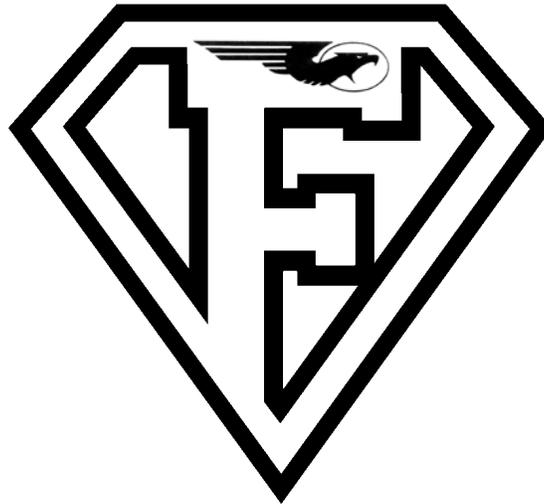


# KETTERING FAIRMONT WRESTLING FIREBIRDS PARENT MANUAL 2018-2019



LIFT AS WE CLIMB

*Elite levels of discipline have historically outperformed elite levels of talent.*

## 19 STATE PLACEWINNERS

- |   |  |
|---|--|
| 1970 - Bryan Oswald (West, Sr. - 132) - 5 <sup>th</sup> | 2009 - Jake Sage (Jr. - 125) - 4 <sup>th</sup>       |
| 1972 - Bob Kuntz (East, Sr. - 155) - 5 <sup>th</sup>    | 2011 - Matt Denlinger (So. - 130) - 8 <sup>th</sup>  |
| 1974 - Russ Compton (East, Sr. - Hvy) - 3 <sup>rd</sup> | 2011 - Tommy Kimbrell (Jr. - 160) - 6 <sup>th</sup>  |
| 1978 - Ken Cableck (West, Sr. - 185) - 6 <sup>th</sup>  | 2012 - Tommy Kimbrell (Sr. - 170) - 3 <sup>rd</sup>  |
| 1980 - Dave McVey (East, Jr. - 175) - 2 <sup>nd</sup>   | 2013 - Josh Parrett (Jr. - 126) - 7 <sup>th</sup>    |
| 1981 - Dave McVey (East, Sr. - 175) - 5 <sup>th</sup>   | 2014 - Josh Parrett (Sr. - 126) - 2 <sup>nd</sup>    |
| 1984 - Chris Gelvin (Jr. - 98) - STATE CHAMPION         | 2015 - Brad Carroll (Sr. - 152) - 6 <sup>th</sup>    |
| 2000 - Kenny Leckrone (Jr. - 275) - 4 <sup>th</sup>     | 2017 - Nevan Snodgrass (Fr. - 145) - 4 <sup>th</sup> |
| 2001 - Kenny Leckrone (Sr. - 275) - 2 <sup>nd</sup>     | 2018 - Nevan Snodgrass (So. - 160) - 4 <sup>th</sup> |
| 2002 - Marc Alban (Sr. - 119) - 4 <sup>th</sup>         |  |

81  
State  
Qualifiers

34  
District  
Champions

59  
Sectional  
Champions

88  
Conference  
Champions



DEVELOPING  
CHAMPIONS  
ON AND OFF  
THE MAT



#AhmadStrong

# FAIRMONT WRESTLING

KETTERING FAIRMONT HIGH SCHOOL  
3301 Shroyer Road • Kettering, Ohio 45429  
Phone (937) 499-1640 • Fax (937) 499-1541



FRANK BAXTER, HEAD COACH  
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frank.baxter@ketteringschools.org

## PARENT MANUAL

Fairmont Wrestling Parents:

It is with great excitement that we begin the 2018-2019 wrestling season. Enthusiasm is high and so are the expectations for Firebird Wrestling!

The overriding goal of our program is to develop champions on and off the mat. The Fairmont Wrestling Program will not be concerned simply with wrestling-related issues. We will develop young men who understand the importance of academics, work ethic, and first-class behavior. We will never compromise the integrity of our athletes, ourselves, or our program to win matches!

