**LCA Wrestling Handbook**

**Program Goals**

**Academic Success**

Each wrestler will realize their academic success by aiming high, show constant improvement, and carry the work ethic learned from the mat into classroom.

**Wrestling Success**

Each wrestler will achieve their greatest potential in athletic performance, and by doing so, they would not only contribute to their own success as a Christian wrestler, but to the overall success of their wrestling team as well. The team will be known as a prestigious winning program.

**Personal Growth**

Each wrestler will realize a continuing maturity and perfection in their personal virtues and faith --character traits---attitudes and habits. Each wrestler should work hard, stay positive, and achieve. If this happens, we are all winners. We want everyone to mature, develop self-confidence, and become a better person through learning self-discipline, cooperation, integrity, and teamwork.

**What does it take to be on the LCA wrestling team?**

**FIRST**, you must be willing to pay the price for wrestling on a great wrestling team! To wrestle on this winning team, you must go all out in every practice session and match. Only good conditioning can give you the feeling of confidence and the physical ability necessary to go all out. Each and every rule plays a definite role in attempting to achieve standards of conduct and producing winning teams. Our standard of excellence applies to all parts of your life:

*If you want to win when people are watching, you must pay the price and sacrifice when no one is.*

**SECOND**, you as a wrestler cannot do some of the things other students do! To be on a championship team, you have to be a champion yourself and be willing to "keep faith and let god lead" you to keeping strict training rules. Wrestling is not compulsory but rather for those people who want to wrestle the match and abide by our rules. You are representing the city, the school, the coaching staff, your parents, and all of your peers with all of your victories, being their victories!

**THIRD**, the following qualities are desirable and worth striving for on the part of Knight Wrestlers:

**CHARACTER**: Be more concerned with your character than your reputation, because your character is what you really are, while reputation is merely what others think you are. (John Wooden) A wrestler must be dependable and consistent, regardless of the time or place. Be it the opening whistle or the final 30 seconds. . Character, as much as physical ability, is vital. (Calvin Hill)

**CLASS**: Class is being honest - both with others and with yourself. Class is treating others, as you would like them to treat you. (Jack Nicholas) There is no mat space for malcontents or dissenters. One must neither celebrate insanely when he wins, nor sulk when he loses. He accepts victory professionally and humbly; he hates defeat, but makes no poor display of it. (Dan Gable)

**COMMITMENT**: The important thing in life is to try to be your best. Be honest with yourself, your family, your friends, and your community. An honest commitment means 100 percent. It means loyalty and it means being able to be counted on in the clutch. (Joe Paterno) A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and, if you are willing, to sacrifice the little things that are worthwhile, it can be done. Once a man has made a commitment to a way of life, he puts the greatest strength in the world behind him. It's something we call heart power. Once a man has made his commitment, nothing will stop him short of success. (Vince Lombardi)

**COURAGE**: Courage is not how a man stands or falls, but how he gets back up again. (Joe Lewis) Courage is the first of human qualities, because it is the quality, which guarantees all others. (Winston Churchill)

**TEAM EXPECTATIONS**

 Be where you’re supposed to be; Do what you’re supposed to do. Live an honorable life. Do what is right and avoid what is wrong. These rules are based on common sense and civility.

1. Arrive promptly at team activities

2. Obey the coaches

3. Maintain academic standards

4. Behave with dignity

5. Be honest

In other words, we ask you to behave like responsible adults. We are simply asking you to do things right the first time. We are not into guilt or huge amounts of discipline. Our discipline goal is to inflict short-term pain to lead you to a long-term gain. It is not our decision to discipline it is yours. The choice is simple; you need to choose to **"Do Right"**. ***Champions* don't complain about restrictions, they take pride in them**. They understand their willingness to sacrifice, places them in that rare breed of individual who will do whatever is necessary to attain goals.

*A CHAMPION is a person that gives everything they have to fulfill a goal. Notice it does not say win!! Winning is simply the by-product of doing things right!*

**TEAM DESIGNATION**

Determining a starting line-up will be assessed early in the season based on the following criteria:

1. Practice attendance.
2. Academic Eligibility

3. Work Ethic in Practice

4. Attitude

5. Citizenship

6. Challenge Matches

If a wrestler has satisfied the requirements listed above, he may challenge according to the challenge schedule. These are typically done when there are two or more wrestlers in a weight class competing for that designated weight class.

**TEAM CAPTAIN DESIGNATION**

Team captains will be chosen primarily on leadership abilities. Captains will be a competitive wrestler during the season, attend off-season camps, academically eligible before and during the season, and show a consistent pattern of discipline and motivation. Co-captains may be chosen and are held to the same criteria as captains. Co-captains are not automatically chosen as captains the following year. Captains and Co-Captains may be subject to certain protocol, applications, etc. in order to be chosen. Captains and Co-Captains are privileged titles and may be removed at any point during the season/year.

**CHALLENGE MATCH RULES**

1. Early and Mid-Season Rankings will be determined by Challenge Matches. Challenge matches are conducted on special designated days. These may be conducted the day of practice preceding a competition.

2. If a wrestler has two (2) varsity wins and holds the starting position, this wrestler must be challenged twice and beaten twice before he loses his spot on the varsity line up.

3. Varsity challenges will be timed at 2 minutes per period (run continuously, no stopping of clock.)

4. Challenges may not take place before a match unless the challenger is within 1 pound of the weight limit.

5. In special cases where sickness, absence, injury, attitude, weight problems, etc. present a problem, the coaches will determine who will wrestle

6. If you expect to challenge, let the coaches know in advance so that special time will be allotted for the bouts. (Sign-up)

7. Starting line-up wrestlers may be subject to lunch weigh-ins on competition days and/or the days preceding competitions.

