

Northgate High School Wrestling Wrestler and Parent Handbook

Last Revised 10/30/2024



Join Our Team

Registration

- Sign-ups are done in the [SportsNet](#) system.
- A [physical](#) must be completed and uploaded every year.
- For more information, please see [Athlete Registration](#) on [NorthgateBroncos.org](#).

Try Outs

- Wrestling is a “no-cut” sport.
- There are no tryouts - everyone can participate.
- The first day of practice for the 2024-2025 season is **Monday, November 4, 2024**.
 - If you are participating in a fall sport and your season extends past this date, you can report to practice following the conclusion of your season.

Coaches Contacts

- Tom Booth (Head Coach - Varsity)
 - 848-218-0125
 - thomasboothrn@gmail.com
- Jake Laufer (Head Coach - JV)
 - 925-262-3405
 - jlqtrade@gmail.com
- Tim Sanchez
 - 925-899-9623
- Geoff Mettler
 - 925-788-7304
- Ryan Doyle
 - 415-539-5640
- Vinson Heine
 - 415-748-1628
- Francisco Espinoza
 - 925-852-4119

Northgate Wrestling

Mission

To compete at a high level while providing all student-athletes the opportunity to grow scholastically, as wrestlers, and in life through healthy competition, emphasis on academics, and highlighting values that transcend the sport.

Values

Our core values can best be captured by CHAMPS:

Coachable - humble enough to accept help; receive and process criticism effectively

Honorable - good sportsmanship and character

Accountable - ensure self and others follow through

Mentors - positive role models; pay learnings forward; leadership is more than a role

Proud - work hard and purposeful; belief in the process and efforts

Scholars - student first, athlete second; lifelong learning and improvement

Philosophy

- Emphasis on fundamentals
- Simplify progression, engage muscle memory through repetition
- Stress physical and mental toughness while promoting fun
- Focus on efficient finishes and defense in core positions
- Evaluation is effort-based, not outcomes-based

Sportsmanship

Sportsmanship is a point of emphasis from day one. The NCS and Northgate place a premium on competing with honor and treating teammates, opponents, coaches, officials, and spectators with respect. As such, there are strict sportsmanship policies in place which can be found [here](#).

As a program, we have a Code of Conduct that we ask each athlete to sign which lays out the expectations of being a Northgate Wrestler. It can be found [here](#).

Schedule

Practice will occur most days immediately following school from 3:45 to 6:15 pm. If there is no school, we may hold morning practices. Competitions will be held on most Saturdays from December through March. Our full schedule can be found on our webpage or [here](#).

Equipment

There is minimal equipment **required** for wrestling:

- Wrestling Shoes
 - [Asics](#), Rudis, Nike, and Adidas are reputable brands
- Wrestling Headgear
 - [Cliff Keen](#) is a reputable brand
- Protective undergarments/sports bras (girls)
- [Full Top/Bottom Mouthguard](#) (braces)
- Singlet (competition, will be supplied)

- Short or long sleeve shirts (practice)
- Shorts or sweatpants (practice)
- Running shoes (practice)

Some **preferred** equipment:

- Nail Clippers
- Body and Face Cleansing Wipes

Some **optional** equipment:

- Knee pads
- Mouthguards (no braces)

Communication

Effective communication is vital to the success of our program. Our goal is to ensure that information is relayed timely and accurately.

Communication with parents is always welcomed, but communication from athletes for certain things is preferred to allow them to develop interpersonal skills.

Methods of Communication

- Most communication will be in the form of **weekly emails**.
- Text messaging will also be utilized as needed for updates and for absence notification.
- There will be a preseason and early season parents' meeting.

Absence Notification

- Athletes should notify coaches Tom (848-218-0125) and Jake (925-262-3405) by text message when they will be absent from practice or competition.
- Please include a parent or guardian as a recipient as well to ensure a closed loop.

Transportation

Like many other teams at Northgate, transportation to and from competitions relies on volunteer carpools.

1. Permission for athletes to ride in carpools is completed on SportsNet.
 2. Volunteer drivers will need a completed Authorization Form and attach a copy of their car insurance.
- For early morning meetups, our carpool location is generally Bagel Street Cafe in Encina Grande - 2975 Ygnacio Valley Rd, Walnut Creek, CA 94598
 - Our meeting location on school days is behind the school at the pool/softball field parking lot.