Included in this Manual are the philosophy, standards, weight loss, and hygiene policies of the Fairmont Wrestling Program. In addition, it includes our 2018-2019 competition schedules and Parent Guide to Wrestling. Please be sure to pick up the Season Calendar, Driving Directions, and the Yearly Fundraising & Activities page as well.

Please visit our website and social media frequently for additional information:

*Web – [www.fairmontwrestling.com](http://www.fairmontwrestling.com)*

*Facebook – [Fairmont.FirebirdWrestling](https://www.facebook.com/Fairmont.FirebirdWrestling)*

*Twitter – [@FHSWrestling](https://twitter.com/FHSWrestling)*

If you ever have any questions, comments, or concerns, feel free to contact me personally.

Sincerely,

*Frank Baxter*

Frank Baxter  
Head Wrestling Coach

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*DEVELOPING CHAMPIONS ON AND OFF THE MAT*

[www.fairmontwrestling.com](http://www.fairmontwrestling.com)

*Kettering Fairmont Wrestling Firebirds*

PROGRAM PHILOSOPHY

CLARITY OF PURPOSE

Our purpose is to develop champions on and off the mat.

CORE VALUES

Accountability – Commitment – Competitiveness

THE TOTAL PERSON

Fairmont Wrestling is not concerned simply with wrestling-related issues. Our goal is to create positive and productive CITIZENS! We will develop young men who understand the importance of academics, work ethic, first-class behavior, and perseverance. We will NEVER compromise the integrity to win matches. When the community speaks about our program, we want them to say we develop champions on and off the mat.

GENERAL PROGRAM EXPECTATIONS

1. Represent Fairmont High School and the city of Kettering with class.
2. Make our athletic department, school, and community better through interaction with our program.
3. Coaches will be positive role models for our student-athletes.
4. Student-athletes will be positive role models for their peers and young athletes who look up to them.
5. Continuously improve a year-round, comprehensive K-12 athletic program.
6. Maximize academic achievement of our student-athletes.
7. Maximize athletic achievement of our student-athletes.
8. Create an environment that fosters hard work, respect, and success.

SPECIFIC PROGRAM OBJECTIVES

1. Team GPA of 3.0 or higher.
  2. Qualify as many athletes as possible to the state tournament on a yearly basis.
  3. Contend for the District title on a yearly basis.
  4. Contend for the Sectional title on a yearly basis.
  5. Contend for the Greater Western Ohio Conference on a yearly basis.
- *Specific objectives may vary according to level of program, personnel, etc.*

*Kettering Fairmont Wrestling Firebirds*

WHAT IS EXPECTED OF A FAIRMONT WRESTLING PARENT?

1. Provide encouragement and be a positive force in your athlete's life.
2. Support The Program, the Coaches, and most especially, the Athletes.
3. Monitor your athlete's health, academics, and wrestling.
4. Attend your athlete's competitions. Cheer for US and not AGAINST someone else.
5. Attend monthly parent booster meetings.  
*(see calendar)*
6. Attend/participate in yearly fundraising activities & group responsibilities.  
*(see separate sheet)*  
*"If everyone does a little, no one has to do a lot."*
7. Use the "chain of command" with regard to communication and problem-solving.  
We are trying to help your athlete become an independent adult – please help us!  
Step 1 – Athlete speaks with Coach.  
If still unresolved...  
Step 2 – Parent speaks with Coach Baxter.  
If still unresolved...  
Step 3 – Parents speaks with Athletic Administration.  
  
*Almost ALWAYS, problems are solved within steps 1-2.*
8. Understand that our PURPOSE and our CORE VALUES are not always related to simply wrestling. If the only thing we teach your athlete is wrestling, then we have not done our job.

*PURPOSE*

*Develop Champions On and Off the Mat.*

*CORE VALUES*

*Accountability – Commitment – Competitiveness*

## Kettering Fairmont Wrestling Firebirds

### WHAT IS EXPECTED OF A FAIRMONT WRESTLER?

#### 1. OFF THE MAT

*Represent your community, school, program, family, and yourself with class.*

Before you act, ask yourself these four questions:

- *Would your parents approve of what you are doing?*
- *Would your coaches approve of what you are doing?*
- *Is it allowable based on the Code of Conduct you signed?*
- *If you knew someone was watching, would you do it?*

If the answer is "yes" to those questions, it's probably ok. Otherwise, don't do it!

