

WASHBURN RURAL WRESTLING



2023-2024 TEAM HANDBOOK

Ways to stay connected:

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Join our Google Classroom! Class Code: **jgxs5xh**

Coach Hogan: 785-213-0412, hoganjos@usd437.net

Coaching Staff:

Joshua Hogan - Head Coach

Ryan Garrison

Austin Killinger

Ivan Torres

Jacob Thrall

**There are 4 things we are
expected NOT to do.**

1. Don't Lie
2. Don't Cheat
3. Don't Steal
4. Don't Bully

**There are 2 things we are
expected TO do.**

1. Give 110% In Our Effort
2. Give 110% In Our Attitude

OPPORTUNITIES TO GET INVOLVED

Wrestling parents play a vital role in us having a successful season. Our parents are in charge of team breakfasts, locker decorations, memorabilia, et cetera. Literally dozens of parents volunteer every year in some capacity to keep our program running at an optimal level. Unfortunately, we can't keep the same parents around forever. As kids grow older and graduate from high school we need to add new parents into the mix. If you are interested in volunteering to work with our wrestling program and learn from the parents currently involved in our program before they are gone, please don't hesitate to contact Coach Hogan or any of the experienced parent volunteers!

A message to new parents:

Your wrestler is about to embark upon the most challenging, yet most rewarding endeavor of their life. There will be times when they ask you, "Why did I sign up for this?" But if they make it through, they will have the confidence to face any challenge in your life head-on. **Make no mistake, this is not middle school or club wrestling.** Your mental and physical toughness will be put to the test like they never have been before.

That being said, I can promise them this: if they rise to the challenge, and finish the rest of their high school career as a Rural Wrestler, the results obtained in the form of character and grit will follow them and propel them for the rest of their lives

A message to our veterans (and veteran parents!)

WELCOME BACK :)

Wrestling FAQs for new wrestling parents:

Q. What does my wrestler need to wear for practice?

A. Shorts or sweats, a shirt, and wrestling shoes. Practice gear must be provided by the athlete. All competition gear (warm-ups, singlets, headgear) is provided by the team. Wearing headgear for practice is not required but is recommended.

Q. What time are practices, and what is the duration?

A. Practices are from 3:15 until we get finished (usually 4:50). When you factor in shower time, you can expect to pick up your wrestler at 5:30 at the VERY latest **at the south entrance**. If they are consistently getting out later than 5:30, they are taking too long. We will practice 5 days a week (and on Saturdays when we don't have competition).

Q. What costs are associated with wrestling?

A. Outside of the district's activity fee, there are no costs associated other than occasional meal money. Historically we have had parents provide breakfast for our athletes after weigh-ins. Wrestlers who are eating are asked to bring \$5 to cover the costs of food. Eating this breakfast is optional, however (and we'll never let a kid go hungry...if they need help with \$, all they need to do is ask.) All Saturday tournaments last through at least lunch, so some spending money for concessions (or packing a lunch) is recommended.

Q. How long are tournaments?

A. It really depends on the tournament and the level (varsity or JV). Most JV tournaments are done in the late afternoon. Most varsity tournaments are done in the early evening hours.

Q. I've heard about massive weight cutting in wrestling. Will my son be required to cut weight?

A. NO! This is a common misconception. While some students may choose to lose some weight for a better shot at wrestling varsity, no one is required to lose weight, and cutting more

than 8% of your alpha weigh-in weight is not allowed! Most new wrestlers will be JV. At this level they should be worried about skill acquisition instead of weight loss. If in doubt, wrestle up a weight class so you can eat, be strong, and enjoy your season!

Q. Coach Hogan is always on his phone at tournaments when he's not sitting in the corner. What in the world could he be doing?

A. Coach Hogan is routinely on the website **trackwrestling.com**. If you are not familiar with this site, bookmark it now! Almost every tournament we attend will be run through TW. Trackwrestling.com provides up-to-the-second team scores, bracket pairings, upcoming matches, etc. Want to know what seed your son got? Check trackwrestling. Want to know his first round opponent? Check trackwrestling. It is *the* go-to site for high school wrestling.

Q. I don't know anything about wrestling. How can I learn more?

If you would like to be set up with a "parent mentor," please contact coach Hogan! In the past we have set up parents that are new to the sport with parents who are seasoned vets. Additionally, be sure to sit with our team's parents at tournaments, and don't be afraid to ask questions.

Don't be afraid to ask your F.A.M.I.L.Y.! In our program, F.A.M.I.L.Y. stands for "**F**orget **A**bout **M**e, **I** Love **Y**ou. Our kids suffer together, they triumph together. Rather than one 90 minute competition like you see in other sports, our wrestlers and parents all sit together in the stands for half of their weekend hours. We know each other well, and any F.A.M.I.L.Y. members will be more than willing to help out a new wrestling parent!