Lodging

Some competitions will require overnight trips due to distance and/or early starts. Lodging may be required. Every effort will be made to help facilitate booking (i.e. room blocks, pre-booking). In most cases, families will be asked to coordinate sleeping arrangements and pay the cost of lodging.

Finances

Our goal is to keep costs down and in line with other programs at Northgate while enriching the experience for our athletes. To do this, we have several fundraising opportunities, including our annual Bill Martell Invitational Tournament, raffle, and email campaign. Unfortunately, our fundraising is unlikely to cover the entire operating cost of our team, so we suggest a team contribution to meet our needs. No athlete will be denied access to join, practice, or compete with our team for not financially contributing.

All donations are tax-exempt through the [Northgate Athletic Boosters](#) (TAX ID: 94-3170004)

Our projected budget for the 2024-2025 season can be found [here](#).

Support

How can parents and guardians support their athletes and the program?

Your Athlete

- Provide positive reinforcement and encouragement
 - Your athlete will need confirmation that their loved ones are still in their corner, especially if they are not meeting the expectations they set for themselves
 - Allow coaching to come from the coaching staff
- Meal plan at home with athletes to help them reach their weight management goals
- Attend matches and tournaments if scheduling permits
 - Athletes love it when they have support in the stands

Wrestling Program

- Participate in volunteer opportunities (i.e. Bill Martell Tournament, raffle, team parent)
- Share fundraising campaigns (i.e. social media, family, neighbors, colleagues)
- See if your company has a donation match program

What is Wrestling?

Wrestling is a combat sport where two individuals compete for control of one another. There are different styles, rules, and techniques in wrestling. Wrestlers are divided into weight classes for fair matchups. Points are scored through various actions like takedowns and pins, and matches have specific durations. The goal is to pin the opponent's shoulders to the mat or earn more points for a win. Wrestling promotes physical fitness and important values like sportsmanship and respect.

Types of Competitions

1. Match
 - Contest between two athletes
 - The athlete that scores the most points or pins their opponent wins.
2. Dual Meet
 - Contest between two school teams
 - Consists of 14 matches
 - Each team will field a roster that fills each of the 14 weight classes
 - Each team's weight class representatives will wrestle a match
 - The team that scores the most team points wins
3. Individual Tournament
 - Athletes will wrestle the other representatives of their weight class in a multi-round tournament bracket.
 - Most tournaments are double elimination.
4. Dual Meet Tournament
 - School teams will wrestle dual meets in a multi-round tournament bracket.

Weight Classes (in pounds)

Weight classes are used to promote fairness among opponents. At the beginning of the season, wrestlers will be certified at a weight class they can safely compete in based on their body fat percentage. Wrestlers must be at or under their weight class to compete with those in that weight class. The weight classes for the 2024-2025 season are as follows:

- Boys
 - 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285
- Girls
 - 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235