#### 2. IN THE CLASSROOM

*Do your best to excel in the classroom.*

Go to class – Participate – Prepare for tests and quizzes!

Be a scholar-athlete, not a dumb jock!

Your # 1 priority is school & our team goal is a 3.0 GPA.

*A "D" or "F" in any class requires Study Table 2x per week until that grade is a "C" or higher.*

#### 3. ON THE MAT

*Give your best effort every day and be committed to the program.*

The coaches know that "best" effort is a relative term. Things outside wrestling will have an impact on you, we know that. However, we expect you to do the very best you can each day. That means having a positive attitude, being committed to getting better, and working hard to develop your mental/physical/technical skills for wrestling.

Commitment by definition is TOTAL and COMPLETE. We expect you to:

- *Attend practice every day. Unexcused absences are unacceptable. If you must miss for an approved reason, tell a coach in advance and bring a note upon return.*
- *Communicate with your coaches regarding your academics, physical and mental well-being, and any issues you may be having.*
- *Listen to your coaches and follow their directives to the best of your ability.*

#### 4. THE PROCESS

*Concentrate on the steps to success instead of the end result.*

Instead of thinking about beating an opponent, focus on dominating individual positions.

Instead of thinking about your final grade, focus on making each assignment outstanding.

Instead of thinking about what others think, focus on doing the right thing in each situation.

Focus on the process and the results will take care of themselves.

#### 5. EXPECT SUCCESS

You are a member of a first-class, top-notch program. You will work hard on and off the mat and be held to very high standards. When you work hard and embrace high standards, success will come. EXPECT IT!

*Life is full of challenges. Champions accept them, and with time and commitment, conquer them. Champions care more than others think is wise, risk more than others think is safe, dream more than others think is practical, and expect more than others think is possible.*

## Kettering Fairmont Wrestling Firebirds

### TEAM STANDARDS

1. GENERAL CONDUCT AND BEHAVIOR - We are FIRST CLASS on and off the mat! You will wrestle hard and behave as gentlemen. You will learn how to handle victory and respond to setbacks in the appropriate manner. You will conduct yourselves as leaders on and off the mat. Show character don't be one!
2. TEAM AND PERSONAL PRIDE - Everyone on this team is needed to help us realize our goals. Although our backgrounds and abilities may vary, working together is of paramount importance. In addition, you are a unique and special person. No one in this world is exactly like you. Be proud of your talents, abilities, and uniqueness. Likewise, be proud of your teammates for their talents and abilities. You are a member of the Fairmont wrestling program - HAVE PRIDE IN OUR PROGRAM AND THE PEOPLE IN OUR PROGRAM!
3. PRACTICE - You must wrestle as hard in practice as you would in the state finals. Preparation is the key to success. Your attitude when you enter the room will be to learn, to improve, to help your teammates, and at all times, to wrestle hard. All team members are expected and required to attend practice every day. Two UNEXCUSED absences may result in suspension for the remainder of the season. If you need to miss a practice/match for family or academic reasons, let Coach Baxter know ahead of time. All absences must be accompanied by a parent note upon return in order to be excused.
4. SCHOOL RULES, GRADES, AND COLLEGE PLACEMENT TESTS - Our school rules, regulations, grades, ACT and SAT tests come first! Wrestling comes second after the above have been taken care of properly. All students are expected to be in school at least 1/2 day the day of a competition to be eligible to compete. If you are absent from school or leave school early, you must let a coach know in person. Wrestling will eventually end, but your education will last a lifetime. SCHOOL IS YOUR NUMBER ONE PRIORITY!
5. CURFEWS - In order to perform in an adequate manner on the mat and in the classroom, every wrestler should treat his body in the proper manner. You are expected by the following curfews:
  - a. School nights - 10:30 p.m.
  - b. School nights prior to a competition - 9:30 p.m.
  - c. Weekends - 12:30 a.m. (where applicable)
6. ALCOHOL AND DRUG USE - There will be absolutely no use of drugs of any kind (tobacco, alcohol, marijuana, etc.). We will follow the school board policy/athletic handbook for such offenses.
7. GROOMING AND APPEARANCE / TEAM DRESS CODE - We will be neat in appearance at all times! Per National Federation rules, hair is to be off the eyes and shirt collar and beards or mustaches are prohibited. Also, sideburns shall be no lower than the bottom of the earlobe. At no time shall a team member wear any clothing that makes reference to drugs; refers to or illustrates any sexual implication; contains any distasteful or profane words. Within the wrestling area, no plastic or rubber suits, shirts, or pants are allowed. No hats in the wrestling room. On match days, the dress code will be announced in advance. Generally, we will wear shirts and ties on match days. These regulations apply to all team members, not just those who are wrestling. All attire is subject to the approval of the coaching staff. Finally, to have class, you dress and act with class!
8. OUR FACILITIES (WRESTLING ROOM, LOCKER ROOM, ARENA, ETC.) - No horseplay or destruction of any kind will be tolerated! Only team members are allowed in the locker room. Treat our facilities as if you bought them yourself. This also applies to our opponents facilities. The first violation of this policy will result in a one week suspension. A second violation may result in suspension for the remainder of the season.

