



2020-2021
Cartersville High School
Wrestling Program Handbook



HANDBOOK

2020 – 2021

Head Coach – Brooks Gayton

Assistant Coach – Tyler Putnam

Assistant Coach – Rick Poe



2020-2021
Cartersville High School
Wrestling Program Handbook



OUR PHILOSOPHY

Wrestling is a sport that builds character. Our sport has a culture that is unique to us. Our team will not find success without commitment, dedication, and hard work. Cartersville is rich with wrestling tradition and it is our job to maintain the integrity of that tradition. We know that every individual will achieve at different levels, but our goal is that every individual on our team gains something valuable from this sport. We will demand the same commitment from everyone on our team. Every individual with his/her own uniqueness has the opportunity to take part in our sport. We are different, but it is our differences that make us great. Wrestlers are pushed harder, farther, and longer than any other sport. We transform our youth into young adults...not only physically, but also in terms of understanding the value of commitment, accountability, and responsibility.

PRACTICE

Practice Clothing/Equipment

Athletes will be expected to wear appropriate wrestling attire during practices: shorts, t-shirts, sweatpants, sweatshirts, compression gear, or singlets are appropriate attire for practices. Athletes will also need to bring their wrestling shoes and running/lifting shoes daily. Our schedule of activities will vary from day-to-day, but we will be going into the weight room regularly for strength training and cross-fit type conditioning, as well as running outside, especially in the beginning of the season when it is still warm enough to do so. Athletes are encouraged to keep some sort of outside gear available daily because we don't know when we will be able to go outside. Sweatpants and sweatshirts are encouraged for outside gear, but you can wear shorts and t-shirts if it is warm enough. We will not train outside if it is too cold and definitely not if it is raining, but we will have to transition from the Storm Center to the Weight Room which involves outdoor travel. Please be prepared for all types of workouts daily. Students will have access to a locker room daily where they can lock their outdoor gear. The wrestling team will wash any gear the athletes place in the dirty laundry hampers daily and have them ready for wear again the next day. It will be the responsibility of the athlete to write their names in their clothes to be washed and pick them up daily. Clothes left more than a day may be placed in the lost and found. If an athlete does not come to practice prepared and cannot participate in a part of the practice, then the time missed will count as a tardy and all associated consequences will apply.

After School Practices

Practice will begin at 4:15 PM on school days. That means you should be dressed out, shoes on, in the room, and ready to go. If there is any reason that you must miss or be late to practice, contact Coach Gayton directly. Do not rely on a teammate to relay this information to you. Failure to contact Coach Gayton will result in an unexcused absence. During season (October 26, 2020 – February 20, 2020), ALL wrestlers are required to attend and be on time to all practices, team meetings, and events whether they are able to participate or not (i.e. skin conditions, sprains, etc.). Lack of attending practice, meetings, or competitions for such conditions will result in an unexcused absence. Leaving events prior to being excused by Coach Gayton will also result in an unexcused absence. Missing practice even if it was excused will require the athlete to make up the missed time by participating in extra-effort workouts after practice. Missed practice may also result in the athlete losing their varsity position in the line-up. They will be able to challenge to earn the spot back at the next available challenge, after they have made up all of their missed time. Practice



2020-2021 Cartersville High School Wrestling Program Handbook



After School Practices (cont.)

will finish around 6:15 PM on school days. There will be a cleaning rotation for locker rooms and mopping mats, but everyone should be ready for pickup by 6:30 PM if they work together to get their duties done.

FAB Wednesday Practices

Practice will still begin at 4:15 PM on FAB Wednesdays. If you are late to practice, disciplinary procedures will be followed as outlined in the attendance section of this handbook. If you choose to leave school and do not return to practice without notifying Coach Gayton prior to your absence, it will count as an unexcused absence. Students do not have to leave school on FAB Wednesdays. ALL teachers' classrooms are available for different Study Hall Sessions as needed. If a wrestler needs a place to be during FAB Wednesday, Coach Gayton's Classroom or Coach Putnam's classroom are both available. Practices will finish around 6:15 PM on school days. There will be a cleaning rotation for locker rooms and mopping mats, but everyone should be ready for pickup by 6:30 PM if they work together to get their duties done.

