



SKYLINE HIGH SCHOOL WRESTLING

Welcome to the **Skyline High School Wrestling Program**! This guidebook aims to provide you with a comprehensive overview of the expectations and guidelines for the upcoming season. We believe that by setting clear expectations, we can foster a positive and successful environment for all team members. Please read this handbook thoroughly and feel free to reach out to the coaching staff if you have any questions.

This guidebook serves as an additional resource to the [SVVSD Handbooks](#).

WRESTLING COACHING STAFF

David Speckl, **Head Coach** / mailto:speckl_david@svvsd.org

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2025-26 WINTER SEASON DATES

First Official Practice: November 13th. All participants must be registered and have a physical on file before they will be allowed to participate. No exceptions can be made.

Preseason Conditioning: November 4-7 and November 10-13 3:15-4:00PM

Regular Season Dates: November 17th through February 14th, 2026

Post Season Dates: Regionals February 13 and 14.

State Tournament February 19-21st at Ball Arena, Denver, CO.

General Practice Dates & Times: Monday-Friday 3:30-5:30PM

Senior Night: January 30th Home Dual vs Mountain View



Banquet Date: February 25, 2026 6:00 pm in the Commons

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SHS / SVVSD | MISSION - PURPOSE - CORE VALUES

We will show excellence in the classroom, competition, and community.

SVVSD Mission

The mission of St. Vrain Valley Schools is to be an exemplary school district which inspires and



promotes high standards of learning and student well-being in partnership with parents, guardians and the community.

SHS Mission

The mission is to challenge students to achieve the highest levels of academic success so they may thrive in an increasingly diverse and complex world.

SVVSD Athletics Mission/Purpose Statement

To establish Educational Based Athletic Programs, where athletes are present, engaged, connected and provided opportunities for not only academic success but opportunities for moral, social, emotional and civic growth.

SVVSD Athletics Core Values

- Respect for others
- Commitment
- Integrity
- Perseverance

EXTRACURRICULAR PROGRAM PHILOSOPHY

We believe that the program of interscholastic activities is an integral part of the total education structure. We believe that all students should have equal opportunity in being selected to a variety of extracurricular activities.

In an educational setting, every effort must be made to provide extracurricular experiences for as many pupils as possible. Because of the infinite number of individual differences in abilities and interests, the program is to be broad and comprehensive. Athletics and club organizations are to be selected based on the needs, interests and basic abilities of students, applicability to lifelong value, and be organized appropriate to the student's physical and emotional maturity. There should be as many extracurricular opportunities in school as can be adequately coached, managed, and supported.



We believe that the coach or advisor of an extracurricular activity must assume a major role in molding the youth in their charge. The coach/advisor should, with sensitivity and compassion, develop leadership, foster cooperation, and exhibit outstanding sportsmanship for emulation by students engaged in activities as a participant or a spectator. They must insist upon ethical behavior and good citizenship.

We believe that extracurricular activities, when properly administered, will provide concepts and experiences which are directly applicable to situations students will face through life. Teamwork, establishing and meeting individual and group goals, developing perseverance, confidence, physical fitness, emotional control, leadership and self-esteem, as well as, a motivation for continued scholastic endeavors are all imparted via athletics and activities. It is recognized that striving to succeed is a part of the American way of life. The coach/advisor and participant strive to succeed in every contest, but not at "Any Cost". Sportsmanship and maximum personal effort on the part of the participants are indicative of a successful program.

It is a privilege for students to participate in extracurricular athletics. Participation is voluntary and is not a requirement, nor an entitlement. Therefore, extra time and effort are required of those who participate. Since its extracurricular programs often judge the reputation of the school, high standards must be maintained. Those who earn the privilege of representing Skyline High in extracurricular athletics are expected to accept greater responsibilities as school citizens.

WRESTLING PROGRAM EXPECTATIONS/OBJECTIVES

Extracurricular activities are educational endeavors. The student athlete must strive to attain specific objectives which are directed toward the positive development of the student through proper educational principles and techniques.

Skyline Wrestling is dedicated to the betterment of youth through wrestling. Wrestling not only builds strength, and conditioning, it also builds self-confidence and character. Through competition the wrestlers learn respect for their teammates, opponents, coaches, and most importantly themselves. These are lessons that will stay with you for a lifetime.



1. GOALS / POINTS OF EMPHASIS

- That we will be respected by others for our actions on and off of the mat.
- That our wrestlers will exhibit good sportsmanship at all times.
- That our wrestlers will grow stronger physically and mentally.
- To establish a positive learning environment where one can grow as both a person and a wrestler.
- To develop Varsity wrestlers by providing sound technique and as much mat experience as possible.

2. PRACTICE/ATTENDANCE

All practices during the wrestling season will be mandatory. Practices will be every day after school. Practice will typically run from 3:15 until 5:15PM in the wrestling room. Wrestlers are to be at every practice and match unless excused by the coaching staff. If you are in school it is expected that you will be at practice. Please email Coach Speckl prior to 2:45PM if you are not going to be at practice.