## Kettering Fairmont Wrestling Firebirds

### TEAM STANDARDS

9. HAZING/BULLYING - No form of hazing, bullying, or student harassment is permitted at any time in our program or by our athletes! Any wrestler involved in hazing/bullying/harassment will be suspended for the remainder of the season.
10. MATCH / TOURNAMENT CONDUCT - All team members are required to attend and will help in the preparation for and clean-up after the match. All team members not wrestling in the match will sit together in the appropriate manner. If you are not wrestling, pay close attention to the action - you are not to converse with family or friends until after the match is completed - BE A TEAM! Support our team rather than "get on" opponents and NEVER criticize the referee. Always shake hands with your opponent after the match, regardless of the outcome. Do not show hostile emotion if you lose and do not show arrogance when you win. There will be no fighting or taunting! The first violation may result in suspension for one week. A second violation may result in suspension for the remainder of the season.
11. RESPECT OF COACHES / SCHOOL PERSONNEL - Wrestlers must treat coaches and school personnel with the highest respect. The first violation will result in incentive training, suspension for one match, and a written behavior contract will be signed. A second violation may result in suspension for the remainder of the season.
12. WRESTLE-OFF POLICY - Wrestle-offs will usually take place early in the week (Tuesday or Wednesday). Wrestle-offs will be 2-2-2 in length, unless otherwise noted (for weight classes with numerous athletes involved). In order to wrestle-off, a wrestler must be within the prescribed weights as deemed by the coaching staff. Generally, as the season progresses, we will have fewer wrestle-offs as individuals solidify their weight class. If a wrestler wins his weight 3 consecutive weeks (which includes actual competition matches, where applicable), he must be beaten in two consecutive wrestle-off bouts to lose his spot. However, all wrestle-offs are at the discretion of the coaching staff. Wrestle-offs are an earned privilege, not a guaranteed right. Finally, in some instances, the coaching staff will make the final team selections.
13. END OF THE SEASON PROCEDURE - Everyone is to practice with the team every day scheduled on the team calendar unless told otherwise by Coach Baxter. You are also required to make weight the first day of the sectional tournaments (everyone, not just those who are wrestling). Equipment must be returned on the assigned date. If this policy is not followed, you will pay for lost/damaged equipment and be ineligible for any awards at the banquet. Everyone is required to attend the banquet - the season does not end until after the banquet. To earn a letter, you must:
  - a. Wrestle in 50% of all varsity competition points (3 pts. for 2-day tournament, 2 pts. for 1-day tournament/quad, 1 pt. for duals/double duals).
  - b. Seniors that do not meet qualification A may letter based on their contributions to the team.
  - c. All team members that finish the season will receive awards based on participation.
  - d. Varsity "B" matches DO NOT COUNT towards earning a letter.
  - e. If there are any questions, ASK COACH BAXTER. We do not want any misunderstandings!
14. DISMISSAL POLICY - As a member of this team, you have an obligation to live up to the standards set forth by the community, the school/administration, the coaching staff, and the tradition of Fairmont Wrestling. If, at any time, a wrestler does not meet those standards on or off the mat, they may be dismissed from the team. Any wrestler dismissed from the team will be notified as will their parent(s)/guardian(s).
15. EXPECTATIONS - As a member of this team, you will be expected to wrestle hard, wrestle tough, and act with class. You will be expected to do your best to excel in the classroom. You will be a leader and as a leader you will set an example for all those young wrestlers who look up to you. The coaching staff has made a commitment to you and all we ask is that you make that same commitment to us. If you ever have any questions, concerns, or problems, please talk to a coach. Communication is the key to our success. Finally, we expect you to expect success!

