at building a quality wrestling tradition at KMS.
- Treat every athlete with respect.
- Get the most out of each individual athlete.
- Let each athlete know what his role is on the team.
- Make the right decisions for the team.
- Provide support and set high expectations for all wrestlers.

Expectations of Student-Athletes

Coaches expect student-athletes to:

- **Make sure school comes first.** In order to participate, you must be passing every class.
- Represent Kewaskum Middle School, your community, your coaches, your parents, and your team with class and dignity.
- **Respect:** your parents, coaches, teammates, officials, and opponents. Disrespectful behavior and unsportsmanlike conduct will never be tolerated.
- Be on time to practice. Be seated in your assigned seat and ready to go to the high school by 3:05. Remember, other people are counting on YOU!
- Be enthusiastic and work to the best of your ability at practice and meets.
- Let coach Dziejdzic or Hardy know when you cannot attend practice. You must let a coach know in person if you are going to miss practice and give the coach a signed parent note excusing you from practice.
- **We are a TEAM!!** Be supportive of each other and NEVER criticize teammates.
- **Behave in school.** Remember infractions, and suspensions are unbecoming of a student-athlete. If you reach honor level four in school, you will be removed from the team.
- **Listen at practice.** When the coaches are talking, you need to be paying attention and listening. Talking out of turn and horseplay will not be tolerated. You will be asked to leave.
- Remember being involved in extra-curricular activities is a privilege, not a right.
- You must be 100% committed to the sport of wrestling. If you are not, then this is not the sport for you.

Expectations of Parents

Coaches expect parents to:

- Be supportive of the Kewaskum Wrestling Program.
- Understand that the decisions of the coach are in the best interests of the team as a whole.
- Communicate with the coach any problems or concerns you may have with the program.
- Attend as many meets as possible.
- Be the best role model you can be.

TEAM POLICIES

Attendance

- It is essential that you arrive to each and every practice on time. Be seated and ready in the cafeteria by 3:05. We will take attendance before going to the high school as a team. We will change in the high school locker rooms.
- If you are unable to attend practice or know that you will be late, you must notify the coach in person and give the coach a parent or teacher signed note stating the reason for your absence. Simply telling another player you cannot attend practice will not suffice.
- Consequences:
 - First unexcused absence: Warning, call to parents.
 - Second unexcused absence: You will not be allowed to compete in the next meet.
 - Third unexcused absence: You will be removed from the team.

Traveling to Other Schools

When the Kewaskum Wrestling Team travels to other schools, we are representing our team, our school, our community, and our families. It is essential that you keep this in mind.

- Be ready to leave right after school or at the assigned time.
- School bus rules apply when riding busses to meets.
- On the ride to the contest you should be focusing on what you can do to help the team. This does not need to be discussed with any of your teammates. The expectation is that the bus ride to the meet is quiet.
- MP3 players, cd players are allowed as long as they are kept at a reasonable volume.
- On the ride home from the contest, quiet talking is allowed.
- If you are riding home with a parent/guardian after a contest, they **must** sign the travel release form. You are expected to stay until your teammates are finished competing.

Conduct During Meets

- Again, remember, you are representing many more people than just yourself, be classy!
- If you are not competing in the meet, you must be our biggest fan. You should be cheering on your teammates throughout the meet, not socializing with fans.
- Whenever you address an official, be sure to use Sir or Ma'am.
- Wild celebrations after victory will not be tolerated.
- No jewelry may be worn during competition.

Equipment/Clothing

- Each player is expected to have wrestling shoes, socks, shorts, and sweats for each practice. Dress appropriately for the walk between the middle school and high school. If you're sick, you will not be able to perform at your peak performance level.
- Each athlete is expected to have wrestling shoes, socks, and a school-issued or KIWC singlet for each meet.
- Wrestlers should have shoes other than their wrestling shoes to wear between the middle school and high school.
- You need to take a shower every night after practice. Either at school or **immediately** when you get home. It works best to use anti-bacterial soap to prevent ringworm and other infections that can get on the mats.
- If you forget your uniform, you need to make arrangements for someone to drop it off at school or you will not compete in the meet.
- It is also advisable to bring a water bottle to meets.

How The Meet Lineup is Determined

- Athletes who attend practice regularly will be more likely to participate in events of their choosing than athletes who do not.
- Coaches and athletic directors will pair up wrestlers prior to the beginning of the meet based on grade level, experience, and ability level.

Additional Information

- Remember, wrestling is an extra-curricular activity and it is a privilege to be able to participate. An inability to follow the guidelines in this handbook may result in removal from the team.
- If you don't like the rules, or agree with them, this may not be the sport for you.
- Finally, everyone on this team is your friend and deserves to be treated with the utmost respect on and off the mat.

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WRESTLING

THE FIRST AND TOUGHEST SPORT OF ALL TIME.

Most men **stop** When they begin to **tire**.

Good men go until they **think**
they are going to **collapse**.

But the **VERY BEST** know

the **m**ind tires before the **b**ody and **push** themselves
further and further beyond all **limits**.

Only when all these limits
are shattered
can the **unattainable** be reached.

Author: Mark Mysnyk