



North Central High School Wrestling Handbook

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Program Goals

Goal Number One --- Academic Success

Our number one goal is for each wrestler to achieve academic success by aiming high, showing constant improvement, and carry the work ethic learned in wrestling into the classroom. *“Even in the dictionary, academics come before athletics” William A. Welker*

Goal Number Two --- Wrestling Success

Our second goal is that each athlete develops, improves, and matures as a wrestler. Through hard work and self discipline each wrestler will find various levels of success.

Goal Number Three --- Personal Growth

Our final goal is that each wrestler takes the lessons learned in wrestling and incorporates them into their everyday lives. We want everyone to mature, develop self-confidence, & become a better person through: self-discipline, cooperation, integrity, and teamwork.

Eligibility

Forms and Fees

- Current physical on file in the business office
- Signed GSL guidelines form on file in the business office
- Signed individual sport safety guidelines on file in the business office
- ASB/GSL card fee paid in the business office
- Insurance/waiver form on file in the business office
- All fines paid in the business office
- All emergency and health information completed and provided to the athletic director and business office
- <http://www.spokaneschools.org/180020713204215143/site/default.asp>

Bring coach Leifer the yellow “eligibility card” from the office when the items listed above have been cleared.

WIAA and Spokane School District Requirements

- Meets WIAA age requirements
- Meets WIAA residency requirements (choice forms on file with counselor)
- Enrolled in a minimum of 5 (prefer 6) classes (NCHS)
- Enrolled in and passed 4 classes from the previous semester (WIAA)
- Maintain passing grades in all classes during the current semester (SPSD)
- Athletes will not compete until all grades are at a passing status.
- Students who are not passing may practice with the team. They will not be issued any equipment or uniforms until grades are raised.

Alcohol and Drug Policy

- First Offense = suspended from competition for 14 calendar days and successfully complete a district approved intervention program. Allowed only one “first offense” during your entire high school career.
- Second Offense = ineligible to participate for one calendar year.
- Third Offense = ineligible the remainder of the student’s high school career.

Unacceptable Academics and Behavior

- Periodically wrestler will be required to carry a blank progress report to each class
- Wrestlers are expected to be on their best behavior while at school
- Wrestlers are expected to be helpful and respectful to their parents

Practice Expectations

- **Practice starts at 2:50pm, and ends at 5:30pm on school days**
- Practice starts at 8:00am, and ends at 10:30am on non-school days
- **Wear a T-shirt to and from every practice**
- **Carry your wrestling shoes to the mat**
- Wrestlers will wear clean attire to practice (shorts, t-shirt, socks, shoes)
- Wrestlers should wear boxer briefs, or tighty whiteys, no boxers
- Running shoes should be available for practice if needed

If a wrestler must absolutely miss practice, he needs to:

1. Talk to Coach Leifer in room 217
2. Call coach Leifer on his cell 509-869-4157, it will be brought to every practice or call the wrestling room directly 509-354-6313

Excusable reasons to miss a practice	Inexcusable reasons to miss a practice
Doctors appointment due to injury w/ note	Homework, unless cleared
Doctors appointment due to skin infection	Drivers license exam
Family Emergency	Birthday
Illness – didn’t attend school	Illness – attended school

Indian Reminders: 20-30 minutes of extra condition after the regular practice. All missed practices must be made up.

Excused Missed Practice = 1 Indian Reminders

Unexcused Missed Practice = 2 Indian Reminders

Regularly Missing Practice = Suspension/Possible Termination

Illness or Injury: If a wrestler is sick and attends school or is injured, then they are expected to be at practice. They can still learn by watching technique, and can be a part of the team by offering their support. If a wrestler is too sick to come to school then they should NOT attend practice. There is no sense it getting the entire team sick.

Team Designations and Weight Classes

NC wrestling is composed of three teams: Varsity, Junior Varsity (JV), and Freshmen. Each team consists of 14 weight classes. These weight classes are listed below.

103	112	119	125	130	135	140	145	152	160	171	189	215	275
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Determining the starting line-up for all competing teams will be based on the following criteria:

1. Practice attendance
2. Work Ethic in Practice
3. Attitude
4. Citizenship
5. Challenge Matches/Wrestle Offs

CHALLENGE MATCH RULES

- Challenge matches are conducted on Mondays
- After the Red and Black Dual, a wrestler must be beaten twice before he loses his spot on varsity.
- Only first-string J.V. wrestlers may challenge for the varsity spot.
- Varsity challenges will be timed at 2 minute periods
- J.V. challenges will be timed at 1:30 minute periods
- You may not be 6 pounds over the weight in which you wish to challenge
- In special cases where sickness, absence, injury, attitude, weight problems, or classroom behavior present a problem, the coaches will determine who wrestles
- If you expect to challenge, let the coaches know in advance so that special time will be allotted for matches.
- Varsity wrestlers are required to make lunch weigh-in checks supervised by the captains the day of competition
- Failure to make vacation turnouts will result in loss of varsity position
- Failure to make weight will result in the following
 - Wrestler must make weight that evening—first time
 - Can't challenge 1 match—second time

Nutrition

Competitive weight classes are designed to ensure the safety of wrestlers by matching athletes of relatively equal size. A working knowledge of body composition, weight control, nutrition, muscle strength, and cardiovascular conditioning is beneficial to optimal wrestling performance.

To be effective, wrestlers must remain well nourished and properly hydrated while attempting to compete at a weight that supports minimal body fat. Well planned meals include a variety of healthy food choices.

