



LAKE CITY TIGER WRESTLING HANDBOOK

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Lake City Wrestling Philosophy

- A. Make good choices.
- B. Do your best - Academically and Athletically.
- C. Treat Others as you would like to be treated.

Team Goals

- A. Have Fun
- B. Improve - as a Wrestler, Student and Person
- C. Compete and Work for Each Other

Varsity Letter Policy

1. Participate in 10 varsity matches.
2. If at any time a qualified letter winner behaves in such a manner so as not to be a credit to the team, they will not be awarded a letter. In the same respect, if a team member is short on matches but has, at some time during the season, brought positive recognition to the team/school, they will be awarded credit at the coach's discretion.
3. Any senior who has been in the program for three consecutive seasons.

Team Training Rules and Policies

- A. No wrestler will be cut from the squad unless grades or training violations require this to be done. Wrestlers cut themselves.
- B. You are expected to abstain from the use of all chemicals. All violations will be covered by the State High School League rules.
- C. Attendance Policy: All team members are to inform a coach prior to missing a scheduled practice. If a team member is sick at home on a meet day, you must contact Coach Vaith (Cell 651-764-1038, Remind 101, Schoology).
- D. If you have a doctor's note to miss practice you will need a doctor's note to return to practice. Use our trainer when possible.
- E. You must be in school the entire school day before you can practice or participate in matches unless permission is obtained through the Athletic Director or Principal.
- F. Anyone riding to a match on the team bus is expected to return on the bus. Parents are asked to speak in person with one of the coaches or have a written note or email to the Activities Office if they want their son or daughter to leave the event with them.
- G. If you would like to drive your son/daughter to/from that is fine. Communicate requests with me. You can only transport your child.
- H. Everyone is responsible for their own equipment. Keep headgear, knee pads, shoes, etc. locked in lockers.
- I. If school is let out early due to poor weather conditions, no practices will be allowed at any level. If school is canceled early in the morning, the superintendent, principal and activities director will use their discretion to determine if a varsity level practice may take place if the weather conditions improve.
- J.. Appropriate practice gear must be worn. T-shirt and shorts.
- K. Practice gear should be washed daily. NO SCHOOL LAUNDRY SERVICE
- M. You must be registered (online) before you can start practicing. Fees can be paid online or via cash/check. \$85 for grades 7 and 8, \$105 for grades 9 through 12.
- N. Rules of appearance need to be followed. On the day of a match all wrestlers and coaches should "dress up".
- O. It is everyone's responsibility to keep the locker room clean.
- P. Any taping must be done prior to the start of practice. Practice starts at 3:40 p.m.

Wrestle-off Policy

1. Wrestlers are required to be within weight allowances established for their weight class to be eligible for a wrestle-off.

Weight Allowances (weigh-in with coach)

106, 113, 120, 126, 132, 138, 145 must be within 4 pounds to wrestle-off.
152, 160, 170, 182, 195, 220, 285 must be within 5 pounds to wrestle-off.

2. Failure to make the weight allowance will disqualify the wrestler from that weight class.
3. Most wrestle-offs during the season will be conducted two days prior to the next scheduled event.
4. Once a varsity wrestler has earned a weight class the opponent must beat him two times to take the position away.
5. All varsity wrestle-off matches will be 2-2-2. Overtime rules will apply if the match is tied at the end of regulation time.
6. All Junior Varsity wrestle-offs will be 1-2-2.
7. All wrestle-offs will be officiated by a coach. There will be no cheering or yelling during a wrestle-off. You must not show any favoritism.
8. If you lose a wrestle-off on the varsity you may challenge for a spot on the Junior Varsity.
9. If you lose a wrestle-off for the Junior Varsity you may not challenge for a spot on the varsity.
10. If more than two wrestlers are challenging for a position, numbers will be drawn to see who wrestles and who gets the bye. If one wrestler is a varsity wrestler he will get the bye.
11. All wrestlers must be ready to defend their position at all times. Your position on the team is not automatic.
12. Coaches can and will encourage wrestlers to challenge at all times.
13. The wrestle-off system will basically determine our team's line-up. The coaching staff does reserve the right to change the line-up if the change benefits the team. If a situation merits a lineup change the coaching staff will explain the strategy for the change.
14. If, during a wrestle-off someone is injured, the wrestlers will have a rematch the next practice if possible.

Wrestling Knowledge

1. Know your strengths and weaknesses
2. Know your opponents strengths and weaknesses.
3. Know the match score during the match.
4. Know what period it is and how much time is left.
5. Know your mat position. (where you are at on the mat)
6. Know and understand the rules. (Scoring, stalling, illegal holds, etc.)
7. Study the referee.
8. Know when and how to get off the mat. (When it is in your best interest)
9. Know when and how to stay on the mat. (When it is in your best interest)
10. Know when to hang on and when to release a hold.
11. Know why you are choosing up, down, neutral or deferring.
12. Know the pros and cons for riding the left or right side.
13. Know when to let your opponent go or when to ride him out.

Varsity Awards

1. Letterwinners
2. Most Takedowns
3. Most Falls
4. Senior Award
5. All-Conference
6. Honorable Mention All-Conference
7. Academic Achievement (highest sem. GPA of all varsity letter winners)
8. Academic All-Conference (3.2 G.P.A., must wrestle in 5 conf. matches and win at least 50%.