

# SMITH-COTTON

*Wrestling isn't easy...*

*Nor should it be.*

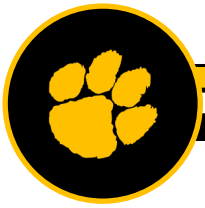
*The greatest gift the*

*sport will ever give*

*is who you become as*

*a result of it.*

# TIGER WRESTLING



*“I’m a big believer in starting with high standards and raising them. We make progress only when we push ourselves to the highest level. If we don’t progress, we backslide into bad habits, laziness, and poor attitude.”*

*- Dan Gable*

*Those Who Endure....*



*...Will Be Champions!!!*



# Coaching Philosophy

Last year, sixty one teams competed in the MSHSAA Class 4 Wrestling season. With each team having fourteen weight classes, that means a minimum total of 854 wrestlers began a quest to achieve an individual state title. Only fourteen will win that state title, less than one percent. Undoubtedly, more than 854 wrestlers chase this dream as most programs have significant depth and multiple wrestlers at each weight.

Achieving an individual state title is exceedingly difficult and is the ultimate accomplishment in high school wrestling. Many great high school wrestlers have never accomplished this feat - and since the reinstatement of wrestling at Smith-Cotton during the 1969-70 season, only person has accomplished it. It is a goal worth pursuing, but its achievement is not the only benchmark of success that we as a coaching staff measure.

My coaching philosophy is built around molding athletes to be competitive, strive to achieve their potential, and sometimes exceed it. I want them to learn to set goals and learn to make a plan to achieve them. I intend to provide an environment where they can use their individual talents to bring them success while at the same time building a strong and competitive team. In working with their teammates to help each other achieve their goals and overcome adversity, they will undoubtedly create an experience that teaches them about the ups and downs of life and provides benefits in the long term. Winning has to do with playing to one's fullest potential. Reaching your potential is not a fixed entity. It is ever-changing depending upon one's age, emotional maturity, skill development, and physical conditioning. For example, an eleven-year-old boy wrestling in his first match ever does not have the same potential to wrestle as an elite wrestler competing in his fourth MSHSAA tournament.

The role of a coach is to know the difference and prepare each athlete to perform at his or her best on any given day. The most important thing is not who has the most points at the end of a match, but who wrestled to his fullest potential. Twenty years ago, I fell short of my goals. I was devastated because I had my eyes on only the final outcome. A coach from Missouri's USA Team approached me, put his arm around me and told me that twenty years from now, I would not remember the result - but the experience. I have not forgotten the result, but it is not what is prevalent in my mind. What I do remember is the process of getting better and the experience that wrestling provided me. Of all the sports in which I competed, wrestling gave me the work ethic and molded the professional characteristics that I value today. Winning that state title would have been a great moment in my life - but if I was not "enough" without that title, I was never going to be enough with it.

More than anything, this is what I want Smith-Cotton Wrestlers to understand. Some may rise to great heights and meet expectations. Some may get hot at the right time and exceed expectations. Some may win half their matches. Some may never make varsity and some may even struggle to win. Regardless, all can set goals and create a plan with the coaching staff for improvement. They can work within that plan to improve and attain their goals. They push their teammates in the same process. Through that process they will better themselves and their team and learn valuable lessons for their future. This is what I desire for every athlete - the ability to grow as an individual and leave the program better than they came in. If we accomplish that - I am satisfied. If we achieve individual and team titles while doing so - it makes the experience all the more sweet. Wins and losses will never define us - how we respond to them will.

Good luck as you venture forward into the 2021-18 season. Go Tigers!

# Wrestling for Smith-Cotton High School is a great privilege, not a sacrifice!

The Supreme Court of the United States has ruled that Athletics is a privilege, not a right. Those who choose to participate in athletics, specifically our wrestling program, must obey the policies set forth by the coaching staff.

Please read the policies in this book before you begin.

## **Assumption - The Role of Wrestlers**

It is important that you understand that we are making four assumptions about you as a Smith-Cotton Wrestler. If you are not in agreement with these four assumptions and willing to strive for each of them, then this program is not for you.

1. **We assume you want to be the best person you can be.** You must understand that you represent the Smith-Cotton Wrestling Program. You may be the only wrestler some people will ever know. Your character is a direct reflection of our program. There are many benefits that go along with being a part of our program. With those benefits, you will be held accountable for your actions. We will help you become the best person you can be on and off the mat.
2. **We assume that you expect to graduate with the highest grades you are capable of making.** You are responsible to yourself, to your parents, and to your team to strive for the highest grades possible.
3. **We assume that you want to be the best athlete you can be.** Coaches see what you can and should be and will push you to achieve your maximum potential. Coaches can try to motivate you, but the most effective motivation comes from within. The Smith-Cotton Wrestling Staff will encourage you to strive for nothing less than your best.
4. **We assume that you want to be part of a championship team.** Everything about our program is designed to produce champions, both on and off the mat. You will be expected to approach school and practice, to compete, and to have the discipline of a champion.

## **Distribution of Information**

The official website of Smith-Cotton High School is [www.sedalia200.org](http://www.sedalia200.org) and most information can be found at this site. Schedules and trip itineraries can be found by visiting the club section of that website or downloading TeamApp to your cellular device. Hard copies of trip itineraries will be distributed at the beginning of the week and it is the responsibility of each wrestler to get these to their parents. School policies and team rules will be enforced on any overnight trips.