An effective weight control program is planned in advance, has reasonable goals, and is organized around a sound knowledge of nutrition and fitness.

Basic Tips:

1. Eat healthy foods
2. Eat smaller portions, numerous times a day
3. Don't eat a huge meal right before you go to sleep
4. Drink tons of water

Weight Monitoring Program

Every wrestler in the State of Washington will perform a one time assessment from a WIAA certified assessor. First they will be required to pass a hydration testing using specific gravity of urine. After passing the hydration test the assessor will record their weight, height, and body fat (measured with skin calipers). This information is then plugged into the web site www.nwcaonline.com. This web site then creates a weight loss plan for each individual wrestler that allows them to lose 1.5% of their body fat per week until they hit 7%. The coach, parents, and individual wrestler can view this web site at any time. The web site also offers an individual online nutrition plan and menu suggestions for each wrestler. More information can be found at: www.wiaa.com/athletics/wrest/WtMgmt/weightmgmtprogram.pdf

Weigh-In Expectations

- JV will weigh in at **3:00pm** for every dual (home/away) in the team room
- **Home Competition – Be back to the school by 4:00pm**
- Be on time for Varsity weigh-ins (6:00pm) and be at weight
- Away Competition – Be at the bus on time and at weight
- Be prepared for weigh-ins: haircut, shaven, fingernails cut, no jewelry
- **Act like a professional at the scale, serious and ready for business**
- If you do not make weight you will not wrestle
- Bring food to eat after weigh-ins, you will not be allowed to leave for food

Dual Meet Expectations

- Warm-up as a team. Captains should lead an organized warm-up.
- Stand together during the national anthem
- Warm-up 2 matches prior to your match
- Words of encouragement, leave the coaching to the coaches
- Stay at the bench at all times
- Stand up and clap after every match
- Accept winning and losing with class
- Never take your straps off while on the mat
- All wrestlers will stay until the end of the dual
- Shake the opposing teams coaches hand with respect
- After the dual, line-up and shake the opposing teams hand
- If Away – quick meeting with the coaches to discuss the dual
- If Home – all wrestlers will help clean up and then we will meet in team room for a quick meeting with the coaches to discuss the dual

Tournament Expectations

- Be at school 20 minutes before bus departure
- All wrestlers will ride with the team on the bus
- If it is a dual meet tournament – same rules apply as dual meet expectations
- If it is an individual tournament – sit in the NC section, warm up as a team before the tournament, and warm up on your own before you compete
- No leaving the tournament for any reason

Parent Expectations

- Stay in the stands
- Yell words of encouragement but leave the coaching to the coaches
- Show class at all times
- Participate in your sons academics and athletics

Transportation

- All wrestlers will travel to and from duals and tournaments on the bus
- Wrestlers are expected to act with maturity and respect while on the bus
- All wrestlers will stay until the end of every dual and tournament
- Under certain circumstances where parents must take their son home:
 - Parent transportation form on file w/coach Leifer & Business office
 - Personally talk to coach Leifer before you leave
 - Parents will only be allowed to take their own son

Lettering

North Central High School will issue one letter per student, per athletic career. Each additional time a wrestler letters, he will receive a certificate (second, third, fourth year). All wrestlers must follow scholastic, citizenship, and training rules set forth by North Central High School and the wrestling program.

REQUIREMENTS USED TO LETTER ALL WRESTLERS:

A varsity wrestling letter will be awarded to any wrestler who meets the requirements below and finishes the year in good standing with the coaches, team, athletic director, and school administration.

35 VARSITY POINTS ARE REQUIRED TO LETTER

IRON MAN AWARD	AUTOMATIC LETTER
PERFECT PRACTICE ATTENDANCE	10 POINTS
HOLD VARSITY POSITION ENTIRE SEASON	10 POINTS
VARSITY VICTORY BY FALL	6 POINTS
VARSITY VICTORY BY TECHNICAL FALL	5 POINTS
VARSITY VICTORY BY MAJOR DECISION	4 POINTS
VARSITY VICTORY BY DECISION	3 POINTS

Morning Practices (Guts)

Morning practices will be from 6AM – 7AM. Guts practices will be a combination of lifting, drilling, conditioning, speed work, and live wrestling. Guts will be optional but expected for Varsity and JV.

Iron Man Award

The Iron Man award is the most sought after award of the season. It is given to any wrestler who achieves perfect practice attendance, including Guts. A special award is given out at the end of the season to everyone who wins and Iron-Man award. Anyone who receives an Iron-Man award automatically receives a Varsity Letter

Injuries

Wrestling is a tough sport and injuries do occur. If you have an injury these are the steps you need to take:

- 1. Report the Injury to one of the coaches**
- 2. Report the Injury to the NC Trainer – Joe Gaines**
- 3. Joe will direct you in two directions**
 - a. Icing and exercise instructions – follow them
 - b. He will tell you to see a doctor

Hygiene

- **SHOWER AFTER EVERY PRACTICE AND COMPETITION**
- Wash your practice clothes after every use
- If you notice any itchy, reddish, irritated bumps or marks on your skin tell one of the coaches immediately
- **Keep your team room locker clean**
- If you have ringworm (the most common skin infection in wrestling), get an over the counter topical cream and apply it multiple times a day. The earlier you catch it the easier it is to get rid of.

Equipment and Clothing

- You are responsible for every piece of clothing and equipment issued to you.
 - Warm up tops = \$100.00
 - Warm up bottoms = \$100.00
 - Singlets = \$90.00
 - Bags = \$75.00
 - Headgear = \$25.00