It is imperative that you notify me as soon as you become aware that you will not be able to participate in a competition such as a dual or tournament. This will allow us to plan ahead and make line-up decisions that will most benefit the team.

Excused absences could include illness and/or doctor appointments. All family emergencies will be excused. Unexcused absences can result in match suspension(s). Please keep the lines of communication open so that we know what's going on. Injury does not excuse someone from practice; it only alters what their practice routine will be. Even if "no contact" is prescribed, much can be learned by watching and observing others. If there are unique circumstances, please ask a coach to clarify or explain the situation.

3. TEAM

Although wrestling is an individual sport, it is also a team sport. I strongly believe in the concept of team and will focus on team goals and unity. The best wrestling programs are ones in which those involved support one another as family. It is our goal to establish a team that respects and supports one another. It is expected that all participants will be present at dual meets and that wrestlers will support one another at tournaments. The coaching staff will determine what it believes to be the best line-up on a match by match basis.



4. Sportsmanship and Behavior:

- Display good sportsmanship at all times, treating opponents, officials, teammates, and coaches with respect.
- Be a positive role model for your teammates and represent the school and the tennis program with pride.
- Follow the code of conduct set by the school and the athletic department.

5. ACADEMIC EXPECTATIONS

All wrestlers are expected to be student athletes. While extra-curricular activities are an integral part of the school experience, athletes must first and foremost take care of their academic responsibilities. Students who are not performing at a passing level will be expected to bring their grades up in order to participate. Students may be required to work with teachers or coaches after school, rather than practice. As a student athlete wrestlers are held to a high standard. While academics always come first there may be penalties for missing practice, such as suspension from matches. It is my position that wrestlers who miss practice are not prepared to compete in competition. **TAKE CARE OF YOUR ACADEMIC RESPONSIBILITIES!**

6. CONDUCT:

Wrestlers will be treated with respect and given responsibilities. Wrestlers will demonstrate respect for themselves, their teammates, their coaches, and their school. Each wrestler's behavior reflects upon the team and the school. As a team member, you are a representative of Skyline High School. Upperclassmen are expected to create a friendly environment and will assist the less experienced members of the team. Behavior that is demeaning toward others will not be tolerated. "Hazing" of any kind will not be tolerated. Violators will be dismissed from the team. The school administration and the coaching staff will deal with behavior that violates school policy, including the Drug, Alcohol, and Tobacco policy. Discipline can include extra conditioning, extra chores, match suspension(s), and / or dismissal from the team.

7. MATCH/TOURNAMENT Expectations:

- Maintain focus and concentration during matches, giving your best effort in every point.
- Display good sportsmanship and congratulate opponents on their achievements.
- Respect the integrity and judgment of game officials. Adhere to the established rules and standards of the game to be played.
- Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
- Win with character, lose with dignity.
- Support your Teammates in a Positive Manner



- Represent yourself, your family, your teammates and your school with Pride, Integrity and good sportsmanship

8. Weight Classes and Weight Control

WEIGHT CLASSES: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285 with an additional 2 pound allowance starting January 1, 2024. All wrestlers will be certified at the lowest allowable weight by the schools athletic trainer prior to the first match of the season.

WEIGHT CONTROL

Wrestlers are to weigh in and out of practice every day. This will assist the coaches in monitoring the health of the wrestlers. Contrary to rumors that surround the sport, **no one** will be required to lose weight in order to participate in wrestling at Skyline High School. Experienced wrestlers that express an interest in weight control will be counseled on acceptable methods of weight loss and appropriate diets. Some prescription drugs can interfere with the rigorous nature of this sport. Please inform your doctor about your participation in wrestling and ask about any cautions that may exist and inform the coaches.

9. Equipment and Uniforms:

- Take care of team equipment and return it in good condition at the end of the season.
- Wear the designated team uniform during matches and follow any guidelines provided by the coaching staff.

10. Parent/Guardian Expectations:

- Parents/guardians are encouraged to attend matches and support the team.
- Communicate with the coaching staff if you have any concerns or questions regarding your child's participation.

11. Acknowledgment:

- By participating in the High School Boys' Tennis Program, you acknowledge that you have read and understood the expectations outlined in this handbook.
- Failure to comply with these expectations may result in disciplinary action or loss of playing time.

We are excited to have you as part of the Skyline High School Wrestling Program. Together, we can achieve great things both on and off the court. Let's make this a memorable and successful season!



Handbook Update



Student-Athlete Eligibility

A student-athlete is considered in good
standing for

practices and competitions if they:

- Remain academically eligible



- Attend the entirety of each class period
- Accumulate no more than two tardies per week
- Have no unexcused absences

Coaches' Commitment

Our coaching staff is committed to
consistently
supporting students in maintaining good
standing by
holding them accountable to these
expectations.

Accountability & Consequences



- First Offense: May include attending AAA, not starting, or a reduction in playing time.
- Second Offense: May include further reduction in playing time or loss of competition opportunities.
- Third Offense: May include loss of competition or removal from the team.