

Knights Wrestling



Team Rules: All Thomas Dale wrestlers are expected to maintain the highest integrity in and out of school. Wrestlers are positive role models and good citizens. Our program's main priority is to develop athletes into contributing members of society. Failure to follow these rules or any incident that would tarnish the reputation of Thomas Dale Wrestling will result in consequences and possible dismissal from the team.

1. Follow all Thomas Dale Sportsmanship policy rules. Represent the school in a positive manner at all times.
 - a. Refer to the Thomas Dale Sportsmanship Handbook for complete information. Ignorance of the policy is not an excuse!
2. No cursing.
3. Be on time for all practices, meetings, study periods, and other assigned dates.
 - a. Tardiness will not be tolerated! Unexcused tardiness will result in consequences.
 - b. Schedule all appointments, clubs, and jobs around our practice and meet schedule.
4. Have transportation pre-arranged everyday.
 - a. Practices will end promptly at **5:30 pm**. Tell your ride to be at Thomas Dale Freshman Campus **at 5:30 pm!**
 - b. Refer to the schedule for start and end times of all competitions.
5. Wrestlers are expected to be **on weight** before each competition, regardless of spot on the depth chart.
6. In season, coaches have final say on who will wrestle at a each weight class.
 - a. Wrestlers can request weight classes for post-season tournaments.
7. All wrestlers must participate in any and all team fundraisers, no exceptions.
8. No stealing.
9. During practice wrestlers are not to leave the wrestling room **for any reason** without a coach's' permission.
10. Wrestlers must see a coach before visiting the trainer for any reason.
11. Wrestlers must attend practice when present during the school day.
12. Team captains will be chosen by the coaches.
13. Keep your body and your gear clean!
 - a. Shower after each practice and always wear clean clothes to each practice. Wash your wrestling shoes once every two weeks.
14. Keep the team room neat, clean, and orderly.
 - a. Respect the space and possessions of others.
 - b. Having a team room is a privilege, not a right. Not respecting this will result in the team room being taken away.
15. All disciplinary decisions are at the discretion of the coaches.
16. All lettering decisions are at the sole discretion of the coaches.

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Wrestle-offs: Although the final line-up is determined by the coaches, wrestlers can initially earn a varsity spot by winning a wrestle-off. The following guidelines refer to wrestle-off policy.

- All wrestle-off matches will be standard length matches refereed by a coach.
- A wrestler can only challenge the next highest wrestler on the depth chart.
- A wrestler must be within 2 pounds of the weight class at the time of the wrestle-off match.
- Wrestle-offs will only occur after every three varsity competitions.
- Coaches retain final say on all line ups, regardless of wrestle-off results.

Attendance: Regular daily practice is essential for the safety and skill of the individual wrestler and his teammates. Wrestling does not offer a "part-time" commitment. Be aware, the wrestling season spans a number of days when schools are closed for holidays and vacations. Our team will still practice and compete during these times and attendance is required.

- Any absence to be counted as excused must have prior approval by either Coach D. Zoller or Coach M. Zoller **face-to-face** as soon as possible.
- Three unexcused absences will result in dismissal from the team.
- Wrestlers must be present in school the **day before** and the **day of** a competition in order to compete.
 - If a wrestler is absent, the next wrestler on the depth chart will be the varsity wrestler for that event.
- Any tardy to be counted as excused must be accompanied by a teacher or parent note signed, dated, and timed.
- Three unexcused tardies will result in dismissal from the team.
- Coaches make the final decision for excused/unexcused absences/tardies.

Consequences:

- Any rule infraction will result in an appropriate consequence.
 - These might include running, push-ups, probation, suspension, etc.
- Consequences will be proportionate to the rule infraction, are the sole discretion of the coaches, and are not negotiable.

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Lettering Policy: The awarding of a varsity letter is a special recognition representing a season long commitment to the sport of wrestling and making valuable contributions toward achieving team and personal goals. Earning a varsity letter will be based on a point system using the following criteria.

1. A wrestler must earn 100 points to earn a varsity letter.
2. Points are earned in a variety of ways. In addition to earning points, certain criteria must also be met in order to earn a varsity letter.
3. A wrestler must wrestle $\frac{2}{3}$ of his matches at the varsity level and win at least one match against an opponent (forfeits do not count as wins).
4. Any wrestler earns 1 point each time he successfully makes weight for a competition.
5. Varsity team points are counted toward your letter.
 - a. For example, a dual meet decision earns a wrestler 3 letter points, a pin will earn a wrestler 6 letter points.
 - b. Individual tournament win and advancement points will earn equivalent letter points.
6. Placing in the top four in an varsity individual tournament will also earn a wrestler letter points based on the place awarded.
 - a. 1st Place = 10 points
 - b. 2nd Place = 8 points
 - c. 3rd Place = 6 points
 - d. 4th Place = 4 points
7. Any wrestler will automatically earn 50 points for dedicated attendance to practice, competitions, and service opportunities. Attitude, effort, and leadership will be heavily considered.
8. Conference champions and State Tournament qualifiers will be considered for an automatic letter.
9. A wrestler can be disqualified from earning a varsity letter, even if he meets the requirements, due to disciplinary actions during the season.
10. All lettering decisions are at the discretion of the coaching staff.
11. Letter points can accumulate across wrestling seasons.