# Expectations

## Coaches' Expectations of Wrestlers

- ◆ **Sportsmanship.** Sportsmanship in practice and in competition is held in the highest regard. The Smith-Cotton Wrestling program has produced outstanding individuals in the past. We want to continue that tradition and not have it dampened by a lack of sportsmanship. Wrestling is a hard sport, and wrestlers must expect their opponents to try their best to defeat them. If the effort of your opponent is too much for you to handle in a sportsmanlike fashion, then I would suggest that this may not be the sport for you. Referees are human and may make mistakes at times. NO wrestler or parent at any time is to argue with a referee or executive any unsportsmanlike act toward a referee. Only coaches should confront an official, and they are expected to do so in a sportsmanlike manner. A motto of our competitors should be: When you lose, say little. When you win: say less. Be humble. Act like you have been there before.
- ◆ **Accountability.** Coaches will do everything they can to prepare the athlete for competition, but it is up to each individual athlete to make the most of the opportunities provided to them. Practice and competition rules will be set by the coaching staff, and each wrestler will be held accountable for following each of those rules. Smith-Cotton wrestlers will be expected to hold themselves accountable for their actions, efforts, grades, conduct, successes, and failures. Excuses and passing blame create weakness and will not be tolerated in the SCHS Wrestling Program. A person must have the accountability to look himself in the mirror and give an honest evaluation, as well as accept an honest evaluation from the coaches, in order to reach new heights.
- ◆ **Be Coachable.** The success of the Smith-Cotton Wrestling Program has been built on those athletes who have decided to listen to the coach. Coaching is a process whereby we, the coaches, challenge a wrestler to find their own best answers. Through this process, wrestlers are forced to think for themselves. It is a process that develops leaders. If every time you are challenged by a coach you make excuses for where you are and why your way is the best, you will never be able to stretch your boundaries. If you truly wish to be the best you can be, it is essential to listen to your coaches and not question them when you are challenged.
- ◆ **Discipline.** All is lost without discipline. If you do not have the discipline to follow the team rules and guidelines set forth by the coaching staff, you are going to hold yourself and the team back. No one person is bigger than the program or the others on the team.
- ◆ **Respect.** Smith-Cotton Wrestlers will show respect to all. Treat others as you would like to be treated. This includes fellow wrestlers, coaches, fans, administrators, referees, and so on. You must also respect the practice facilities and equipment. In the weight room, you must always clean up after yourself and use the equipment in the proper manner. In the locker room you must also clean up after yourself. You are expected to keep the wrestling room clean and to participate in any setting up or tearing down of equipment.

**“How a man plays the game shows  
something of his character; how he loses  
shows all of it.”**

- ◆ **“Pay the Price.”** Any wrestler who cannot follow the rules and guidelines set forth by the coaching staff must be willing to accept the appropriate consequences, which will - in turn - depend on the frequency and severity of the infractions. Consequences can be anything from extra conditioning after practice or suspension from the team. The Smith-Cotton Coaching Staff will decide on the appropriate consequences.
- ◆ **Hygiene.** All wrestlers are required to follow the guidelines outlined later in this handout for hygiene.
- ◆ **Nutrition.** All wrestlers are encouraged to do their best to follow the nutrition guidelines outlined later in this packet.
- ◆ **Return all issued equipment.** All wrestling gear issued to Smith-Cotton Wrestlers is to be returned at the conclusion of the season. If it is not returned in a timely manner or lost, the wrestler will be financially responsible for the replacement of the lost equipment.
- ◆ **Security.** The Smith-Cotton Wrestling Program will do the following to provide a secure environment. Practices will be held at Smith-Cotton High School in the designated wrestling area (upper gym). To provide a secure environment at the high school, each wrestler will be provided with a locker in the high school locker room. Theft is a selfish act that will not be tolerated, but it is the responsibility of the wrestler to secure their belongings. Anyone caught stealing will be dealt with by the high school coaching staff and Smith-Cotton Administration.
- ◆ **Attendance.** Wrestlers are expected to attend all practices and competitions prepared and on time unless otherwise instructed by the coaches. If you are injured, you still need to be on time to practice and dressed out. The coaches will work with the athletic trainer and give you a workout that will not affect your injury. If you are unable to do physical activity you still need to be at practice dressed out and encourage your teammates.
- ◆ **In the classroom.** The Smith-Cotton Wrestling Program is a tool to help motivate our wrestlers to do well in school. Wrestling helps students stay eligible and could possibly provide an avenue to college education if grades are good enough. There are two expectations concerning your work in the classroom. The first concerns **Accountability**. Each wrestler will be responsible for the work their teacher asks them to complete. Every Wednesday, each wrestler will take a grade sheet around to be filled out by his teachers. The second expectation concerns the **Responsibility** of each wrestler for how they conduct themselves in the classroom. Each wrestler is responsible for their own actions. If you break school or classroom rules, you must accept the consequences handed down by the school and teacher. The wrestling staff will be 100% loyal to the school or teacher. If you are assigned ISS (In-School Suspension), you will - at the very least - receive after practice conditioning and possible suspension. A second ISS occurrence will result in a suspension from competition. A third will result in a dismissal from the team. If you are assigned Out-of-School Suspension, each day will be counted as an unexcused absence. The Wrestling Staff does not consider additional consequences to be “double punishment” because of your obligations to your teammates.

