

Wrestling Handbook

REBELS WRESTLING CO-OP



Rio/Fall River/Cambria-Friesland/Randolph

2024 - 2025 Season

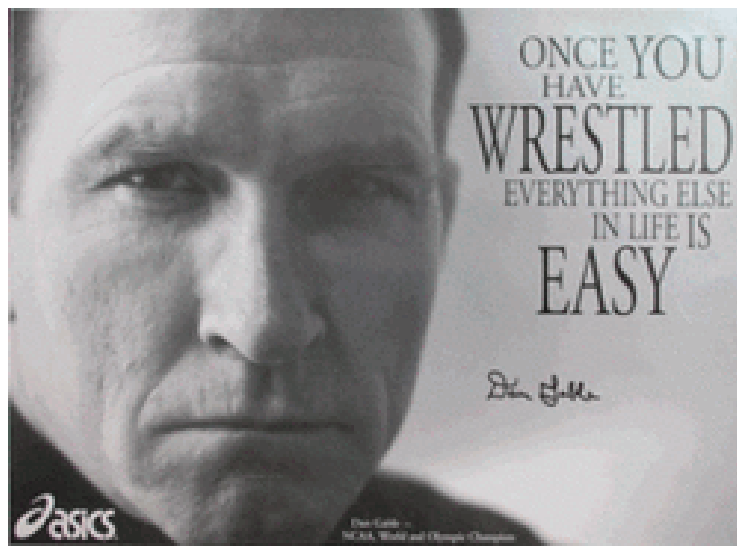
Parent & Athlete Handbook

Why Wrestle?

Wrestling prepares a person to compete in the game of life. The wrestler is the one athlete that must meet their opponent and do battle completely on their own. No one can substitute and time-outs are not possible. You have no one to check, screen, and block or assist you in any way; there is no one to pass the ball to and no one to blame for your mistakes. When you win, you must display quiet pride and modesty; when you lose, the responsibility is yours.

Wrestling is a special sport. In other sports, when contact is made, they blow a whistle and stop the action. In wrestling, when contact is made, we're just getting started.

No sport requires more sacrifice and discipline than wrestling. The individual, through self-denial, offers more of their character than can ever be explained here. It is something you carry with you throughout your life, and through every trial, test and tribulation. Wrestling truly teaches life skills and values. Once you've wrestled, everything else in life is easy.



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Guidelines

Academics

- All wrestlers are student-athletes. The student comes first! Wrestlers must maintain passing grades in order to participate. If assistance is needed, please let one of the coaches know. Each wrestler must follow their school's athletic code to remain academically eligible.

Practice

- It will be the responsibility of the wrestlers and managers to get the wrestling room prepared before each practice. Once the wrestling room is prepared, wrestlers can dress for practice. Wrestlers and managers will disinfect the wrestling mat surface after each practice.
- Practice will begin promptly at 4:00 PM and end no later than 6:00 PM. Wrestlers must be on the mat, ready to start practice at 4:00 PM. Upperclassmen are responsible for making sure all wrestlers report to practice. We will stretch and warm up as a team. On days when there is no school or early dismissal, the practice times will be determined at a prior practice.

- Wrestlers will be required to wear appropriate clothes for practice that meets the student dress code. Wrestlers may wear shorts, sweatpants, a t-shirt, a long-sleeve t-shirt, a compression shirt, and/or sweatshirt. Wrestlers will also need to wear headgear, which will be provided if a wrestler does not own headgear. Wrestlers must make sure to have a clean set of practice clothes every day to keep skin infections to a minimum.
- Wrestlers will need to weigh in before and after each practice. Wrestlers will also need to inform the coaches of their weight. The coaches will document each wrestler's weight throughout the season in order to monitor a healthy weight.
- Each practice will include some type of conditioning. Not only will wrestlers need a pair of wrestling shoes, but they will also need a good pair of running or cross-training shoes. Running and/or cross-training shoes will reduce the likelihood of injury to the athlete.

Practice & Competition Attitude

- Team members are to show good character on and off the mat. Foul language, any form of hazing, and/or bullying will not be tolerated. A positive attitude will serve the highest good for the team. All that is required is that you try your best and keep a positive attitude.
- If you pull yourself out of two or more competitions, you will be unable to compete in varsity competition for the remainder of the season.

Practice & Competition

Wrestle-Offs

- Wrestle-offs may be held weekly based on multiple interests for a single weight class.
- In addition to the opportunity for a weekly wrestle-off, the head coach reserves the right to name the wrestler who will be wrestling varsity on a weekly basis based on attendance, health, performance, etc.

Practice & Competition Absence

- If a wrestler is going to be absent from practice and/or competition, a coach needs to be contacted in person, by email, by a written letter, or by phone prior to the event. Whether it is the parent or athlete that contacts a coach, we need to know before practice and/or competition begins so that every wrestler will be accounted for since we do not automatically get informed of student absences by each school district involved in the wrestling co-op. If more than five unexcused absences occur or you do not show up to competition without prior communication, it will result in dismissal from the team.
- If a wrestler is absent from practice the day before an event, he or she cannot participate in the meet and/or tournament the following day.