School Holiday Practices

The Thanksgiving Holidays (11/23/2020-11/27/2020) will be different this year than in the past. I made a commitment to our team to give them Thanksgiving week off and I intend to honor that commitment. This year there will be no practice on Friday 11/20/2020. There will be no competition on Saturday 11/21/2020. There will be no practice or competition during the week of Thanksgiving (11/23/2020-11/28/2020). Our first practice back will be on Monday 11/30/2020.

Winter Holiday (12/21/2020-1/1/2021), Teacher Workday (1/4/2021), MLK Jr. Holiday (1/18/2021), and Winter Break (2/15/2021-2/16/2021) are planned school holidays during our wrestling season. We will practice and compete on some of these days. A monthly calendar of events will be published on the team website and wrestlers will be expected to participate on scheduled practice and competition dates. If you do not attend practices or competitions during these breaks without notifying Coach Gayton prior to your absence, it will count as an unexcused absence. It is up to the discretion of the Head Coach to determine whether the absence will be considered Un-Excused or Excused. Missing practice even if excused will require the athlete to make up the missed time through extra-effort workouts. The number of extra effort workouts required to make-up any missed practices and/or competitions will be up to the Head Coach. Missing practices/competitions may also drop you from the varsity depth chart and you will have to challenge to get your place back when you return back to practices and make up any missed time. Any changes in Holiday practice Schedule will be sent to the team through the Blackboard Collaborate App and published on the team website and twitter accounts. Typically, school holiday practices will take place in the mornings from 8:00 AM – 10:00 AM, but please check your calendar schedule for the exact days and times of practices. If you have any conflicts with the wrestling schedule of practices and events, please notify Coach Gayton via email or text as soon as possible. He will reply letting you know whether the absence will be excused or un-excused and how much time will have to be made up in extra-effort workouts.

Extra Effort Workouts

These workouts are available after practice daily and vary in length depending on the need of the individual athletes attending and the coach's availability to stay. Typically, they will last between 15-30 minutes, but



2020-2021 Cartersville High School Wrestling Program Handbook



Extra Effort Workouts (cont.)

may last longer if prior arrangements are made with the Athlete, Parent, and Head Coach. Extra effort workouts will vary in content, but may include: warm-ups, fundamental movements, technique teaching, technique drilling, sparring, live wrestling, physical conditioning, strength training, long-distance running, sprinting, cross-fit exercises, etc. These are not designed as punishment, but as an opportunity for athletes to make up any missed training time and improve their wrestling abilities.

ATTENDANCE

The Head Coach must be notified of an absence in advance for it to be considered as excused. The only exception is when an emergency occurs. An excused absence must be pre-arranged in person or by phone call to the Head Coach. There is no excuse for missing training. If an athlete must miss practice they must take the initiative to make up the training and participate in extra-effort workouts available after practice. Excused absences must be made up the same as unexcused absence. Failure to make up an excused absence will result in an unexcused absence. An athlete's inability to practice even if excused may affect his ability to compete that week. An athlete's eligibility to compete within the week will be up to the discretion of the Head Coach. An unexcused absence is any absence from practice, competition, or event that has not been approved by the Head Coach (events include helping clean up after practice, matches and tournaments). It will be up to the discretion of the Head Coach to determine the validity of your absence. An athlete may be ineligible for competition until all missed time is made up.

FIRST TARDY: Make up missed time at next extra effort workout opportunity.

SECOND TARDY: Make up missed time at extra effort workouts for next 3 opportunities.

THIRD TARDY: Make up missed time at extra effort workouts for next 5 opportunities AND 1 un-excused absence will be applied to wrestler's attendance record.

FIRST UN-EXCUSED: Make up missed time at next 3 extra effort workout opportunities. May be dropped from Varsity Depth Chart at discretion of Head Coach.

SECOND UN-EXCUSED: Make up missed time at next 5 extra effort workout opportunities AND a 1-week suspension from competition.