*Those Who Endure....*



*...Will Be Champions!!!*



# Team Rules

## Academics

Smith-Cotton Wrestlers will be provided with an academic check sheet the first day of practice. They will be given three days to visit with their teachers and have their current grade for each class marked and verified by each teacher. If any Fs are present, the student will have two weeks to pull them up. If, by the next grade check, those Fs have not been improved to Ds, the following will occur:

- ◆ Two Fs will immediately make a wrestler ineligible to compete. This means they will lose whatever ranking they have in their weight class. Tutoring will be scheduled and emphasis will be placed on attending tutoring on Tuesdays and Thursdays rather than practice. If, by the next bi-weekly grade check, these grades are passing then the student may return to competition and will be eligible for wrestle-offs, though they will have to earn that spot back by climbing the ladder.
- ◆ One F will not make a student ineligible to compete, but it will make them ineligible for varsity wrestling. Representing the school at a varsity level is a privilege - not a right. If a student wants to represent the varsity team, their academic standing needs to be beyond question. This also means that any student with an F will forfeit those spots and be ineligible to wrestle-off for them until the F has been brought up. They will not automatically regain their spot - they will have to earn that spot back by climbing the ladder.

Smith-Cotton and MSHSAA policies on eligibility will be complied in full, excepting the above criteria for varsity and junior varsity competition.

## Attendance

Smith-Cotton wrestlers are expected to be at all scheduled practices and competitions on-time and prepared as they are listed on the schedule. If you are injured or not able to practice fully you are still required to be at practice and will be given an alternative plan for improvement (i.e. biking, lifting, watching film, etc.). The same goes for team competitions. If you are unable to participate, you are still required to be at the competition to support the team.

## Excused and Unexcused Tardies

While the expectation is no one be late, some times life does throw us situations beyond our control. In such an instance, there is such thing as an excused tardy. That time will still have to be made up, but there are less severe consequences. Excused Tardy for:

- ◆ Unavoidable family emergency with a note from your parent/guardian. Let the coaching staff know in advance if at all possible.
- ◆ Health care related appointment with a note from the doctor. If it is not an emergency visit, the coach should be informed in advance and still receive a note from the doctor.
- ◆ School related circumstance that has been approved by the coach in advance or has a note from school staff (i.e. teacher, principal, athletic director, etc.).
- ◆ Given coaches permission in advance.

Consequences for an unexcused tardy:

- ◆ 1st and 2nd time: 20 minutes additional conditioning each time.
- ◆ Third time: additional 20 minutes, and counts as one unexcused absence. Meeting with the coach.
- ◆ Fourth and beyond: 25 minutes extra conditioning, possible suspension

## Excused and Unexcused Absences

As stated above, the expectation is that you will attend all practices. However, times arise where this is not possible. Absences are either excused or unexcused. All missed practices will be made up.

Excused absences for:

- ◆ Excused from school with notification from the attendance office.
- ◆ Unavoidable family emergency with a note from your parent/guardian. Let the coach know in advance if at all possible.
- ◆ Health care related appointment with a note from the doctor. If it is not an emergency visit, the coach must be informed in advance and still receive a note from the doctor.
- ◆ School related circumstance that has been approved by the coach in advance or has a note from school staff (i.e. teacher, principal, athletic director, etc.).
- ◆ Given coaches permission in advance.

Consequences of unexcused absences:

- ◆ 1st offense: 25 minutes extra conditioning. Possible suspension from the next meet. (ex. The unexcused absence was the day before competition).
- ◆ 2nd offense: 25 minutes extra conditioning and suspension from the next contest. Meeting with the coach and parent.
- ◆ 3rd offense: Parent meeting. Possible dismissal from the team based on the results of the meeting. Minimum three meet suspension. 40 minutes extra conditioning.
- ◆ 4th offense: Automatic dismissal from team.

## Gear Return

Smith-Cotton Wrestlers are responsible for all gear they are issued. Wrestlers will be financially responsible for loss of equipment or mistreatment of equipment rendering it inoperable. This will be settled asap with the usual penalties for gear being turned in late as prescribed by the Smith-Cotton athletic handbook.

## Representing Smith-Cotton Wrestling

### “Do Right Rule”

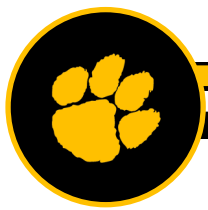
The Smith-Cotton Wrestling Coaches make the assumption that all Tiger Wrestlers know the difference between “right and wrong.” Tiger wrestlers are always expected to make the “right” decision in relation to matters of behavior, discipline, and academics. If a wrestler makes a “wrong” decision in relation to matters of behavior, discipline, and academics, the coaching staff will assume that it was a conscious decision on the part of the athlete to do so and the athlete will therefore be held accountable for willfully making a “wrong” decision. Accountability can range from being counseled by the head coach up to suspension or dismissal from the team. All disciplinary action will be decided according to the Smith-Cotton High School Athletic Code.