*Kettering Fairmont Wrestling Firebirds*  
WEIGHT LOSS & NUTRITIONAL POLICY

#### WEIGHT LOSS POLICY

Unhealthy weight loss / starvation WILL NOT BE TOLERATED! We will help you understand proper nutrition and help you and your parents make the decision of what weight class you will wrestle. Any signs of improper nutrition and/or weight loss will be referred to the team doctor for evaluation. The following represents the weight loss policy of the Fairmont wrestling program:

1. State Weight Loss Rule

"The OHSAA does not approve any practice that endangers the health and safety of the participants. Crash dieting, the use of diuretic and other drugs for weight reduction, the use of a sweat box, any type of rubber, vinyl plastic sweat suit or bag, hot showers, whirlpools or similar artificial heat devices for weight reduction is prohibited. The wrestling practice facility must be kept at a temperature not to exceed 80 degrees Fahrenheit at the start of practice. Violation shall be investigated per bylaw 3.1.1. Any necessary penalty shall be assessed per bylaw 11.

2. Weight Classes

Varsity/JV: 106-113-120-126-132-138-145-152-160-170-182-195-220-285 (min. 215 + growth allowance)

9<sup>th</sup>-only Events: 98-106-113-120-126-132-138-145-152-160-170-182-195-220-265 (min. 215 + growth allowance)

3. NFHS/OHSAA Weight Class Certification

All wrestlers must certify their weight class prior to competing for the first time. Hydration, weight, body composition will be assessed (November 21, 2018). Numbers entered into NWCA Performance Calculator and you will be given your lowest allowable weight class and a descent plan (when you can get to that weight). AT NO TIME CAN A WRESTLER WEIGH-IN MORE THAN 1 WEIGHT CLASS OVER HIS CURRENT ALLOWABLE WEIGHT. This process will not allow any wrestler to go below 7% body fat or lose more than 1.5% of their alpha (initial) bodyweight per week based on their initial weigh-in.

Deadline for certification: January 15, 2019.

4. Growth Allowance

A two pound allowance will be given on December 25, 2018.

5. Weigh-in Procedures

- You are required to weigh-out after practice WITH A COACH.
- You must be within the required/posted allowance before practice in order to wrestle-off.
- EVERY wrestler on the team must make weight, regardless if they are in the starting lineup or not.

#### NUTRITIONAL INFORMATION

Please read the attached sheet for nutritional information. What you put into your will help determine how your body performs during competition - EAT TO WIN! Here are some key points to remember when deciding what weight class to wrestle and losing the weight:

1. Decide EARLY what weight class to wrestle and GRADUALLY lose the weight (1-2 pounds per week).
2. Never use starvation as a method to lose weight.
3. Drink water! This will HELP you lose weight and keep you hydrated.
4. Burn more calories! Increased exercise level will help you lose weight and become physically fit for wrestling.
5. Eat foods high in complex carbohydrates and low in fat / sodium.
6. Calorie considerations. Always remember the following guidelines when reading labels, etc.
  - 1 gram of carbohydrate = 4 calories
  - 1 gram of protein = 4 calories
  - 1 gram of fat = 9 calories\* Obviously, carbohydrate and protein should be your main food choices.

Analyze the Sports Nutrition Manual available on our website – [www.fairmontwrestling.com](http://www.fairmontwrestling.com)  
Coach Baxter will distribute additional/more specific nutritional information.

## *Kettering Fairmont Wrestling Firebirds*

# HYGIENE POLICY / SKIN DISEASE INFORMATION

### HYGIENE PROTOCOL

1. Any wrestler with any form of skin disease will sit out of practice / competition until cleared by a physician.
2. At no time will coaches infected with any form of skin disease have physical contact with the athletes.

