



Rules and Guidelines

Expectations for Wrestlers and Parents

Within this packet you will find the information you need to be a successful athlete at Allatoona High School and more specifically to find success as a Buccaneer wrestler. This is provided for you as a tool for enhancing your experience with our program as well as giving you a clear understanding of what is expected of you as a representative of this program. Regardless of your status as a varsity, junior varsity, freshman or youth program wrestler, the expectations are the same. We will hold ourselves accountable for our actions and we will present the program as one of integrity and sportsmanship.

Philosophy and Vision

The vision of the Buccaneer Wrestling Program at Allatoona High School is to develop student-athletes who are contributing members of this community. The experience in sports at Allatoona High School intends to shape and strengthen character in its participants. Although, we will strive to develop championship caliber athletes, the program's success is not measured by championships, but by the personal improvements made by its participants.

Being a successful wrestler requires tremendous commitment and compels each individual to harness their warrior spirit. This ability will help every individual achieve on and off the mat. Our coaches have the responsibility to provide each individual the opportunity to establish and achieve their goals. It is the responsibility of the student-athlete to work toward those goals and follow the lead of their coaches and teammates in following the rules and guidelines within this document.

Parents are expected to support their athlete and the program through volunteering, fundraising and encouragement. Your child has chosen to participate and compete in the oldest sport known to man. This is also the most grueling and physically demanding sport in high school athletics. We ask that all parents sit in one section at home and away matches and cheer their team on together in a way that shows class and sportsmanship. Parents please remember that your coaches are there to defend and protect your wrestler; they will deal with officials and opposing coaches. After practice and tournaments please pick up your athlete in a timely manner.

Practice takes place every day from 3:50 pm to 6:00 pm, unless communicated otherwise. In order for you to be competitive and our team to grow, you must attend on time and until completion. In addition to regular school day practices, we will have practice when school is out for holiday and on early-release days. Your coaches will let you know the exact times on these occasions. A schedule is posted on a monthly and weekly basis to insure that changes or modifications are communicated. It is also expected that each wrestler assists in the set-up and break-down of every event.

As a student-athlete you are a representative of Allatoona High School, your parents, your teammates, and your coaches. Therefore, it is very important that you adhere to all rules and regulations that are mandated and outlined in the Cobb County School District student handbook and athletic handbook. We want wrestlers to be the best behaved and self-disciplined students in the school. It is our desire that all teachers enjoy having you in class and we can count on you to do the right thing outside of school. Our coaching staff will use the discipline guidelines from the Cobb County School District policy when deciding discipline. In addition to the administrative punishment handed out by the school, we will include additional punishment or endurance enhancement activities.

Establishing goals and striving for individual and team goals are an essential part of wrestling at Allatoona. We expect every wrestler to establish goals and keep track of their personal progress. This is not an optional exercise, this is designed to help you look at where you are at the beginning of the season and track your progress throughout.

Goals are to be established for you as an individual. These goals will be shared with your coaches and teammates. It is the responsibility, as a teammate, to assist each person on the team in achieving their goals. These can be focused on wins, pins, tournament placement or championships, weight, strength and conditioning, takedowns, etc.

General Wrestling Rules and Definitions

Requirements for earning a varsity letter

A wrestler must earn 30 team points through varsity dual wins, forfeits, or tournament points.

A wrestler must participate in 10 varsity dates. Official weigh-ins is considered varsity dates.

An example would be a weeknight dual which would be one weigh-in and considered one date regardless of the number of matches. A two-day weekend tournament would be considered 2 dates (2 official weigh-ins = 2 dates).

A wrestler must complete the entire season unless circumstances approved by the Head Coaches (ex. Injuries, family matters, etc.) These must be discussed with the coaches and the wrestler must be in good standing.

A wrestler completes two full seasons as a member of the Allatoona High School Wrestling Team and is in good standing. This includes a recommendation from a coach and agreement from all the coaches that said wrestler has participated fully throughout the season, has had exemplary attendance to all matches and practices and has participated in off-season workouts, pre-season workouts, and camp activities during the summer. A wrestler receiving a letter through this method must also display outstanding character off the mat and project themselves as a model representative of Allatoona High School and the wrestling program.

Junior Varsity Certificate

A wrestler must complete the entire season and be in good standing as it relates to their practice participation, behavior, and competition participation.