Contagious Skin Rashes & Diseases

- If a wrestler has any kind of skin rash or skin condition, he or she must bring it to the attention of the coaches immediately! Before a wrestler is eligible for competition, he or she needs to show a doctor's note to the referee, granting him or her permission for competition. Covering the rash is NOT acceptable for competition. There is a [medical release form](#) that a doctor or other licensed health care provider needs to sign off on in order to return to competition. Please make sure that you are showering after practices and competitions as well as wearing clean clothes daily. Make sure to wash jackets, hats, gloves, and bedding weekly!

Injuries

- If a wrestler is injured, he or she will be required to see their school's athletic trainer or their primary health care provider before they may compete or practice again. The certified athletic trainer or other PHCP will inform the coaches of the wrestler's health status, and if the wrestler can or cannot practice and/or compete. The certified athletic trainer or other PHCP will make the decision to clear an

athlete for full participation. A wrestler may not compete or practice without documentation that they have been cleared.

Equipment

- The Rio Community School District provides wrestlers with the required equipment, uniforms, and facilities. Please treat these items and facilities with respect.
- A coach or manager will hand out uniforms and equipment to all wrestlers before the first official competition.
- A coach or manager will document each uniform and piece of equipment that is handed out.
- Each athlete is responsible for the safekeeping of uniforms and equipment.
- Lost equipment will result in a fine by the school.

Weight Management

- All wrestlers must have their [minimum weight](#) established by hydration assessment and skinfold measuring prior to any competitions according to WIAA rules.
- The [WIAA](#) does not advocate that a wrestler's established minimum weight is the athlete's best weight at which to wrestle, but simply the minimum weight at which the athlete will be allowed to compete.
- Keeping a healthy weight is important. At no time will any of the coaches mandate a wrestler cut weight to qualify for a certain weight class. If a wrestler wants to wrestle at a lower weight class, it is his or her decision (within the coaches' parameters). It then becomes the wrestler's responsibility to maintain that weight.
- If there is a wrestler at a current weight class, and another wrestler wants to compete at the same weight class, there will be a wrestle-off to determine who will wrestle at that weight.

Dual Meet/Tournament Attire

- During the school day of a home or away dual meet, the male wrestlers are required to wear a button-down shirt with a tie, along with slacks or a nice pair of jeans. The female wrestlers are required to wear appropriate dress clothes.
- At all competitions, such as duals and tournaments, each wrestler is required to wear wrestling team apparel or school-issued team uniform/warm-up.

Travel to and from Competitions

- It is each school district's policy that wrestlers and managers travel to and from an event via school transportation. If a wrestler or manager wants to ride home with a parent, the required paperwork will need to be filled out with the coaches.
- The wrestling co-op will provide transportation from a pre-disclosed departure location (ie: Fall River Prairie Street Complex, participating school districts, etc.) to an event, and back to the pre-disclosed location. The co-op will not be responsible for transportation back to an athlete's home. Athletes will be required to have transportation to their homes.

Lettering Policy

- Athletes will earn a letter in wrestling by competing in at least 10 varsity matches or scoring at least 1 team point at the Trailways Conference Tournament. In addition, the athlete must follow all the policies in the wrestling handbook, attend two youth wrestling practices or volunteer at the Vikings Youth Wrestling Club Tournament, and be on the team roster at the end of the season to earn a letter. Letter points can also be earned by being a team manager.

Disciplinary Actions

- Each wrestler/manager is required to follow the WIAA Athletic Code of Conduct, as well as the wrestler's School District Athletic Code.

Wrestlers will be required to read and sign their School District's Athletic Code.

- If a wrestler/manager violates his or her school's athletic code, he or she might be dismissed from the team.

Youth Wrestling Practices & Tournaments

- The Viking Youth Wrestling Club is very important to the success of the high school program. It will be required that all high school wrestlers attend two youth practices or volunteer at the Viking Youth Wrestling Tournament throughout the wrestling season in order to earn a varsity letter. The youth wrestlers and coaches would appreciate your assistance in building the future of wrestling in our communities.

Wrestler and Parent Contract

I understand all of the team guidelines and will follow them to the standard set by each school and the coaching staff. I have read and understand the following:

Wrestler

Initial

- _____ Academics
- _____ Practice
- _____ Practice Attitude
- _____ Practice Absence
- _____ Contagious Skin Rashes
- _____ Injuries
- _____ Equipment
- _____ Weight Management
- _____ Travel to Competitions
- _____ Lettering Policy
- _____ Disciplinary Actions
- _____ Youth Wrestling Practices & Tournaments

Parent

Initial

- _____ Academics
- _____ Practice
- _____ Practice Attitude
- _____ Practice Absence
- _____ Contagious Skin Rashes
- _____ Injuries
- _____ Equipment
- _____ Weight Management
- _____ Travel to Competitions
- _____ Lettering Policy
- _____ Disciplinary Actions
- _____ Youth Wrestling Practices & Tournaments

Wrestler Signature: _____ Date: _____

Parent Signature: _____ Date: _____