### GENERAL HYGIENE GUIDELINES

1. Shower after every practice and match.
2. Wear clean clothes every day. Use different towels each shower. If you have an infection, change sheets daily.
3. Check your ENTIRE body after you shower - morning and night!
4. Report any abnormal marks or rash to a coach immediately! Even if you think it is "nothing," let a coach know.
5. If you see an abnormal mark or rash on a teammate, let him know and advise him to tell a coach.
6. Use specific types of antibacterial soap such as *Dial*, *Safeguard*, *Betadine*, *Selson Blue*.

### SKIN INFECTION INFORMATION

1. Ringworm (CONTAGIOUS – NEEDS TREATMENT)

*What is it?* A contagious fungus called tinea that infects the skin.

*What are the symptoms?* Round, scaly patches on the scalp, trunk, or feet (athlete's foot). On the scalp, bald patches will appear. Ringworm on the trunk starts as small, round, red patches that are scaly and itchy. As the patch grows, others may appear in the surrounding area.

2. Impetigo (CONTAGIOUS – NEEDS TREATMENT)

*What is it?* A contagious bacterial infection caused by staphylococcal or streptococcal bacteria.

*What are the symptoms?* Usually appears around the nose/mouth area. A small patch of tiny blisters which soon break and expose a patch of red, moist, skin beneath. Gradually, the area becomes covered by a tan crust that looks like brown sugar. The infection then spreads at the edges and newly affected areas may develop.

3. Staph (CONTAGIOUS – NEEDS TREATMENT)

*What is it?* Bacterial infection caused by the *Staphylococcus* bacteria entering body through a cut/ abrasion.

*What are the symptoms?* Generally, staph infections become pus-filling infections. Initial symptoms include redness/pain/swelling/warmth at the site of a cut or abrasion (although there may not always be an apparent opening to the skin). Eventually, the area forms boils/ulcers and fever or chills may develop.

4. Herpes Gladiatorum (CONTAGIOUS – NEEDS TREATMENT)

*What is it?* A contagious viral infection caused by the HSV infection that is transmitted usually through the abrasion of skin in a contact sport.

*What are the symptoms?* Generally found on the face, herpes gladiatorum looks somewhat like cold-sores or fever sores.

5. Contact Dermatitis

*What is it?* Allergic reaction of the skin resulting from surface contact with outside agents.

*What are the symptoms?* Skin inflammation or an itchy, red rash.

*Kettering Fairmont Wrestling Firebirds*  
**COMPETITION SCHEDULES 2018-2019**

As of 11/5/18 – Subject to Change!

<p>Fri., Nov. 9          Sun., Nov. 11          Wed., Nov. 14          Thu., Nov. 15          Fri., Nov. 16          Sat., Nov. 17          Wed., Nov. 21          Sat., Nov. 24</p>	<p><i>Mandatory Practice Begins 3:36-6:00 p.m.</i>  <i>Parent-Athlete Meeting / Trent Arena 6:00 p.m. with Wrestling Meeting to follow in Library!</i>  <i>Study Tables begin (list announced on Mondays)</i>  <i>Team Pics after practice</i>  <i>Clothes Orders &amp; Power Day Money Due!</i>          @ Miamisburg Scrimmage..... 9:00 a.m.          Official Weight Certification &amp; HOME Scrimmage..... 8:00 a.m.          @ Mason Scrimmage ..... 9:00 a.m.</p>
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**VARSIITY (NAVY)**