**The “Do Right Rule” is in effect 24 hours a day, both at school and away, for the duration of the athlete’s participation in the Tiger Wrestling Program.**

Everything you do is a reflection of the Smith-Cotton Wrestling Program. While you are a member, you are expected to represent the program in a positive manner. Especially in your out of school activities - be sure you represent the team in a positive manner. You are the only wrestler some people may ever know. You are not just a steward of the Smith-Cotton Program - you are a steward of the sport itself. Many people do not know about wrestling or do not respect it. Be the person who encourages them to change this image.

Representing our school on the mat and wearing our colors is a privilege. Make sure you always represent it in the most positive light. Take responsibility when you do not and always work to improve our sport in the eyes of those who know little about it.





# PERSONNEL DECISIONS

Every wrestler wants to start for the Smith-Cotton Wrestling Team. Unfortunately, not all of you will. The great thing about our program is that our sub-varsity groups (JV, C-Team, Exhibition) will have numerous opportunities to wrestle and are able to get a significant amount of matches, in some cases close to as many as the varsity roster. The coaching staff will determine the starter at each weight class. It is important for wrestlers to understand how starting positions will be decided. The following points will influence the decision of the coaching staff on who gains the starting position.

- ◆ **Wrestle-offs, performance, and practice** are the three main determinants in who will be the starting wrestler at each weight class. The goal of the coaching staff is to have the wrestler who will best represent the program in each position. Wrestle-offs alone will not determine the final starting position. If a wrestler is losing to a competitor in the practice room and in a wrestle-off, but is performing better in competition, that wrestler may get the starting spot. If a wrestler cannot show that he is able to compete with a weight class competitor in practice and is not performing up to the competitors' level in competition, there may not be a wrestle-off. The coaching staff has the final say in all wrestle-offs and final starting positions.

**If two wrestlers are competing for the same spot and are close in wrestle-offs, practice, and competition, then the following criteria may come into play when making a decision on the final starting position.**

- ◆ **Attitude.** The wrestling season can be long and demanding. The best way to make it through the ups and downs of the season is to keep a positive and optimistic attitude. A wrestler's work ethic and attitude throughout the season will be looked at by the coaching staff when determining the starting wrestler of a weight class.
- ◆ **Dependability.** The members of The Smith-Cotton Wrestling Team depend on each other for many reasons. A wrestler's physical, mental, academic, and behavioral dependability can be taken into account when determining a starter.
- ◆ **Contribution to overall team.** Wrestling is both a team and individual sport. The coaches will communicate with the wrestlers what is expected of each to help the team. Team members must be willing to wrestle where it will most benefit the team.
- ◆ **Sportsmanship.** Most people's only contact with our team is on match day. Unsportsmanlike behavior is a bad reflection on the entire program. A lack of sportsmanship can be a determining factor in the final decision on who gets a starting position.
- ◆ **Mental toughness.** For a wrestler to be able to compete at a high level, he must be able to display mental toughness on a consistent basis. A wrestler's level of mental toughness may be weighed when determining the starting position.
- ◆ **Being Coachable.** Wrestling is a sport that is defined by discipline. Smith-Cotton wrestlers need to follow the rules and guidelines of the coaches. The willingness of a wrestler to follow the rules and guidelines set forth by the coaching staff may come into play when solidifying a starting position.



# WRESTLE-OFFS

Wrestle-offs are an important part (though as outlined on the previous page, possibly not the only part) of establishing the Smith-Cotton depth chart and varsity team. The first two to three weeks of practice will be an intense round of practices designed to drill fundamentals of wrestling and conditioning into the athletes and prepare them for competition. All wrestlers must take a hydration and body composition test to determine what their lowest possible weight class might be and the time-table for which they can safely attain it. (***Please note: this does not mean that wrestlers are required to go to that weight class.***) Once those weight classes have been determined, a mini-tournament will be scheduled for the practices the week of Thanksgiving. Wrestlers will be ranked according to their finish in this tournament and the top two will engage in a best of three wrestle-off for the varsity spot. The rubber match, if needed, will take place during the Black and Gold Meet.

- ◆ **Example 1:** In the 106 pound weight-class, *Wrestler A* has no opponents. Because of this, he will automatically be slated as the varsity 106 pound wrestler.
- ◆ **Example 2:** In the 138 pound weight-class there are two wrestlers. *Wrestler A* and *Wrestler B* will wrestle each other. The first to achieve two out of three wins during the wrestle-off week will be the Varsity Wrestler, while the losing wrestler will be ranked second and wrestle the JV matches.
- ◆ **Example 3:** In the 160 pound weight-class there are three wrestlers. **Wrestler A, B, and C** will wrestle a series of round robin matches over the course of the Wrestle-off Week.
  - Day 1: A vs. B, A vs. C, and B vs. C
  - Day 2: C vs. B, C vs. A, and B vs. A
  - Day 3: B vs. A, B vs. C, and A vs. C (if needed)

At the end of the week, a ranking should be established (1st-varsity, 2nd-JV, 3rd-Exhibition).

- ◆ **Example 4:** In the 170 pound weight-class there are four wrestlers. They will be put into a four-man bracket. The winners of the first round will engage in a best-of-three series for the Varsity and Junior Varsity spots. The losers of the first round will have a one match wrestle-off for C-Team and Exhibition.
- ◆ **Example 5:** In the 182 pound weight class there are five or more wrestlers. The coaches will seed out a mini-tournament and officiate the matches accordingly. The finalist will wrestle a best two-of three for the Varsity and Junior Varsity Spot. Whoever makes the consolation finals will wrestle for the C-Team spot. Any wrestlers outside the consolation finals will wrestle round-robin matches to finish lining out the depth chart.