Washburn Rural Wrestling

2023-2024 Season Goals (on the mat)

1. Qualify at least 10 wrestlers for the state tournament
2. Win league, regionals, a 6A State Championship
3. Have 50+ wrestlers at our last practice of the season!

2023-2024 Season Goals (off the mat)

1. Earn 1st team all-state status
2. Practice being grateful for all the blessings in our life.

2024 Off-Season Goals

1. 20+ wrestlers competing for Topeka Blue Thunder in March
2. 20+ wrestlers competing in at least one freestyle/Greco Roman tournament in the spring
3. 20+ wrestlers competing in at least 30 offseason matches in the spring/summer

Be on time.

Attendance

All wrestlers will attend all practices. Practice **begins** at 3:15. On the mat with shoes tied ready to go at start time! **Remember rule #1.** Any absence (excused or unexcused) will be made up at the following practice with extra conditioning. Schedule all appointments outside of practice time whenever possible.

- One unexcused absence=medium rules violation
- Two unexcused absences=removal from the team
- Whether or not an absence is "excused" will be determined by the coaching staff. Absences due to not living our standard (detention, etc) are considered unexcused. If a wrestler has 4 or more excused absences we will have a meeting to decide if wrestling is the sport for him.
- A no-call, no-show to a weigh-in results in a major violation and automatic dismissal from the team. Set two alarms and put one of them across the room so you have to get up out of bed to turn it off.

Respect everyone.

We will treat our teammates, managers, and coaches with respect at all times. But this goes beyond our mat room. When we say respect everyone, we don't mean "respect the people in your social circle" or "respect those who are as experienced as you." When we say "everyone," we mean EVERYONE, from the custodians who clean our facilities, our teachers, our parents, the fast food worker who's making our post-tournament meal....everyone.

The fastest way to break down team unity is to ridicule a teammate. While a ban on social media and group chats would be impossible to enforce, anyone found using these avenues for evil instead of good will be subject to immediate disciplinary action.

We are here to encourage and build each other up, not tear down. Freshmen & rookies are *not* second-class citizens. If anything, they need **more** encouragement from teammates.

During competition we will conduct ourselves in a manner that brings pride to our school and our family. Wherever we wear our school colors, we represent our high school and our wrestling team. Every action that we take reflects on the team as a whole. We are role models in the community and people are watching us.

We will respect our opponents and the officials before, during, and after the meet. We will wrestle hard, but we will wrestle clean and by the rules. **Our opponents will simultaneously fear and respect us.** We will create a good impression with the officials by not complaining about their calls as it will pay dividends in the long run.

Live our standards.

Fundraising

All wrestlers will participate in our team fundraiser this year. Every wrestler will make a concerted effort to reach their goal of \$500 raised (this sounds like a lot, but can actually be done with ease!). This money will pay for all of our program's needs both this year and down the road. All they need to do is have as many phone numbers in their phone as possible for potential donors come our fundraiser day on 11/18. This is attainable by all wrestlers.

Language

Swearing will not be tolerated by wrestlers or coaches and will result in physical activity. It makes you sound uneducated. Don't do it. Coaches will be addressed as "Coach", Mr., and/or sir. NOT by last or first name unless stated after one of the above. Classroom teachers and parents of wrestlers will be addressed respectfully as well.

Dress Code

School dress code: In an effort to exhibit the class of our program, we will wear a shirt and tie to school the day of all dual meets and on Fridays before Saturday tournaments. Wrestlers that do not adhere to the school dress code are subject to disciplinary action.

Tournament Dress Code: Jeans (no sweats or pajamas) and an appropriate shirt. Do not look like you just rolled out of bed when you show up for competition.

Warm-up Dress code: All wrestlers will warm-up for meets in either the school issued warm-up or in gear purchased from our online team store. **No Exceptions. If a wrestler loses a singlet, bag, or headgear before equipment check in, they are responsible for the cost of replacement before they compete again.**

Dual Competition Guidelines

Wrestlers will warm up as a team and sit on our team benches when they are not getting ready for their upcoming match. At no point in a dual should a wrestler ever be in the stands. **Wrestlers and their parents are encouraged to cheer for teammates but leave the coaching to the coaches.**

Tournament Guidelines

Wrestlers in tournaments must warm-up with the team in a team designed warm-up format. Wrestlers must stick with the team throughout the tournament and must never leave unless written notification and approval has been given by Coach Hogan via email (so there is electronic documentation) in advance. Wrestlers are welcome to visit with family and friends, but their "home base" needs to be where the team set up for the day. Wrestlers will make a point of thanking at least 3 non-family members for their attendance before the end of competition. Our fans will travel many miles to watch you wrestle. Be sure to show your appreciation. **Again, wrestlers and their parents are encouraged to cheer for teammates but leave the coaching to the coaches.**