Scoring

Individual Matches

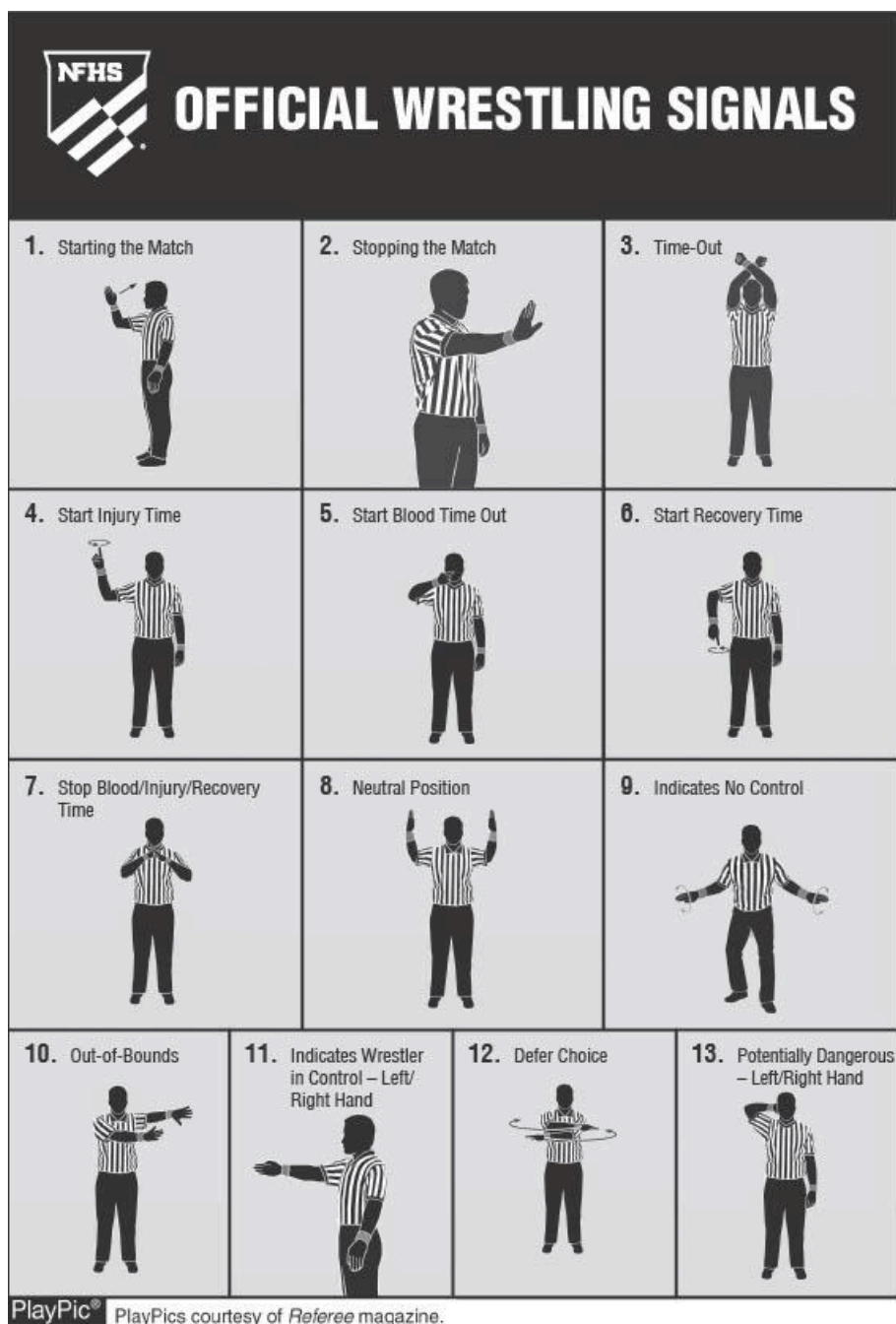
Name	Description	Points Awarded
Takedown	Awarded when a wrestler takes their opponent down to the mat and establishes control.	3 points
Escape	Awarded when a wrestler breaks free from their opponent's control while on the bottom.	1 point
Reversal	Awarded when a wrestler on the bottom gains control over their opponent.	2 points
Near Fall 2	Awarded when one exposes their opponent's back to the mat for 2 seconds	2 points
Near Fall 3	Awarded when one exposes their opponent's back to the mat for 3 seconds	3 points
Near Fall 4	Awarded when one exposes their opponent's back to the mat for 4 seconds	4 points
Pin	Awarded when a wrestler secures their opponent flat on their back.	Instant Win
Caution	False Start - either premature start or improper position.	Varies
Illegal Hold	Dangerous or unfair hold.	Varies
Stalling	Avoiding contact, running away, or wrestling passively.	Varies

















Dual Meets

Name	Description	Team Points Awarded
Decision	Win a match by a margin of 7 or fewer points	3 points
Major Decision	Win a match by a margin of 8 to 14 points	4 points
Technical Fall	Win a match by a margin of 15 or more points. The match stops instantly upon reaching a 15+ point margin.	5 points
Pin	Secure opponent to their back. Pin then called by referee. Match stops instantly after pinfall.	6 points

Forfeit	When a team does not have an available representative for a weight class, the opposing team is awarded a win.	6 points
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Referee Signals



 OFFICIAL WRESTLING SIGNALS			
14. Stalemate 	15. Caution – False Start or Incorrect Starting Procedure 	16. Stalling – Left/Right Hand 	
17. Interlocking Hands or Grasping Clothing 	18. Reversal 	19. Technical Violation 	20. Illegal Hold 
21. Near-Fall 	22. Awarding Points – Left/Right Hand 	23. Unsportsmanlike Conduct – Left/Right Hand 	24. Flagrant Misconduct – Left/Right Hand 
25. Coach Misconduct – Left/Right Hand 	26. Unnecessary Roughness – Left/Right Hand 	27. Default Technical Fall Disqualification 	28. Start Head, Neck, Cervical Injury Evaluation Time 

PlayPic® PlayPics courtesy of *Referee* magazine.