Only JV wrestlers will be able to challenge for a varsity spot at subsequent wrestle-off weeks. Third ranked wrestlers can challenge for the JV spot at any time after a practice is over by notifying the coach of their challenge before practice. A schedule for varsity wrestle-offs will be provided as the date approaches. It should be noted that coaches may schedule a varsity wrestle-off at any time for various reasons (lack of effort, missing weight, etc.) Once a varsity position has been earned, that wrestler only has to win one match to keep his spot in future wrestle-offs. A JV wrestler must win two matches in a row to knock-off the varsity man. Wrestlers must demonstrate that they are at weight in order to wrestle-off for a spot.

*Those Who Endure....*



*...Will Be Champions!!!*



# PERSONNEL GUIDELINES

## **Returning From Injuries**

When an injured player returns, he must demonstrate that he is capable of returning to the mat, and will be given every opportunity to win a starting spot. If a starting spot is in contention with another wrestler competing close to the same level, the physical stability of the injured athlete may be taken into account when deciding on starting positions.

## **Skin Disease Prevention**

Unfortunately, wrestling, like many other contact sports, carries a risk of transmitting diseases. The Smith-Cotton Wrestling Team takes every precaution to prevent this from happening. It is extremely important for all wrestlers to follow the guidelines described in this handout to protect them from this.

1. ALL Wrestlers must shower with soap and water directly after practice.
2. DO NOT Share or REUSE towels!!! Wash them after every use!
3. If any clothing is left in the locker room, it will be thrown away.
4. Wipe off benches and bars after using in weight room.
5. DO NOT REUSE workout clothes. Wash workout clothes after every workout.
6. Wash kneepads, headgear, and shoes on a regular basis.
7. NEVER leave your wet shoes or kneepads in your bag over night. Let them dry out.
8. NEVER wear your wrestling shoes outside.
9. Check yourself for rashes and skin abrasions daily and immediately report them to a coach.
10. Wash hands regularly.
11. Use a disease prevention spray or foam on days of competition, and shower after matches at tournaments.

## **Prevention of Illness**

Sickness can be prevented or at least kept to a minimum throughout the wrestling season if you take care of yourself. During the season, your immune system may be run down from training and stress, and the weather is not favorable so it is even more important to take care of yourself compared to other times of the year. Below is list the coaching staff recommends each wrestler follow throughout the season.

1. Take a multi-vitamin everyday.
2. Get a minimum of eight hours of sleep each night.
3. Maintain your sleep patterns on weekends and don't stay up too late.
4. Take Vitamin C tablets each day.
5. Never go outside without a coat or stocking hat.
6. Dry your hair after showers and before you go outside.
7. Always wear socks.
8. Don't share drinks.
9. Avoid close contact with others who are sick, and if you are sick keep your distance from others.
10. Wash hands regularly throughout the day.

## **Team Medical Care Policy**

Our philosophy concerning injuries is two-fold. First, the health and safety of the player is our number one concern. Second, we want to get an injured player ready to play again as quickly as possible. In the unfortunate incident that a player becomes injured, we have established a Team Medical Policy designed to evaluate and treat the player as quickly as possible. Should an injury occur, we would like to follow this protocol:

1. Evaluation by a Trainer, Team Doctor, Coach Hulsey, or an Assistant Coach (depending on when the injury occurs and upon who is present at the practices or games). Please notify Coach Hulsey if you think you need to go to the doctor. The Smith-Cotton Trainer can refer you to a sports minded doctor. Some minor injuries can be evaluated without a doctor's visit. Coach Hulsey would like to be aware of all injuries and not be surprised.
2. When a wrestler is being seen by a doctor, please relay any information pertaining to the injury to Coach Hulsey. It is very important that Coach Hulsey and the rest of his staff are kept up-to-date on the status of all serious injuries.
3. Parents will be notified in the case of any injury serious enough to be evaluated by a physician.
4. A doctor's note will be required for your child to be excused from practice for an extended period of time. However, wrestling is a contact sport and many minor injuries can occur. The Trainer and/or the Smith-Cotton Coaches will work with each injury and each athlete on an individual basis and some practice time may be missed without a doctor's note. Wrestlers are expected to attend practice even if they cannot participate.

In the unlikely event of a catastrophic injury, we have established an Emergency Plan to handle such injuries.

1. A phone is always available at practices and competitions.
2. Smith-Cotton has provided the team with a medical kit that is with us at practices and competitions.
3. The coaching staff will have specific assignments concerning their role in the event of a catastrophic injury, such as: who makes the 911 call, who stays with the victim, who stays with the team, who calls the injured wrestlers parents, and so on.

***Physicals – You must have a physical examination before you can participate in any Smith-Cotton workouts.***

## **Team Captains**

Within the first two weeks of the season, the team captains will be announced. Two of the team captains will be chosen by the team and the remaining will be designated by the coaching staff. The responsibility of a team captain is to monitor and maintain the credibility of the entire team. Everyone, not only the team captains, is expected to be a leader! Team captains must help the coaches monitor wrestlers during practice, meets, in-school, and after school activities. Captains are responsible for leading the team during warm-ups and represent the team during the coin toss.