The manager must participate in all home tournaments and assist in home matches. The manager must also participate in away dual matches when needed and at least 25% of all away tournaments. All managers are required to help with both Varsity and JV competition. This includes JV tournaments and JV only matches, if applicable. In addition, managers should plan to attend one day of practice per week.

Practice Requirements

This is a very competitive sport and your participation in every practice is expected and required.

We practice every day; therefore not attending is not acceptable. If a wrestler is not able to attend a practice due to injury or illness, you must notify your coaches. You must be prepared for every practice. Gym shorts (no pockets), t-shirt, and wrestling shoes are required for every practice. Oversized clothing is not acceptable and hazardous to you and your teammates.

Absolutely no jewelry is to be worn in the wrestling room, earrings or other piercing is not acceptable.

If you are injured, you must report to the wrestling room for practice and then report to the athletic trainer. You must also follow the prescribed rehabilitation schedule suggested by the athletic trainer if you are not going to participate in practice. In addition, an injury does not excuse anyone from practice; you are expected to be at practice watching and learning.

Each wrestler is expected to maintain passing grades in all courses. The coaching staff will monitor grades and progress. If a student/athlete is failing a course or courses, that wrestler may be prohibited from participating in practices or scheduled competition. The wrestler may be asked to complete schoolwork while in the wrestling room during practice rather than being able to practice. Missing practice due to poor time management and having to complete assignments is not acceptable.

We will follow the rules set forth by NFHS and GHSA as it pertains to hair length and grooming. It is detrimental to you and the match to need additional equipment to cover long hair. Hair must be off the collar, above the eyes and not longer than the bottom of your earlobes. If you insist on keeping a hairstyle that requires a covering; you will be expected to have that covering at all times for competition.

You are also expected to shower every day after practice and keep fingernails trimmed. A wrestler must keep a clean shaven face for competition.

Because practice is mandatory and exceptions are limited to coach's approval, you must bring in all excused absence forms on the day of return. If you are absent from school due to illness, family situations, religious, or other reasons recognized by Cobb County School District policy; bring in the excuse form. Unexcused absences will result in disciplinary action up to and including suspension and dismissal from the team. If you are going to miss practice for any reason, you must see or contact Coach Norred by email or phone on the day you will miss or arrange in advance. If you are absent from school the entire day, please send an email to Coach stating that you will be absent, the reason and when you plan to return.
klye.norred@cobbk12.org

Strength and Conditioning

Coordinates all pre and post season strength and conditioning. It is highly recommended that you participate in these activities to be successful. We encourage all athletes to participate in other sports; therefore, this is an acceptable reason not to participate in pre and post season workouts. Participating in recreational leagues does not excuse you from preparation for wrestling. These situations must be discussed and approved by the coaching staff.

Breaking Team Rules and Make-up Procedures

These endurance enhancement sessions are designed to help the wrestler make up for missed time and to help them understand the consequences of breaking team rules. When someone

misses a practice, breaks a team rule, or does not meet an expectation set forth by your coaches; this hurts the entire team. Therefore, everyone will take part in the make-up procedures as a team.

* Breaking any team rule repeatedly, receiving ISS, OSS, or conduct detrimental to the program will be up to the coach's discretion for appropriate punishment or dismissal from the team.

“The Ladder” is a term used to describe the lineup order. This includes Varsity, JV 1, JV 2, and in some cases JV 3. A wrestler can challenge one move up the ladder per wrestle off. In some cases, if time permits, a wrestler may be allowed to challenge more than one step up the ladder in a wrestle-off day. This is applicable in cases where a wrestler is coming off an injury or has just become eligible for competition. All challenges must be pre-arranged through Coach Norred and are subject to time allowance. Although most weeks allow time for wrestle-offs, there are some weeks that do not allow time for wrestle-offs. The opportunity to wrestle-off is not guaranteed and is up to the coaches to decide when they will take place.

I have read the rules and guidelines of Buccaneer Wrestling. In addition, I understand what is expected of me as a member of this program. I understand that to be a part of this program and to be successful, I must attend all practices and team events. I will be accountable to the rules and guidelines set forth. I understand that my actions will reflect upon myself, my teammates, my parents, my coaches and our school. By not following the rules and guidelines, I am aware of the consequences for my actions and that breaking team or county policies and guidelines will result in punishment up to and including dismissal from the team.

Student-Athlete: (Printed Name) _____

Student-Athlete Signature: _____

Parent: (Printed) _____

Parent Signature: _____

Date: _____