8. Failure to make vacation/holiday/extra practices will result in loss of varsity position.

9. Failure to make weight will result in the following:

1. Wrestler must make weight that evening—first time.

2. Can’t challenge 1 match—second time.

**LETTER AWARDS**

Life Christian Academy 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 (second, third, or fourth year,) and a bar. All wrestlers must follow scholastic, citizenship, and training rules set forth by Life Christian Academy and the wrestling program.

**REQUIREMENTS USED TO LETTER ALL WRESTLERS:**

A Varsity Wrestling letter will be awarded to any wrestler who meets the qualifications outlined below and finishes the year in good standing with the coaches, team, teachers, Athletic Director, and the School Administration.

Academically eligible all season

Attended 95% of scheduled practices (this includes holiday practices) up to the state tournament.

-An absence from a practice is only excused for extreme illness, skin infection, or family emergency. **The aforementioned reasons will be assessed by the HEAD COACH on an individual basis.**

Either of the following scenarios may occur to receive a varsity letter for wrestling:

Wrestle 8 varsity matches.

 Post 3 wins during the season

 Perfect attendance

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

All wrestlers meeting lettering criteria are required to finish the season up to and including the last practice prior to **STATE** competition regardless of qualified status. 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.

**COMPETITION INFORMATION**

1. Be at weigh-ins on time and on weight.

2. If it’s an away dual, be on the bus on time and on weight. Make sure you have all of your equipment.

3. All wrestlers and managers will ride the bus to and from the dual. Special permission, although discouraged, is required to ride home with a parent. Wrestlers will only be released to a parent.

4. Be prepared for weigh-ins; haircut, clean-shaven, fingernails trimmed, jewelry off, mouth guard and hair net if needed.

5. Warm-up as a team. Captains should prepare an organized warm-up.

6. Stand together as a team for the National Anthem and Introductions (varsity only.)

7. The 103-pounder should be warmed up and ready to wrestle. The 113-pounder should be warming up. There may be a dual or duals in which the normal order is not followed, and the weights are wrestled out of order. Pay attention to the lineup and order.

8. Only coaches are permitted to sit in team areas during matches.

9. When competitions correspond with school days, wrestlers will wear one of the following: khakis and universal warm-up jacket/sweatshirt or slacks, dress shirt and tie.

**DURING A MATCH**

1. When the 103-pound match is finished, the 120-pounder should begin to warm up. This order should be followed throughout the dual unless the weights are in a different order as noted above.

1. Pay attention to the match in progress and only say words of encouragement. Leave the coaching to the coaches.

1. Stay at the bench with the team at all times.

1. At the conclusion of the dual, all wrestlers will form a line, shake hands with the opposing team, and meet with the coaches to discuss the meet.

1. If it is a home dual, all wrestlers will help set up and clean up.
2. After each match, you will find a coach to discuss positives and negatives of the match.

*Win with humility-Lose with grace.*

**Nutrition**- The competitive weight classes are designed to ensure the safety of the wrestler by matching athletes of relatively equal size and provide competition on an equitable basis. The unique feature of competitive weight classes affords a wrestler the opportunity to learn healthy life-style habits. A working knowledge of body composition, weight control, nutrition, muscle strength and cardiovascular conditioning is beneficial to optimum wrestling performance.

Competitive weight classes present many nutritional challenges to the high school wrestler. To be effective, wrestlers must remain well nourished and properly hydrated while attempting to compete at a weight that supports a minimal body fat. The weight classes are as follows: Boys-106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Girls- 100,106,112,118,127,136,146,156,170,185,225

Middle School will be by USA wrestling designated age weight classes.

Weight classes reward a wrestler for properly achieving an optimal competitive wrestling weight. Well planned meals that include a variety of healthy food choices combined vigorous exercise frequently results in optimal competitive wrestling weight, a weight that has a maximum muscle mass, minimum body fat (6%-7%) and proper level of hydration.

An effective weight control program that is planned in advance, has clearly documented and reasonable goals, and is organized around a sound knowledge of nutrition and fitness will bring a wrestler to his optimal competitive wrestling weight with the greatest success. *Each wrestler chooses his weight class, not the coach. Thereby, once a wrestler designates a weight class, it is a commitment to wrestle in that designated weight class.*

**Points to Remember:**

1. Get to practice early. 15 minutes is plenty of time to dress and weigh-in. Practice starts 15 minutes after school ends. If all are here on time, we all leave on time. Headgear should be worn during practice. Practice starts at 4:30 p.m.

2. EXTRA DRILLING OF MOVES should be done at least every other day. DRILL FOR PERFECTION. Extra efforts give you the edge over your competitors.

3. Practice of maneuvers is essential. When you get in the wrestling room, work at something, which will make you better. Never go all out until the coach is present.

4. ***Never miss practice. If you are temporarily injured, go to the wrestling room anyway****.* If you must miss practice, inform a coach.

5. Record weight daily.

6. SHOWER EVERY DAY IMMEDIATELY AFTER PRACTICE.

7. Keep your gear clean.

8. Keep your locker locked. You are responsible for all gear issued to you. Do not lend or trade without the coach knowing. Your complete gear can exceed 250.00 dollars.

9. Remember your actions before, during and after wrestling matches are a direct reflection on our team.

10. Show up one-half hour before departure time for any meets or tournaments.

11. **Have your ride home immediately available when we end practice or arrive at LCA.**.

12. Do not eat meats or sugared drinks prior to events.

13. Develop a desire for winning, strive for excellence, train faithfully and believe in yourself.

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I have read and understand the LCA Wrestling Handbook.

Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_