THIRD UN-EXCUSED: Turn in gear, Dismissal from Team.

In order to accomplish the goals set by the team and the coaches we need a system to hold our athletes accountable. We also need parents to support our role in helping the members of this team learn accountability and responsibility. If athletes miss practices, competitions, or events for any reason, they are expected to make up that time.

TEAM EXPECTATIONS

Respect your team, your room, and your equipment

In order to accomplish our goals (both individual and team) we need to rely on each other to make us the best we can be. We are not competing against each other; we are competing against other teams. Help build up your teammates with positive remarks and constructive criticism.



2020-2021 Cartersville High School Wrestling Program Handbook



Competition

All team members are expected to sit with the team and support their teammates during competition. All athletes are required to wear team-issued gear while at team events. The only visible logo on your gear should be Cartersville Wrestling. Students will be expected to follow behavior expectations from 2020-2021 Cartersville High School Student Handbook while on the bus and at other venues for competition...including overnight stays in hotel rooms and restaurants.

Team Travel

Athletes are expected to follow all rules and guidelines at all times. All athletes are expected to ride to and from competitions with the team. Only the Head Coach can excuse an athlete from riding with the team. Athletes will be excused from riding with the team only with a valid reason and a letter from a parent. Athletes should follow the directions of all coaches. If team rules are broken while on a road trip arrangements will be made to send the athlete home immediately.

You are a representative of the team, school, community, and your family

As a participant in an extra-curricular program, a student-athlete's behavior on campus, in the community, and at other schools reflects not only on themselves, but on the program, school and their family as well. Failure to represent yourself in a positive manner will result in appropriate disciplinary action. Repeatedly failing to represent yourself in a positive manner may be cause for further disciplinary action up to and including suspension/dismissal from the program. Criminal acts, violence, intimidation, bullying, hazing or discrimination, whether at school or in the community, will not be tolerated and may be cause for disciplinary action up to and including suspension/dismissal from the program.

Challenge Coins

After completion of the first week of practice, all wrestlers will earn a challenge coin that has the Cartersville Wrestling logo on one side, and our team core values on the other. All athletes will be responsible for keeping their challenge coins with them at all times during the season. This is to serve as a reminder of the team's expectations and as a teaching tool to help teach the athletes the characteristics of responsibility and accountability. Athletes will put their coins in a bucket at the start of each practice to symbolize that we are "all in" for the practice. If an athlete's actions do not demonstrate the core values of our team during practice, then the athlete will face the following consequences:

FIRST OFFENSE: Athlete will be given a private re-direction from a coach

SECOND OFFENSE: Athlete will be given a public re-direction from a coach

THIRD OFFENSE: Athlete will be sent home from practice without challenge coin; This will count as an un-excused absence and associated consequences will apply

After practices, Athletes will be given their challenge coins back to show that they have met the team's expectations. It will be the responsibility of each athlete to keep up with their challenge coin. If an athlete does not come to practice with their challenge coin, they will have to participate in extra-effort workouts after practice. If an athlete loses their coin, they will have to participate in extra effort workouts for 1 day (1st offense), 3 days (2nd offense), 5 days (3rd offense) + 1 unexcused absence and then they will earn a new challenge coin. During competitions, the athlete will give the coin to the coach



2020-2021 Cartersville High School Wrestling Program Handbook



Challenge Coins (cont.)

in their corner, who will return it if the athlete meets the expectations of our wrestlers on the mat. Those expectations are to wrestle hard, give their best effort, have a good attitude during and after the match, and work together with the coach to learn after the match. If a wrestler fails to meet these expectations, a coach may keep the wrestler's coin and return it to them after they have earned it back. The coin could be earned back later that same day by demonstrating the expectations during the rest of the competition, or maybe not until after the athlete has completed an extra-effort workout at practice the next opportunity they have.