<p>Sat., Dec. 1          Fri.-Sat., Dec. 7-8          Sat., Dec. 8          Sat., Dec. 15          Thu., Dec. 20          Fri.-Sat., Dec. 28-29          Thu., Jan. 3          Wed., Jan. 9          Sat., Jan. 12          Fri.-Sat., Jan. 18-19          Thu., Jan. 24          Sat., Feb. 2          Fri.-Sat., Feb. 8-9          Sun., Feb. 10          Fri.-Sat., Feb. 22-23          Fri.-Sat., Mar. 1-2          Thu.-Sat., Mar. 7-9</p>	<p>@ Cincinnati Elder Duals .....10:00 a.m.          @ Walsh Jesuit Ironman Tournament (<i>VARSIITY SILVER</i>)..... all day          @ Bellefontaine Duals..... 9:30 a.m.          FIREBIRD WRESTLING CLASSIC XIV ..... 10:00 a.m.          ALUMNI DUALS (Alumni Night) .....6:00 p.m.          @ Brecksville Holiday Tournament ..... all day          COUNTY LINE XI (Youth/Middle School Night) ..... 7:30 p.m.          FAR HILLS XIII ..... 7:30 p.m.          @ Middletown Tournament .....10:00 a.m.          @ Maumee Bay Classic..... all day          FAIRMONT DUALS (Senior Night).....6:00 p.m.          OHSAA Team State – Regional Championships (site TBA)..... TBA          @ GWOC Championships .....5:30 p.m. / 10:00 a.m.          @ <i>OHSAA Team State Finals (St. John Arena/OSU)</i> ..... 11:00 a.m.          @ Sectional Championships (Centerville)..... 6:00 p.m.          DISTRICT CHAMPIONSHIPS ..... 4:00 p.m. / 10:00 a.m.          @ OHSAA State Wrestling Championships (Schottenstein Center/OSU)</p>
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**VARSIITY (SILVER)**

<p>Fri.-Sat., Dec. 8-9</p>	<p>@ Walsh Jesuit Ironman Tournament..... all day</p>
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**JUNIOR VARSITY & FRESHMEN**

<p>Sat., Dec. 1          Tue., Dec. 4          Sat., Dec. 8          Wed., Dec. 12          Sat., Dec. 22          Thu., Jan. 3          Tue., Jan. 8          Wed., Jan. 9          Wed., Jan. 16          Fri.-Sat., Jan. 18-19          Sat., Jan. 26          Thu., Jan. 31          Thu., Feb. 14</p>	<p>@ Lakota East Tournament .....10:00 a.m.          @ Carroll Round-Robin..... 6:00 p.m.          @ Fairfield JV/FR Tournament..... 8:30 a.m.          @ Miamisburg Round-Robin ..... 6:00 p.m.          @ Butler Round-Robin .....12:00 p.m.          COUNTY LINE XI (Youth/Middle School Night) .....6:00 p.m.          @ Carroll Round-Robin..... 6:00 p.m.          FAR HILLS XIII ..... 6:00 p.m.          @ Miamisburg Round-Robin..... 6:00 p.m.          @ Centerville Buckeye Classic (<i>FR ONLY</i>)..... all day          @ Butler Tournament.....10:00 a.m.          FAIRMONT JV-PALOOZA ..... 6:00 p.m.          FIREBIRD JV-PALOOZA ..... 6:00 p.m.</p>
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*JV/9 events may be added.*

*Kettering Fairmont Wrestling Firebirds*  
PARENT GUIDE TO WRESTLING

WHAT IS WRESTLING?

A physical sport in which two contestants of as nearly equal size as possible try to force each other's shoulders to the mat, thus scoring a pin (fall) and winning the match. Points are awarded for various holds and techniques during the bout, and if neither wrestler can earn a pin within the time limit, the competitor with the most points wins.

HIGH SCHOOL WEIGHT CLASSES

Varsity/JV: 106-113-120-126-132-138-145-152-160-170-182-195-220-285 (min. 215)

Freshmen: 98-106-113-120-126-132-138-145-152-160-170-182-195-220-265 (min. 215)

WHY SHOULD YOUR SON WRESTLE?

Wrestling develops traits that your son will carry with him for the rest of his life. He will learn to develop a work ethic, set goals, be disciplined, have pride, and to overcome adversity. In addition, he will learn to win and lose with class. Regardless of ability or outcomes, wrestling changes your life in a positive way. *World-renowned wrestling coach Dan Gable once said "Once you've wrestled, everything else in life is easy."* While we know that not everything in life will be easy, participating in wrestling will make it seem easier as you will have developed character traits that will help you overcome adversity and lead to success.

WHAT DOES IT TAKE TO BE SUCCESSFUL IN WRESTLING?