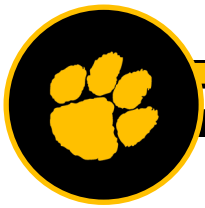
## **Varsity Letters and Awards Banquet**

The criteria for earning a varsity letter and information on awards given at the banquet comprise the following four pages.

*Those Who Endure....*



*...Will Be Champions!!!*



# VARSITY LETTERS

Beginning with the 2021-18 season Smith-Cotton Wrestling will have a graduated points system for earning a varsity letter. A graduated points system enables younger inexperienced wrestlers to set, and achieve, the goal of earning a varsity letter as a freshman or first year wrestler. The graduated system also causes older wrestlers to hold more value in their varsity letter, and not just accept earning a letter as a “given” because the required number of points is attained too easily. Below, you will find a breakdown of the requirements for earning a letter based on years of experience. You will also find a complete outline of the scoring system on the following page. If you have any questions feel free to ask. Good luck earning your letter!

1st Year Wrestlers: 45 Points

2nd Year Wrestlers: 55 Points

3rd Year Wrestlers: 65 Points

4th Year Wrestlers: 75 Points

In order to receive a varsity letter, these points must be achieved and **some varsity matches must be wrestled**. It is not necessary to compete for the whole season or the district tournament to earn a letter. If the points are earned but the wrestler has not competed in any varsity matches at the close of the season, that wrestler will receive a provisional varsity letter. This means that he has completed the season in good-standing and has satisfied the academic and practice requirements. If he receives a varsity level the following year, he will also receive a varsity letter for his provisional status. The point system is found on the following page.

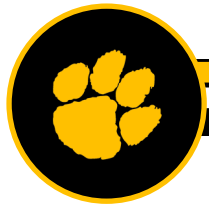
The coaching staff reserves the right to award a varsity letter to any wrestler who finishes the season but failed to earn the required number of points due to reasons such as injury, sickness, etc.

<b>Academic Achievement</b>		<b>Points</b>	<b>Notes</b>
Semester High Honor Roll		4	2 per quarter
Semester Honor Roll		3	1.5 per quarter
GPA of 2.5 or better		2	1 per quarter
95% Classroom Attendance		4	Semester only
90% Classroom Attendance		3	Semester Only
Finishing season with No D's or F's		4	End of season grade check
Finishing season with no discipline referrals		3	End of season check
<b>Competition Achievement</b>	<b>Varsity</b>	<b>Junior Varsity</b>	<b>Notes</b>
Pin	6	3	
Tech-Fall	5	2.5	
Major Decision	4	2	
Decision/Forfeit	1	0.5	Only if a JV dual is wrestled
Varsity Match (loss)	0.5		Varsity Only
No Check-backs with Refs	2	1	
No Arguing with Refs	2	2	
State Qualifier	See Notes		Half of Team Points Required
District Bubble Match	See Notes		10 Points
Conference Champion	See Notes		Half of Team Points Required
Winning Record	10	5	
.500 Record	6	3	
<b>Pre-Season/Practice/Post Season/Other Criteria</b>		<b>Points</b>	<b>Notes</b>
No Team Rule Violations		2	
Gear Check-in (on-time and good condition)		1	
Iron-Man Award Winners		4	
Attended Summer Workouts		4	
Participating in another sport		2	
Extra-Workout (with partner, half hour minimum)		1	Must be supervised by a coach
Attendance of Post-Season Banquet/Board Recognition		4	
Failure to Check in Gear on time		-1	
Failure to check in gear in good condition		-1	
Arguing with officials		-2	Per occurrence
Losing a Team Point		-2	
Late for practice (unexcused)		-1	Three equals one unexcused absence
Unexcused absence		-3	Three results in dismissal from team
Missing Weight		-3	
Leaving Practice Early		-1	

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# End of Season Awards

At the end of the wrestling season, Smith-Cotton Wrestlers will be eligible for a variety of awards that take into consideration both statistical qualifications as well as the opinions of coaches and members of the Cardinal Wrestling Squad. Below are those awards.

**SCHS Outstanding Wrestler:** This award goes to the Tiger Wrestler who claims the furthest post-season advancement *or* attains the best varsity record (determined by winning percentage). Wrestlers must be in the varsity line-up at the time of the district tournament to earn this award, though certain circumstances may arise that allow for coaches special consideration. It is possible for this award to be handed out to more than one person.

**SCHS Outstanding JV Wrestler:** This award goes to the Tiger Wrestler who has an outstanding season on the junior varsity squad. Consideration will be given to winning percentage, contributions to the team, and any role that was taken if the wrestler competed on the varsity level.

**SCHS Iron Man Award:** This award is a statistical award that goes to the wrestler or wrestlers who achieve 100% attendance at all practices, required and optional; as well as 100% attendance at all required events. This award is very difficult to earn. It may be earned by multiple wrestlers, or none at all. Coaches may award it to the highest attendance percentage in the event that no one meets the 100% threshold.

**Outstanding Freshman:** This award goes to the SCHS Tiger freshman wrestler who has an outstanding year *or* goes above and beyond to contribute to the team. This award is voted on by the team and coaches.