Uniforms

All Athletes will be provided with a competition uniform to compete in during wrestling matches. This uniform is expected to be returned at the end of the year. If the uniform is not returned at the end of the year, then the athlete will be responsible for paying for the replacement cost of the uniform. There are four possible uniform items that may be issued to the athletes: Singlet - \$75.00, Fight Shorts - \$45.00, Compression Short Sleeve Top - \$45.00, Quarter-Zip Jacket - \$50.00. If any items are not returned to the Wrestling Team in usable condition, they must be paid for. If the items are not paid for, then a hold will be placed on the athlete's grades until the fees have been paid. There will be a form used to check out Team Uniforms to the athletes and to check those items back in at the end of the season.

Team Gear

A Team Gear Package has been ordered for all team members. The Team Gear Package contains: Shorts, T-Shirt, Sweatpants, and Hoodie. The cost of the Team Gear Package is \$100.00. Wrestlers will not be issued their Team Gear Package until it is paid in full. Wrestlers may write a check payable to Cartersville High Wrestling for the whole amount of the Team Gear Package, or they may participate in the many fund-raiser opportunities throughout the year to earn credits that can apply to the cost of their Team Gear Package. The Team Gear Package is the property of the Athlete and the wrestling program is not responsible for the items once the Team Gear Package is delivered. Wrestlers are expected to wear their team gear while at all competitions/events. Athletes are encouraged to use a backpack while at tournaments and matches to keep up with their equipment. Athletes can bring their backpack to the coach in their corner for safe-keeping while they wrestle. Wrestling gear will get stolen at matches and tournaments if it isn't taken care of.

Locker Rooms

The wrestling team will provide a locker room with bathroom and shower access during the wrestling season. Athletes are to keep all of their personal belonging in the locker room during practices. No personal items are to be in the wrestling room during practices. The wrestling team is not responsible for items left in the locker room. It is recommended that each wrestler bring their own combination lock to use in the locker room. The locker room is expected to be picked up daily: no shoes, clothes, trash, or other items left on the floor. A duty list will be posted with groups that are responsible for locker room clean-up duty at different intervals during the year. Each group is responsible for making sure the locker room is picked up before leaving practice for the day. Athletes do not have to clean/scrub any floors, sinks, toilets, or showers...just make sure things are picked up so the janitorial staff can do their job in our locker rooms. Please recognize that your athlete may be a little later getting out of practice on the days that they have locker room duty if they don't get their duty done quickly. If they leave early without completing their duty, it will count as a tardy and all associated consequences will apply.



2020-2021
Cartersville High School
Wrestling Program Handbook



CHALLENGE MATCHES

The Purple vs. Gold Match – This will be a private event done at practice this year

The first challenge match will be at the Purple vs. Gold Match on November 17th, 2020. This will be an inter-squad match where wrestlers will challenge for the Varsity Line-Up at their weight class. The winners at each weight class at the Purple vs. Gold Match will be the Varsity Wrestler at that weight class to start the season. If there are more than 2 challengers for the varsity spot at one weight class, there may be prior wrestle-off matches in practice to set the match line-up for the Purple vs. Gold Match. The Purple vs. Gold Match will be officiated by a GHSA Certified Official if available. Any prior wrestle-offs will be officiated by CHS Coaching Staff. Wrestlers must be eligible to compete at their desired weight class according to the OPC on November 19th AND make their daily weight allowance according to the OPC on November 17th at the weigh ins. A wrestler can only challenge for a weight class they are eligible for according to GHSA Rules.

Weekly Challenge Matches

Wrestlers will have the opportunity to challenge for the varsity position weekly up to the week before the Region 7-AAAAA Traditional Championships. Any wrestler that does not have any absences that still need to be made up can notify the Head Coach on Monday of each week of their intent to challenge for the varsity position at a specific weight class. The wrestler must be eligible for competition at that weight class on the date of the next event according to the OPC and weigh within 5 lbs. of that weight class on Monday in order to challenge. The Head Coach will notify the Varsity Wrestler that they have been challenged and the challenge match will take place on Tuesday after warm-ups. Challenge matches will be closed (no spectators) and officiated by coaching staff. If there is a Dual Meet on that Tuesday, then the challenge match will occur after the Dual and be officiated by the referee at the event if possible. The challenger must defeat the Varsity wrestler twice in order to take his spot in the Varsity Line-Up. If the Varsity Wrestler wins the first challenge match, then the challenge is over and the Varsity Wrestler will stay the same. If the challenger defeats the Varsity Wrestler on Tuesday, then a second challenge match will occur on Wednesday after warm-ups. If the challenger wins on Tuesday and Wednesday in the challenge matches, then they will become the Varsity Wrestler for that weight class.