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What do I need to buy? Each wrestler is responsible for purchasing and maintaining the following personal equipment.

1. Wrestling shoes
 - a. Blue or black colors are preferred.
2. Athletic supporter
 - a. A cup is optional.
3. Knee pads
 - a. Blue or black are the only colors allowed
4. Spirit Pack
 - a. Price TBD

The school will provide competing wrestlers with the required singlet uniform and a warm-up suit. Wrestlers are responsible for school issued equipment and will be required to pay for damages and/or replacements.

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Sportsmanship Policy

What is Sportsmanship? Sportsmanship is the ethical and moral dimension of sports. It is demonstrated by fair play, respect for the rules and traditions of the sport, and traits of good character including integrity, respect for others, accountability, self-control, and graciousness in victory and defeat. As a coach and an educator I focus considerable attention on Sportsmanship. With that in mind I require all coaches, athletes, and parents to certify and honor the following contest sportsmanship guidelines. The purpose is to promote proper conduct among all wrestlers, coaches, and fans of Thomas Dale High School.

By signing I do hereby agree:

1. To respect everyone and fear no one.
2. To live up to a high standard of good sportsmanship at all times and in all circumstances.
3. To be a good host and treat visitors as guests.
4. To treat all opponents with respect.
5. To always respect the judgment of the contest officials.
6. To not use profane or abusive language.
7. To set a good examples for others to follow at school, during competition, and in public.
8. To accept both victory and defeat with pride and compassion, never being boastful nor bitter.
9. To remember that an athletic contest is only a game, not a matter of life or death for wrestler, coach, school, official, fan, community, or nation.
10. To be mindful of my words, understanding their impact both positive and negative, and to use them responsibly.

Wrestler Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

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PARENT & ATHLETE CONCUSSION INFORMATION SHEET

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

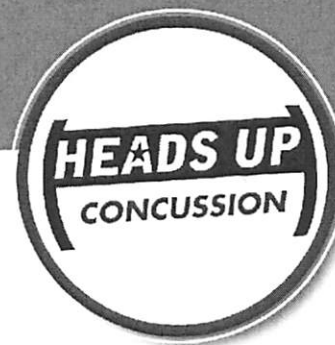
WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.



SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

▶ **"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON"**

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CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED


STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

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PLEASE PRINT CLEARLY AND USE ALL LEGAL NAMES

First Name: _____ Middle Initial: _____ Last Name: _____
Nick Name: _____ Grade: _____ DOB: _____ Athlete Home Phone #: _____
Athlete Cell Phone #: _____ Athlete E-mail: _____
Athlete Address: _____ City: _____ State: VA Zip Code: _____
Current Level: JV or Varsity Current Sport: _____

Medical History that may be significant to a physician evaluating your child in an emergency situation (Asthma, Diabetes, Genetic Disorders): _____

Is your child on any medication? Yes or No If yes, what type? _____

Has your child been prescribed an inhaler? Yes or No If yes, what type? _____

Please list all allergies (medication/pollen/stings/food): _____
Has your child been prescribed an EpiPen? Yes or No

Has your child ever sustained a concussion? Yes or No If yes, how many and when? _____

In case of an emergency please contact in this order:

Name: _____ Relationship to Athlete: _____
Home: _____ Cell: _____ Work: _____
E-mail: _____

Name: _____ Relationship to Athlete: _____
Home: _____ Cell: _____ Work: _____
E-mail: _____

In case of an emergency, do you have a hospital preference for your child to receive care? Yes or No

If yes, which hospital? _____ We will endeavor to use your preference, however in a life threatening situation, the closest hospital will be used.

Athlete covered by school insurance Date enrolled: _____

Athlete covered by the following insurance policy:
Insurance Company: _____ Policy Holder Legal Name: _____
Group Number: _____ Student's Policy/ID number: _____
Effective Date: _____

Athlete is not covered by insurance

I hereby certify that the student named above is covered by the medical accident insurance listed above and I accept responsibility for the medical accident insurance of this student.

Parent/Guardian Signature: _____ Date: _____

Signature of Athlete: _____ Date: _____

Please sign and return to your COACH at the beginning of the athletic season