Nutrition

Nutrition is a critical aspect of wrestling performance and overall wellness. It is important to take your nutrition seriously to tap into your full potential and stay healthy.

Nutrition Basics

- **Food is fuel**
- Proper nutrition is crucial for performance and recovery in wrestling.
- Aim for a balanced diet, including carbohydrates, proteins, fats, vitamins, and minerals.
- Hydration is key; drink plenty of water (and avoid sugary drinks) throughout the day.

Weight Management

- Weight Class Certification will take place early in the season to determine a safe competing weight class for each wrestler.
- Avoid crash diets; focus on gradual, healthy weight loss if necessary.
- Never skip meals or dehydrate yourself to lose weight.

Snacking Tips

- Opt for healthy snacks like nuts, yogurt, or fruit between meals.
- Have a light meal or snack 1-2 hours before practice to avoid feeling sluggish.
- Avoid sugary and processed snacks, as they can lead to energy crashes.

In-Season vs. Off-Season

- Adjust your calorie intake based on whether you're in or off-season.
- During the season, you may need more calories due to increased activity.

Listen to Your Body

- Pay attention to hunger and fullness cues.
- Don't ignore signs of fatigue, dehydration, or overtraining.

For more information, please consult with a registered dietitian, nutrition expert, or your pediatrician for personalized guidance based on your specific needs and goals.

Weigh-Ins

Weigh-ins are a crucial part of high school wrestling, ensuring that athletes compete in fair weight classes. Here's a concise guide for wrestlers and parents on the weigh-in process:

Before Weigh-In

- Maintain a healthy weight through proper diet and exercise to ensure you're in your desired weight class.
- Stay hydrated but avoid excessive water weight retention and big meals on the day of and the days leading up to weigh-ins.

Weigh-In Procedures

- Weigh-ins typically occur at the venue before wrestling matches or tournaments.
- Singlets are required to be worn for weigh-ins.
- Stand quietly on the scale and follow the instructions of the weigh-in official.
- Your weight will be recorded on the official weigh-in sheet ("alpha sheet").

Hydration and Nutrition After Weigh-In

- Rehydrate immediately after weigh-ins with water or an electrolyte drink to replenish lost fluids.
- Consume a balanced meal or snacks that include carbohydrates and protein to refuel your energy stores.
- Make sure to drink and eat slowly as to not get too full too quickly.

Healthy Practices

- Focus on maintaining a healthy and sustainable weight throughout the wrestling season.
- Avoid extreme weight-cutting methods that can be harmful to your health and performance.

Hygiene

Maintaining good hygiene habits is essential not only for your own health and well-being but also for the overall cleanliness and safety of the wrestling team. Encourage your teammates to follow these hygiene guidelines to create a healthier training environment.

Personal Hygiene

- Maintain good personal hygiene practices to prevent skin infections and promote overall well-being.
- Shower daily, especially after practices and matches, using soap and warm water.
- Wash your hands or use hand sanitizer frequently, especially before eating or touching your face.

Nail Care

- Keep your fingernails and toenails short and clean to minimize the risk of scratching or spreading infections.
- Trim nails regularly, and use a nail brush to clean underneath them.
- You may find it useful to keep a nail clipper in your bag.

Skin Protection

- Wear clean, breathable clothing during practices and matches.
- Shower immediately after practice or matches to remove sweat and bacteria from your skin, paying special attention to high-touch areas like arms, legs, neck and face.
- Use a clean, dry towel and avoid sharing towels or other personal items.
- If showering immediately is not an option, use skin disinfectant wipes until you have access to a shower.

Laundry and Equipment Hygiene

- Regularly clean and disinfect your wrestling gear, including headgear, shoes, and knee pads.
- Use hot water and a quality detergent to kill bacteria and fungi.
- Avoid leaving your gear in a damp, dark place (ex. backpacks) where bacteria can thrive.