As the season progresses, some wrestlers will be dropping in weight class. If the challenger is already a Varsity wrestler at a higher weight class that is dropping down, and they defeat the Varsity wrestler for the lower weight class, then the lower weight class wrestler will be offered the higher weight class Varsity position for that week. If the challenger is not currently a Varsity Wrestler, and they defeat the Varsity Wrestler, then the Varsity wrestler that lost will drop on the depth chart until the next week when they can challenge according to their weight class eligibility according to the OPC.

Region 7-AAAAA Traditional Challenge Matches (Sectional & State Qualifying Tournament)

Challenges for the Region 7-AAAAA Traditional Championships will be conducted on the Tuesday and Thursday (2/2/2021 & 2/4/2021) the week before the tournament. A GHSA Official will referee the match if available. The current Varsity wrestler will still have to be defeated 2 times. If a Varsity Wrestler loses their spot in the Line-Up, they will be allowed to challenge at a different weight class if they meet the OPC requirements for eligibility. Wrestlers may have to participate in multiple challenge matches on the same day or even both days, but the 45-minute rest period will be observed according to GHSA rules. All wrestlers



2020-2021
Cartersville High School
Wrestling Program Handbook



Region 7-A AAAA Traditional Challenge Matches (Sectional & State Qualifying Tournament)(cont.)
wanting to challenge for a Varsity Roster Entry for the Region 7-A AAAA tournament will notify Coach Gayton on Monday 2/1/2020). Any wrestlers that may be affected will be notified by Coach Gayton to be prepared for challenge matches on both days. It is the intention of the Coaching Staff to provide all wrestlers a fair opportunity to earn a Varsity Position in the Line-Up. By offering challenge matches throughout the year, it is the Coaching Staff's intention that the Varsity Line-Up will be set before the last week of the season and that no drastic changes occur in the final week of the season. There can only be one entry per weight class per team. There will only be 14 Varsity Wrestlers and that earn this privilege to represent Cartersville High School Wrestling at the Region, Sectional, and State Tournaments.

Duals Tournaments Varsity Line-Up

In Duals Tournaments, the Coaching Staff will determine the best line-up that will give our Varsity team the best opportunity to win the dual. Wrestlers may be called upon to wrestle their weight class or possibly one weight class above the one they weighed in at in accordance with GHSA rules. Just because a wrestler is the Varsity Wrestler at a specific weight class does not mean they are guaranteed to wrestle that weight class every match. We expect all of our wrestlers to go out and wrestle hard, no matter what weight class they are wrestling. If we send a wrestler out onto the mat during a dual, we are expecting them to win that match.

ADMINISTRATIVE PROCEDURES

Eligibility

Prior to participating in practice or competition, all athletes must complete the following forms: GHSA Physical Packet, Medical Release Form, Concussion Awareness Form, Drug Testing Consent Form, and the Sudden Cardiac Arrest Awareness Form. These forms must be turned in to the Head Coach before you are eligible for practice or competition. Cartersville City Schools guidelines to "Participation in Extracurricular Activities" will be followed as found in the 2020-2021 Cartersville High School Student Handbook.

Rules of Conduct

It is the Cartersville Wrestling Team's expectation that all athletes will follow the rules of conduct that apply during the school day to the time they spend with the wrestling team, whether we are on our campus, or at another school or location. These expectations are located in the 2020-2021 Cartersville High School Student Handbook.

Cell Phones/Electronic Devices

Cell phone/Electronic Device use is not allowed during practices or workouts. Athletes should lock their cell phones and/or electronic devices and other personal belongings up in their locker in the locker room.