**Outstanding Sophomore:** This award goes to the SCHS Tiger sophomore wrestler who has an outstanding year *or* goes above and beyond to contribute to the team. This award is voted on by the team and coaches.

**Outstanding Junior:** This award goes to the SCHS Tiger junior wrestler who has an outstanding year *or* goes above and beyond to contribute to the team. This award is voted on by the team and coaches.

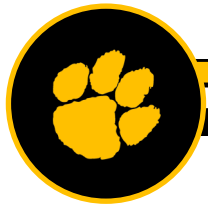
**Outstanding Senior:** This award goes to the SCHS Tiger senior wrestler who has an outstanding year *or* goes above and beyond to contribute to the team. This award is voted on by the team and coaches.

**SCHS Tiger Coaches Award:** *Spirit and Dedication* - This award is given by the coaches to the wrestler who takes care of business and is committed to make themselves better academically and physically, does his best to give the team a “spark” during practice or competition.

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# End of Season Awards

**Most Dominant Wrestler:** This award is a varsity-only award based on statistical dominance of ones opponents. It goes to the Smith-Cotton Tiger Wrestler with the greatest percentage of wins by way of bonus points (Major Decisions, Technical Falls, and Falls). Minimum 25 varsity matches.

**Most Improved Season-to-Season Award:** This award goes to the SCHS Wrestler on the varsity level who improves the most from the end of the 2016-17 season to the completion of the 2021-18 season. It is typically indicative of time put in—summer work, staying after practice, and doing the little things that it takes to be proficient and successful in the sport of wrestling.

**Most Improved In-Season Award:** This award goes to the SCHS Wrestler on the varsity level who improves the most from the first practice to the end of the season. This award will be decided by the SCHS coaching staff.

**Grotzinger Award (Most Pins):** This award is a statistical award and goes to the athlete who achieves the most varsity-level pinfall victories in a season.

**SCHS Nearfall Award:** This award is given to the SCHS Tiger Wrestler who earns the most combined 2-point and 3-point nearfalls.

**SCHS Takedown Award:** This award is a statistical award that goes to the SCHS Tiger wrestler who achieves the most takedowns during the season.

**SCHS Alcatraz Award:** This award is given to the SCHS Tiger Varsity Wrestler who *earns* the most combined escapes and reversals. Note: These points must be earned. Being taken down and let up ten times in a match will not buffer your total. Coaches and managers will keep close track of this award.

**Leadership Award:** This award is given by the wrestling team to the wrestler who has provided leadership through action, example or words. They are consistent, helpful, always working to improve the team, and a real teammate.

**Scholar Wrestler Award:** This award is earned by the Smith-Cotton Wrestler with the highest Grade Point Average. It must be approved by the faculty of the classes in which the student is enrolled and those classes must be rigorous and challenging. This award demonstrates a well-rounded commitment, not only to your sport, but to the betterment of your future.

**Junior Varsity Awards:** Awards will also be handed out to Junior Varsity wrestlers.

- Most Dominant
- Most Pins
- Total Nearfalls
- Total Takedowns
- Alcatraz

The Iron Man Award can be achieved by any wrestler on the varsity or sub-varsity level.

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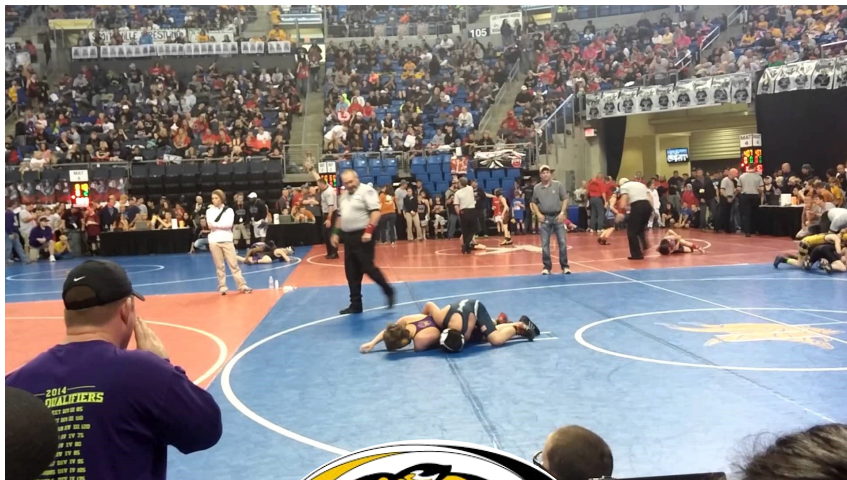


# Sportsmanship

## Points of emphasis for those who attend a sporting event.

One of the greatest perils to athletics is overzealous fans. For athletic programs to provide the best experience for their student-athletes, coaches, officials, and spectators, implantation of good sportsmanship is key. Below are some points of emphasis on sportsmanship that may protect the integrity of athletics and enable fans and participants to better enjoy the contest.