Mat Hygiene

- Mats will be regularly cleaned and disinfected prior to practices and matches.
- Always step onto the wrestling mat with clean shoes and gear.

Illness Prevention

- Stay home if you're feeling unwell or have a contagious illness to prevent spreading it to teammates.
- Cover your mouth and nose when sneezing or coughing, and dispose of tissues properly.
- Wash your hands and use hand sanitizer regularly.

Skin Infections

- Like any contact sport, risk for skin infections is present.
- Learn to recognize the signs of common skin infections like ringworm and impetigo.
- Conduct regular self-examinations of your skin, especially areas prone to skin infections, such as the head, neck, and limbs.
- Make sure to monitor and cleanse any open pimples, especially on the face.
- If you suspect an infection, report it to your coach, Sports Med Director, and/or seek medical treatment promptly.
- Avoid contact with teammates if you have a skin infection until it is cleared by a doctor.



Concussions

Concussions are a serious concern in contact sports like wrestling. Both wrestlers and their parents need to understand what concussions are, how to recognize them, and how to respond. Here's a concise guide to concussion awareness:

What Is a Concussion?

- A concussion is a mild injury to the brain that can occur due to a blow to the head or a forceful impact elsewhere on the body, causing the brain to move rapidly within the skull.

Recognizing Concussion Symptoms

- Common symptoms may include headache, dizziness, confusion, memory problems, nausea, and sensitivity to light or noise.
- Wrestlers may also experience balance issues, vision changes, or changes in mood or behavior.

Reporting a Concussion

- Wrestlers: If you suspect you have a concussion or experience any symptoms, it's crucial to report it immediately to your coach, athletic trainer, or medical staff.
- Parents: Encourage open communication with your child and ensure they understand the importance of reporting any potential head injuries.

Concussion Management

- Wrestlers diagnosed with a concussion must follow a strict return-to-play protocol overseen by the Sports Medicine Director on campus.
- This typically involves a gradual, step-wise progression, with medical clearance at each stage.
- Rest is essential during the early stages of recovery, including both physical and cognitive rest (limited screen time, no homework, etc.).
- Remember that recovery times can vary, and patience is key.

Preventing Concussions

- Use proper technique and follow safety guidelines during practice and matches to minimize the risk of head injuries.
- Wear appropriate headgear and protective equipment.

Education and Training

- Coaches and Athletic training staff are educated on the signs and symptoms of concussions and must participate in review courses regularly to stay current.

Return to Wrestling

- Wrestlers should not return to wrestling or any physical activity until they have received medical clearance from a qualified healthcare provider and/or Sports Medicine Director.
- If in doubt, we will always err on the side of caution when it comes to head injuries. "You only have one brain."

Cauliflower Ear

Cauliflower ear is a common injury in wrestling that results from repeated trauma or injury to the outer ear. It's important for wrestlers and parents to understand what cauliflower ear is, how to prevent it, and how to manage it if it occurs. Here's a concise guide to cauliflower ear awareness:

What Is Cauliflower Ear?

- Cauliflower ear occurs when the cartilage in the outer ear becomes damaged, often due to repeated friction, trauma, or pressure.

Preventing Cauliflower Ear

- **Wear protective headgear consistently** during matches and practice. Headgear helps reduce the risk of ear injuries.
- Focus on proper wrestling techniques and avoid excessive rubbing or grinding of the head and ears against mats or opponents.

Recognizing Cauliflower Ear

- Symptoms may include swelling, bruising, and tenderness in the outer ear.
- The ear may appear misshapen, resembling a cauliflower, due to the buildup of blood or fluid.

Seeking Medical Attention

- If a wrestler suspects they have cauliflower ear, they should seek prompt medical attention from a healthcare provider or sports medicine specialist.

Treatment

- Early intervention is essential to minimize the severity of cauliflower ear.
- Treatment typically involves 1) rest, 2) draining the accumulated blood or fluid from the ear and/or 3) compression bandaging.
- Wrestlers should follow their healthcare provider's instructions for proper care.
- Wrestlers should not attempt to drain or treat cauliflower ear on their own; it should always be done by a medical professional.

Return to Wrestling

- Wrestlers with cauliflower ear should follow their healthcare provider's recommendations for when it's safe to return to wrestling.
- It's essential to protect the injured ear from further trauma during recovery.