Narcotics, Alcoholic Beverages, Stimulant and Synthetic Drugs

The Cartersville Wrestling Team is against the possession/use of narcotics, alcoholic beverages, stimulant and synthetic drugs. Athletes are prohibited from possessing or using alcohol or illegal drugs on and off campus at any time. In addition, student-athletes who find themselves in the presence of other students who are in violation of this policy are expected to immediately leave the premises where such illegal activity is occurring, even if the student themselves are not using, possessing or distributing alcoholic beverages, illegal drugs or paraphernalia. The first offense of this rule may result in the athlete being dismissed from the team.



2020-2021
Cartersville High School
Wrestling Program Handbook



TEAM CAPTAINS

Appointment

Team captains shall be nominated by members of the wrestling team, and approved by the coaching staff. Careful consideration should be taken when nominating team captains. Only those who exhibit strong leadership skills will be approved by the coaching staff. Team Captains can be removed by the coaching staff if it is determined their actions do not best represent core values of the team. Nomination forms will be given to all wrestlers on November 16th after practice. Team Captains will be announced on November 17th at the Purple-Gold Wrestle-Offs for Varsity Line-up. Any wrestlers joining the team after November 17th due to participating in a fall sport may be recommended to be a team captain by the coaching staff. All wrestlers who are approved as a Team Captain must complete a Captain's Course. This Course will be taught by the Head Coach after practice on a day when all captains can be present. This will require an extra commitment above what is expected of all team members. If you cannot meet the extra commitment, you may be removed as a captain by the coaching staff.

Team Captain Responsibilities

A Team Captain's responsibility is to monitor and maintain the entire teams' credibility. Team captains must help the coaches monitor wrestlers during practice, meets, in school and after school activities. Team Captains are responsible for leading the team during pre-match warm-ups, and representing the team during a coin toss. No other wrestler is to go to the center of the mat for a coin toss than the Team Captains. Team captains will meet with coaching staff outside of practice times as needed to discuss team issues and concerns as well as ways to resolve them.

Lead by Example

Leading by example means taking part, not just delegating. Demonstrate what it takes to excel in athletics and academics. Be on time! Work hard! Be a good sport! Keep your grades up! All members of the Cartersville Wrestling Team are representatives of our sport, our school, our community, and our families. "Be where you're supposed to be when you're supposed to be there; Do what you're supposed to be doing when you're supposed to be doing it." As a student athlete, you should put high priorities on both schoolwork and athletics. Make sure you and your teammates are taking care of both.

VARSITY LETTER CRITERIA

Earning a Varsity Letter

All wrestlers must complete the season in good standing with the team in order to be eligible to receive a Varsity Letter. This means that they must follow the team guidelines as outlined in this handbook and turn in all Team Gear or pay for any items that are not returned in re-useable condition. The first year that a wrestler earns their Varsity letter, they may be given a Block "C" with the wrestling emblem attached at the bottom to put on their Varsity Letterman Jacket. If a wrestler has previously lettered in another sport and already received their Block "C", they will be given the wrestling emblem to add to their Varsity Letterman Jacket. If a wrestler has previously earned a Varsity Letter for Wrestling, they will be given a Bar to add to their Varsity Letterman Jacket. All Varsity Letters or Bars will be awarded at the Wrestling Banquet.



2020-2021 Cartersville High School Wrestling Program Handbook



Earning a Varsity Letter (cont.)

Achieving any one of the three criteria will earn the wrestler their Varsity Letter or Bar as applicable:

- 1) A wrestler can letter if they score 35 team points at the Varsity Level. Points are earned by winning a Varsity Match by Pin (6), Technical Fall (5), Major Victory (4), or Minor Victory (3). If a wrestler loses a Varsity Match, they will still earn points (2) for each match that they are the Varsity Wrestler. Any combination of these types of Varsity Match Results that adds up to 35 points or higher will result in the wrestler earning their Varsity Letter for the 2020-2021 Season.
- 2) Any wrestler who is the Varsity Wrestler at the Region 7-AAAAA Traditional Tournament and finishes in the Top 4 (qualifies for Sectional Tournament) can earn a Varsity Letter for the 2020-2021 Season.
- 3) Any wrestler that does not meet either of the two above criteria, but finished the 2019-2020 season in good standing and completes the 2020-2021 season in good standing, but does not earn the 35 points as indicated above can earn a Varsity Letter for the 2020-2021 Season.