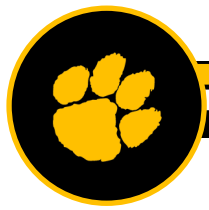
1. Show interest in the contest by enthusiastically cheering and applauding the performance of all teams.
2. Show proper respect for opening ceremonies by standing at attention and remaining silent when the national anthem is played.
3. Understand that a ticket is a privilege to observe the contest, not a license to verbally attack others or to be obnoxious. Maintain self control.
4. Do not boo or make disrespectful remarks toward players or officials.
5. Learn the rules of the game so that you may understand and appreciate why certain situations take place.
6. Know that noisemakers of any kind are not proper for indoor events.
7. Obey and respect officials and faculty supervisors who are responsible for keeping order. Respect the integrity and judgment of game officials.
8. Stay off the playing area at all times and out of the areas marked for coaches and wrestlers.
9. Do not disturb others by throwing material onto the playing area.
10. Show respect for officials, coaches, student-athletes, and cheerleaders.
11. Respect public property by not damaging the equipment or facilities.
12. Know that institutional officials reserve the right to refuse attendance of individuals whose conduct is not proper.
13. Refrain from the use of alcohol and drugs on the site of the contest or before arriving at the site of the contest.



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# PARENT EXPECTATIONS

## Parent Expectations

1. As a parent of a Smith-Cotton student athlete, you must acknowledge that you are a role model for your child. Remember that high school athletics are an extension of Smith-Cotton academic mission, and serve educational, developmental, and health purposes in the life of your child. As a parent, you must show respect for all players, coaches, officials, and supporters of your child and participating institutions. You accept and understand that the spirit of fair play and good sportsmanship are expected by Smith-Cotton at all athletic events on and off campus. You need to accept your responsibility to be a model of integrity and good sportsmanship that comes with being the parent of a Smith-Cotton student athlete.
2. Take ownership of your part in this program. Make sure your child attends every function, workout, and practice, prepared and on time.
3. Monitor your child's academic progress and make sure he completes his assignments on time. A typical high school student will have homework or something to study each night.
4. Respect all rules and guidelines set forth by the coaching staff and support disciplinary actions taken on your child by the coaching staff.
5. During competitions, please stay in the stands and cheer on all members of the Smith-Cotton Wrestling Team.
6. Make a deposit into your child's life and join the Smith-Cotton Wrestling Booster Club. The sole purpose of this organization is to benefit your son/daughter while he/she is part of this program. **WE NEED HELP!**
  - A. If you have any questions or concerns about our program, please go to Coach Hulseley first. Please do not go to the Principal, Assistant Principal, Athletic Director, or Assistant Coaches; they will refer you to Coach Hulseley. You may contact Eric Hulseley at the high school. If you cannot reach him, please leave a message and he will return or react to your call as soon as possible. Please do not approach the coaching staff with a problem directly before competition or practice, during competition or practice, or directly after competition or practice. Please be aware that The Smith-Cotton Coaching Staff will not discuss matters of other athletes with you.

At any appropriate time, Coach Hulseley will, in a civil manner, discuss the philosophy behind the policies in this handbook and ways that we can improve your child's performance in the classroom or on the mat.

**Thank you for allowing your child to wrestle for us. We know that each wrestler will become a better person for being in our program.**

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# Positive Mindset

## Promoting a Positive Athletic Experience: The Parent's Guide

From: Greg Dale, Ph.D., Mental Training Coach, Duke University

1. Be the best supporter and role model you can be. You, as parents, will have a bigger influence on your child's life than **anyone** else.
2. Communicate with your athlete and find out **his** goals in the sport. These goals may be different than what you want. Intrinsic motivation is much stronger than extrinsic motivation!
3. Let them know that anything worth achieving is going to take a lot of hard work.
4. Support your child and be realistic in his ability and skill level and encourage him to strive to higher levels. **DON'T** compare your athlete to others!
5. Show **unconditional** love and support for your child NO MATTER how he performs!!!! Realize that nobody loses on purpose.
6. Let the coaches coach. The worse thing we can have is a confused athlete.
7. Encourage your athlete to be a leader. Let **him** communicate with the coaches and let **him** make decisions.
8. Don't make excuses for your athlete.
9. Game Day Rules
  - i. Passionately cheer and support your wrestler and the team.
  - ii. Please stay off the competition floor and out of the wrestler's corner.
  - iii. While in the stands be positive. Don't yell criticisms or do anything to draw attention away from the athletes and toward you.
  - iv. While your athlete is competing, please don't make an effort for the athlete to focus on you rather than the coach. Once again, we don't want a confused athlete.
  - v. Please refrain from yelling derogatory comments to the officials, fans, or anyone else involved in the event.
  - vi. Let the coaches deal with referees. I have never seen abusing a referee lead to a positive reaction.
  - vii. Let the coaches coach and please don't interfere with coaches during competition.
  - viii. Support the coaches' decisions and any disciplinary actions by the coaches.

**Most people come in contact with this program solely with the wrestlers, coaches, parents, and fans at competitions. How we act will stick with them. Let's all be a class act!**

*Those Who Endure....*



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# **HARD WORK!**

# **NO EXCUSES!**

I have read and understand the Smith-Cotton Handbook. By signing below I agree to follow the rules and guidelines set forth in this handbook to best of my ability and accept the consequences for not following these rules and guidelines handed down from the Smith-Cotton Wrestling Staff and/or Smith-Cotton Administration. I also understand that one parent/guardian signing this holds both to this agreement.

Player Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

Parent Question and Answer Statement: What is it that you want for your student-athlete out in regards to this program?

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