How much time do you have? A short list of qualities of a successful wrestler are: character, toughness (mental and physical), physical fitness that is second to none, agility, coordination, strength, intelligence, flexibility, poise, determination, persistence, commitment, and a positive attitude. In addition, it takes TIME and HARD WORK to become a successful wrestler. Unlike many sports, simple athletic ability won't cut it - great wrestlers BECOME great, it doesn't happen overnight.

HOW CAN YOU HELP YOUR SON ACHIEVE SUCCESS IN WRESTLING?

You help your son by being SUPPORTIVE. Come to his matches, monitor his health, ask him what he is doing in practice and his progress. Additionally, please monitor your son's academic progress as well. Provide encouragement and be positive, at home, and in the stands. If there is a problem, **FIRST HAVE YOUR SON TALK TO COACH BAXTER HIMSELF**. If the problem is not resolved or is of a serious nature, contact Coach Baxter yourself (school 499-1644 / cell 470-3889 / between 8am and 9pm, unless it is an absolute emergency requiring immediate attention).

WATCHING A MATCH/TOURNAMENT - WHAT SHOULD YOU EXPECT?

Excitement! Wrestling is a very emotional sport to watch, especially for parents. Here is a brief summary of the conduct of matches/tournaments.

*Dual Meets (including dual meet tournaments) - One Team vs. One Team:* Each team will send captains out for a coin-toss (to determine which wrestler gets the choice in the second period of each match). The individual matches will then be held using a format of three-two minute periods (2-2-2). Before and after every individual match, each wrestler shakes the hand of his opponent, showing great sportsmanship. At the end of the dual, wrestlers/coaches from both teams will shake hands as well. (See next page for individual and team scoring)

*Tournaments:* Each wrestler will be placed in some sort of bracket/pool with competitors in his weight class. Each individual weight class will be wrestled to determine the champion/placewinners. At times, tournaments may seem a bit confusing but you will catch on quickly. (See next page for individual and team scoring)

EVENT VOCABULARY

Dual ..... Competition between two teams.  
Tri & Double Dual (or Super Tri) ..... Dual meets between 3-4 teams (2 matches per team).  
Quad..... Dual meets between 4 teams (3 matches per team).  
Dual Tournament ..... Multiple-dual competition (4-5 matches per team).  
Tournament ..... Competition where each individual weight class has a tournament  
..... using a bracket or round-robin (pool) for each weight class.  
Match/Bout ..... Any individual match between 2 wrestlers.

*Kettering Fairmont Wrestling Firebirds*  
*PARENT GUIDE TO WRESTLING*

TEAM SCORING - DUAL MEETS

*Fall (pin)/Forfeit/Default/DQ..... 6*

*Technical Fall..... 5*

When a wrestler gains 15 point lead, the match is stopped

*Major Decision..... 4*

Win by 8-14 points

*Decision..... 3*

Win by 1-7 points

TEAM SCORING - TOURNAMENTS

Varies by tournament; each wrestler earns teams points for each match win AND bonus points for winning by Fall/TechFall/Major Decision. In addition, each placewinner in a tournament will receive "placement" points for his team (which varies depending on the type/size of tournament).

INDIVIDUAL MATCH SCORING

*Takedown..... 2*

From standing position, one wrestler brings the other to mat and controls him.

*Escape..... 1*

From the mat, wrestler on bottom gets breaks away from opponent to the standing position.

*Reversal..... 2*

From the mat, wrestler on bottom reverses position and controls his opponent on the mat.

*Near-Fall Points ( "Back Points") 2-3+*

From the mat, wrestler on top holds his opponent's shoulders within 45 degrees & 4 inches of the mat for at least 2 seconds (2 pts.); for a full five second count, wrestler earns 3 points. (at times, due to injuries/illegal holds/misconduct, additional points may be awarded).

*Penalties..... 1+*

Penalties are generally 1 point, but increase with each infraction. Some examples of penalties are: illegal holds, technical violations, unnecessary roughness, and unsportsmanlike conduct.

In addition, some penalties have "warnings" prior to the awarding of points. The most common of these is STALLING, which is when the official has deemed that one wrestler is not making an honest attempt to wrestle aggressively. In the case of stalling, a wrestler is warned then penalized.