**Varsity Letterman Jacket Fittings will occur once each semester and will be advertised on the Cartersville High School Athletics Site at <https://canesathletics.com/>*

Varsity Letter Jacket Special Awards

There are some Varsity Letter Jacket Special Awards that may be earned based on Team or Individual Performance. These awards will be given out at the Wrestling Banquet at the end of the season. Some of the awards that may be given are: Region Duals Champions (TEAM), State Duals Champions (TEAM), Traditional Champion (Ind.), Sectional Champion (Ind.), State Champion (Ind.), State Runner-Up (Ind.), State 3rd Place (Ind.), State 4th Place (Ind.), State 5th Place (Ind.), State 6th Place (Ind.), State Qualifier (Ind.). Other awards patches may be awarded as determined appropriate by the Head Coach.

SAFETY PROCEDURES

Injuries and Infections

In wrestling, as with all sports, injury is an inherent risk. Athletes should be aware of this risk and refrain from situation in which they do not feel safe. Skin infections are a common problem in the sport of wrestling. We must all do our part to keep skin infections to a minimum. Athletes should report any signs of possible infection to the coaching staff immediately. After the beginning of practice or competition, athletes are not allowed to leave without permission from the Head Coach. Athletes are not athletic trainers. Do not self-diagnose injuries or infections. If you believe you are injured, sick, or have a skin infection, check in with the Head Coach and he will arrange for you to see the Athletic Trainer. Unless you have a communicable disease, you are expected to be at every practice. Any absence must follow the Attendance policy set forth in this handbook.

COVID-19 Procedures

We will follow all guidelines set forth by the GHSA and Cartersville City School System with regard to the COVID-19 situation. These guidelines are very fluid as the situation changes and will be addressed with the team and parents as often as possible. Our ultimate goal is to do everything we can to keep our wrestlers as safe possible.

Cartersville High School, 320 E Church St., Cartersville, GA | School, 770.382.3200 | Fax, 770.382.0701
Head Coach Brooks Gayton, 770.286.0777 | Email, bgayton@cartersvilleschools.org | Twitter, @Coach_Gayton
Webpage, <https://canesathletics.com/teams/2436133/boys/wrestling/varsity> | Twitter, @CHSCanesWrestle



2020-2021 Cartersville High School Wrestling Program Handbook



Weight Management

All wrestlers are required to participate in a Hydration Test for the National Wrestling Coaches Association Optimal Performance Calculator (OPC) before they can participate in any competitions per GHSA Rules. Cartersville High School is hosting the GHSA Hydration testing at the Storm Center on 10/17/2020. There are other opportunities for wrestlers to participate in the Hydration Test that will be shared through Team Communications and on the Wrestling Team Website. There is a \$10 cost for each Hydration Test. Checks can be made out to Cartersville High School Wrestling.

Wrestlers should be sure to be hydrated (drink enough water) so they will pass the Hydration Test. If the Hydration Test is passed, then the wrestler will be weighed and their body fat percentage will be determined. Hydration Tests are conducted by Healthcare Professionals approved by the GHSA and each school is assigned to a specific Testing Site. Do not participate in any Hydration Test unless you have been sent by the Head Coach. Once the wrestler's results are entered into the OPC Website by the Healthcare Professionals, the Head Coach can tell each wrestler what their current eligible weight class is, what their minimum weight class is for the entire season, and exactly what dates they are eligible to participate at each weight class. This is a safety measure put in place to ensure that no wrestler is losing weight in an unhealthy manner.

It is the policy of the Cartersville High School Wrestling Team that no wrestler will be required or asked to lose weight. We want our wrestlers to be healthy, strong, and compete at the highest level. However, if a wrestler is interested in dropping to a lower weight class, they should notify the Head Coach so the wrestler's weight can be monitored and suggestions for how to appropriately lose the weight can be shared.