Transportation

Some of the best memories of your wrestling experience will come from the fellowship shared with teammates on bus rides. **Because of this, we will travel to and from all out-of-town competition as a team. All wrestlers will ride the bus home unless Coach Hogan gets an email from a parent stating otherwise.**

Managerial Staff

Our managers are an extension of the coaching staff and should be treated respectfully as such. Managers perform many valuable tasks, will participate in our fundraiser, and make safe competition possible for you. They are members of this team and any wrestler who is disrespectful to a manager will suffer the consequences of their actions or words.

Winning/Losing

It is expected that you represent our school with dignity and pride, win or lose. The vast majority of you will take a loss at some point this year. It is part of the learning process. At no time should a wrestler create a scene or throw a youth tantrum on the mat or in view of the public eye. **After every match each wrestler will shake hands with the opposing coach, then shake hands with his coach before leaving the mat area.** If a wrestler is upset then after the match he should run out of the gym and find a place to calm down for a few minutes. Any wrestler who destroys, vandalizes, or breaks school property at either WRHS or other high schools will be required to pay a replacement cost. *There is a newer rule emphasizing sportsmanship, and officials have been told to enforce it strictly. Do not lose a team point by celebrating or taunting a defeated opponent.* If I were to walk into the gym right after a hand was raised, I should not be able to tell by your body language whether you won or lost the match.

Overnight trips

Varsity wrestlers will have several overnight trips this season. Wrestlers on overnight trips must be accounted for at all times. A wrestler must never leave the group. All wrestlers will be accounted for in the evening during a bed check. If a wrestler is missing, parents will be notified and asked to come find and pick up the wrestler.

Lettering

A varsity wrestling letter is something to be earned by those who contribute on the mat during varsity competition. For a wrestler to earn a varsity letter he must:

- Wrestle at least one varsity match (regardless of the outcome)
- Continue to practice through the season
- Be in good academic standing
- Be in good standing with the coaching staff
- Complete a senior season in good standing (without ever wrestling varsity)

Cuts

All wrestlers progress at their own level and on their own timeline. As long as a wrestler is demonstrating the appropriate level of effort in practice and is being a contributor to our team as a whole, he will be a part of the team, and as long as I am the head coach at Washburn Rural we will not make cuts.

Drugs, Alcohol, Vaping and Tobacco Products

These substances have no business being used by any high school student, let alone athletes trying to perform at peak levels for 14 to 17 weeks. If you care about yourself and your team, you'll stay away from these things.

If you think vaping is harmless, I would encourage you to do some research. If you think it will not affect your conditioning, you are incorrect. With everything that you put into your body, ask yourself, "will this help me win a state championship for my team?" If the answer is no, keep it out of your body.

If reported, we'll investigate. If caught, punishment will be severe. Being caught using drugs or alcohol during wrestling season will run the risk of losing your eligibility to be on the team. Use of tobacco products, vaping devices, or any form of e-cigarette will result in a disciplinary period after practice for three days in addition to any school repercussions. Repeat offenders can and will be suspended. This is a pride factor and we take it seriously. **Also, according to KSHSAA rules, use of vaping or tobacco products at any competition is considered**

"flagrant misconduct" and results in immediate ejection from a tournament or dual and forfeiture of all team points scored. Don't risk it.

Injuries

Report all injuries to the head coach who will then refer you to our athletic trainer. The trainer can evaluate and treat your problem. After receiving a diagnosis from the athletic trainer come report back to Coach Hogan. The trainer's job is to get you back on the mat as soon as it is prudent. **All injured wrestlers will still dress in practice gear and be in the mat room.** You will be under the supervision of the training staff and take part in whatever activity seems appropriate for you. As long as you attend all practices and participate in at least Friday's practice, you may wrestle that week, but you may not necessarily keep your varsity position.

Equipment

Take care of your equipment. Every piece of equipment issued to you is the property of our school (gear bag \$70, headgear: \$46, singlet: \$75). If you lose it or destroy it, it is you or your parents' responsibility to pay to replace it. If you look sharp, you wrestle sharp. We do a lot of fundraising so we can outfit you in the best equipment available. Take pride in what you wear.

Locker room

No horseplay in the locker room. Keep your locker and the area around it clean and clear of debris. Put all equipment inside your locker and lock the door every day. Failure to follow these procedures will result in punishment and loss of locker room privileges.

