

KEWASKUM MIDDLE SCHOOL

WRESTLING

2011



TEAM

Handbook

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.
- You must inform Coach Dziejczak or Coach Rhoads 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 receive an infraction, or a teacher notifies a coach of misbehavior, you will need to run 10 sets of stairs before/after practice.
- **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 may not be the sport for you.
- Fighting or Bullying **WILL NOT** be tolerated! If you are guilty of either you will be removed from the team.

***See the Kewaskum Middle School Student Code for more information on the Expectations of Student-Athletes. All athletes and parents must sign this form at the beginning of the season.*

Expectations of the Coach

You can expect the coaches to:

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

Expectations of Parents

Coaches expect parents to:

- Be supportive of your child and the Kewaskum Wrestling Program. (remember many of these wrestlers are new to the sport – they need time to learn it.)
- Understand 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.
- Help with concessions at home middle school meets, and high school meets if available.

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:** (for unexcused absences)
 - 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.
- You are required to dress nicely for away meets. This means athletes should have nice pants, a collared shirt/sweater, and dress shoes. **NO JEANS or TENNIS SHOES!!!!**
- Be ready to leave right after school or at the assigned time. If you are to be excused from class early, there will be an announcement. Do not leave class before the announcement. Be sure to get your homework assignments ahead of time.
- School bus rules apply when riding buses 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.

Traveling to Other Schools (cont.)

- MP3 players, cd players are allowed as long as they are kept at a reasonable volume.
- 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.** Wrestlers are **STRONGLY** encouraged to ride the bus home, this is where most team building and camaraderie takes place.

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, Ma'am or official.
- Wild celebrations after victory will not be tolerated.
- No jewelry may be worn during competition.

Equipment/Clothing

- Each wrestler 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 singlet for each meet. You should also have sweats or shorts to wear over your singlet between matches.
- 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 and practice. There is NO FOOD allowed in the wrestling room!

How The Meet Lineup is Determined

- Athletes who attend practice regularly will be more likely to participate in events and receive extra matches in the dual meets.
- Coaches and athletic directors will pair up wrestlers prior to the beginning of the meet based on weight, grade level, experience, and ability level.
- Wrestlers at the middle school level should not be cutting weight! You will weigh-in prior to the meets and there are no assigned weight classes. You will wrestle competitors from other schools who are "around" your weight; therefore, trying to cut weight is POINTLESS!
- It is a good idea to maintain a healthy diet throughout the season.

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.
- As a future high school wrestler, you are encouraged to attend the high school home wrestling meets and sit as a middle school team.

Wrestling is about more than just winning and losing matches. It is our hope you will learn to get along with one another, support one another, and work together as a team. There are a lot of life lessons that can be learned through the sport of wrestling.

State repetition strong coach
impossible effort
fall
high school
family trials Awards
workout
adversity
persistence
run
attack
competition
Medals winners hard
DRILL
fundamentals
success
tomorrow
youth
determination
collegiate
Regional
toughness
leadership
believeing
victory
defeat
glory
execute
motivation
penetration
today
CHAMPION
CHAMPIONSHIP
TEAMWORK
desire
possibilities
middle school
commitment
DREAMS
GO
Sectionals
overtime
motion
Goals
exhaustion
relentless
discipline
pain
skills
practice
intensity
pin
stance
trophy
rules
technical
fall
opportunity
focused
mean
physical
RESPECT
character
victory
glory
penetration
today
CHAMPION
CHAMPIONSHIP
TEAMWORK
desire
possibilities
middle school
commitment
DREAMS
GO
Sectionals
overtime
motion
Goals
exhaustion
relentless

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**.

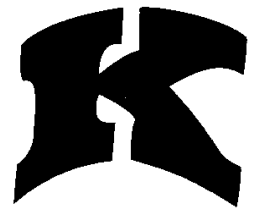
But the **VERY BEST** know

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

Kewaskum Middle School Wrestling 2010-2011



Day	Date	Place	Opponent	Depart	Start
Mon	10/24	HOME	Practice Begins	---	3:10
Thurs	11/10	HOME	West Bend	---	3:45
Tues	11/15	Away	Hartford	2:30	3:45
Tues	11/17	Away	Slinger	2:40	3:45
Tues.	11/29	HOME	Slinger	---	3:45
Thurs.	12/1	Away	Arrowhead	3:30	5:00p.m.
Sat	12/04	Away	Hartford Invite	7:20am	TBA
Thurs.	12/08	Away	West Bend	2:55	3:45
Sat.	12/11	Away	Middleton Invite	6:45am	9:30am

Kewaskum Indian Wrestling Club K.I.W.C. (Youth)

Mon	11/07	KHS Cafeteria	Registration Night!!	6:00-8:00p.m.
Wed	12/05	KHS Aux. Gym	First Practice	5:30-6:30 K-4 th grade 6:30-8:00 5 th -8 th grade



2010 WRESTLING GOALS

1. _____

2. _____

3. _____

What is your action plan to achieve the GOALS
you have identified above?

KMS

WRESTLING

1676 Reigle Drive
Kewaskum, WI 53027

Coach Dziejic
262-626-8427 ext. 2016 -Daytime-
262-224-7645 cell phone
jdziejic@ksd.k12.wi.us

Coach Rhoads
###-###-#### cell phone
Coach Aupperle
262-343-0651