The OPC descent plan will be followed. A wrestler will not be allowed to wrestle at a lower weight class until the OPC says they are eligible to do so. Wrestler's descent plans will be adjusted by the OPC web site with each official weigh in to reflect an updated descent plan if a wrestler weighs in above their suggested weight on a competition day. If a wrestler is unsure of what weight they need to be at, they can contact the Head Coach who will let them know. If there are any questions that a Parent has of the OPC, or more detailed explanation of how it works, please don't hesitate to ask the Head Coach.

PARENTAL SUPPORT

Be Supportive

Realize that your child is part of a team. Please don't expect your child to sit with you at competitions. We want our team to sit together and be supportive of each other. We want our crowds to be supportive at competitions. Feel free to encourage the athletes, but remember we do have a competent coaching staff that will take care of coaching the athletes. Please remain positive at all times. This sport provides enough adversity for these athletes to deal with. Understand that wrestling is a very demanding sport, and that some school is missed during the season. Please help us encourage your athlete to stay on top of their academics.

Be Involved

We have several home events this season that we will need help organizing. Get involved with your athlete's team by volunteering to help with home wrestling matches and tournaments. Help is needed with Concessions, Hospitality, and Set-Up/Clean-Up work. There are several away trips this year that will require overnight stays. Help could be provided by offering to pay for meals and making reservations for the team while we are on the overnight trips. The State Championship Trip in February will be 3 days this year.

Cartersville High School, 320 E Church St., Cartersville, GA | School, 770.382.3200 | Fax, 770.382.0701
Head Coach Brooks Gayton, 770.286.0777 | Email, bgayton@cartersvilleschools.org | Twitter, @Coach_Gayton
Webpage, <https://canesathletics.com/teams/2436133/boys/wrestling/varsity> | Twitter, @CHSCanesWrestle



2020-2021
Cartersville High School
Wrestling Program Handbook



That's a lot of meals to plan and pay for. You could help us get corporate sponsorships for us to help cover these expenses. On our away tournaments we will also need food, snacks, and drinks for the day. You could coordinate with other parents on who is going to bring what items to provide for the team. We really appreciate your help and would love to have you step in and get involved with our team. Please let Coach Gayton know if you are interested in helping in any of these areas or in other ways.

COMPLAINTS & GRIEVANCES

Communicate with the Head Coach

The Cartersville Wrestling Program is open to hear any complaints and/or grievances you may have. These issues should be shared with the Head Coach only. The Assistant Coaches are not responsible for handling complaints and/or grievances. The time to express those complaints and/or grievances is NOT immediately after a competition or practice. Coaches have duties and responsibilities that they are tending to and may not have the time to give you the attention you desire at that particular time. All coaches have been instructed to ask you to please email Coach Gayton at bgayton@cartersvilleschools.org to share your concerns. Coach Gayton will respond to your email as quickly as possible, usually by the end of the next school day. If the issue requires a conversation, Coach Gayton will set up a time for a phone call or possibly a face-to-face meeting if necessary. Please be aware that some of our Coaches drive the school bus to and from our athletic events. They may not be able to answer your phone calls while they are driving. This year, we have several events happening in different locations on the same dates and the coaching staff will be split up. You may not be able to reach the team/coach while we are traveling. Please know that as soon as the coach has the time to respond to your message, they will. All issues will be given their due attention and consideration will be given to the issues presented. The Cartersville Wrestling Program will always try to do what is best for the Team. Mistakes will be made and we will do what we can to correct them, whenever possible as quickly as we can. Please know that it is never our intention to do any harm to one of our athletes. We only want the best for all of them. If you feel that your child is wronged in any way, please contact the Head Coach with your concern and allow him time to respond before you contact the CHS Athletic Director.

Contacting the Athletic Director

If you are unsatisfied with the results after you have tried to share your concerns with the Head Coach, you may take your concerns to the Athletic Director, Darrell Demastus. You can email Coach Demastus at ddemastus@cartersvilleschools.org. Please do not go to the Athletic Director without first trying to resolve your issue with the Head Coach. However, if you feel you must escalate your concerns, the Athletic Director is the next step.