Sanitation/Hygiene

There will not be another school in the state that takes sanitation more seriously than Washburn Rural. We have a Puradigm air filtration system installed. We have purchased an antimicrobial fogger that will cover every square inch of the mat room and locker room when needed, and the mats will be mopped twice daily. The facilities will be more sterile than the cleanroom at the Mayo Clinic. However, you must do your part as well. **It is highly recommended that all wrestlers**

shower before leaving the locker room after every practice! If not, get their butts in the shower the second they walk through the door.

All wrestlers, varsity and JV, **MUST** bring clean clothes and a towel to every wrestling meet and shower before boarding the bus. We keep our room very clean, but there is no guarantee that our competition does, which is why showering is imperative. Many of our wrestlers shower after every match... not only is it sanitary, but it helps you feel awake and refreshed after tough matches.

Any wrestler that does not bring clean clothes for practice will not be permitted to practice and will be charged with an unexcused absence. Parents, if your wrestler is not bringing home a set of clothes soaked in sweat every day, ask them why not and please let me know ASAP. **Wet, sweaty clothes should never be left in a locker under any circumstances. NEVER.**

Leadership

Our wrestling team will elect as many captains as we deem necessary. Coach Hogan will choose the 1st captains of each season based off of summer wrestling involvement. *Everyone* (freshmen included) has an opportunity to be evaluated as a potential captain. Our captains are nominated by every wrestler and coach with the final selection being made by our coaching staff. Any wrestler who, during the course of the season, begins to exhibit the qualities expected in our leaders can receive a "promotion." It is the rest of the team's responsibility to respect our captains and follow their good example. Captains are involved in every decision, from where we stop to eat to whether or not a wrestler involved in a "major" violation is permanently removed from the team. Being elected a team captain is a great honor in our program, and it comes with real, actual responsibility.

Attitude

In this sport, attitude is everything! We want wrestlers who are enthusiastic and positive in nature. A positive mental attitude is perhaps the single most important attribute for a wrestler. Each of us is a key element in the success of our team. Every wrestler must know his role and work hard to be the best he can be in that role, whether he's a returning state champion or a freshman wrestling on the JV squad. If all of us

(wrestlers, coaches, managers, parents, and trainers) strive to follow our 3 team rules, this will be a very special year.

Parents (especially "new parents"): your child's attitude is a direct reflection of yours. We have had some amazing parents here over the years, which is the driving force behind the great reputation of our wrestlers and this program.

Parents, be sure that you are positive and supportive of *all* wrestlers, not just your own. Don't be "THAT PARENT" that complains about officiating, coaching, or other parents... if you do this you are only teaching your son it is ok to make excuses and pass blame in life. When it comes to the attitude of parents, I think this photo says it the best:



Making the team: Varsity/Junior Varsity

All wrestlers who follow the expectations and guidelines previously outlined are officially on the wrestling team. Wrestling teams have numerous starting spots and below are the spots and weight classes. A wrestler must weigh EXACTLY the weight class or below to compete in that class. There is a right way and a wrong way to cut weight. We will educate your wrestlers on the difference. **NO ONE will be forced to cut weight. However, if you commit to wrestle at a certain weight class we expect you to uphold that commitment and make weight.**

Each wrestler can pick the weight class in which they would like to compete. The weight classes are 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215 , and 285.

We will have a chart in the room, and if a wrestler wants to have a challenge match, they will put their name on the chart. The head coach will then determine whether that wrestler has the opportunity to challenge. Practice attendance, attitude, body language, previous competition results, and grades will all be taken into consideration when determining whether a challenge will be available for a wrestler to move up the depth chart, and this is 100% at the discretion of the head coach.

Challenge matches happen at the beginning of Tuesday practices after warmups.

The last day to challenge is 1/24/24 tournament. If one wrestler "owns" the varsity spot, they must be beaten 2 out of 3 matches to lose their spot. If one person has owned the spot all season and is being challenged in the last 2 opportunities, it will require being beaten twice in a row to lose the spot. This will be at the head coach's discretion.

In order to challenge for a weight class, a wrestler must be within 5% of the given weight class or they forfeit the challenge match.

Thanksgiving/Christmas break practices

Because weight and conditioning are such an important component of wrestling, we will be having practices during the days surrounding these two holidays as KSHSAA permits. If a wrestler's family will be out of town during these practices, he/she must notify the coaching staff of an upcoming absence in advance to avoid an unexcused absence. They will do so by putting their name on our calendar. **Parents, please do not make the call or email for them except for in emergency situations. We want to develop accountability in our young men and turn them into responsible individuals.**

Wrestler/parent and coach conferences

If a wrestler or his parents feel the need to discuss a concern with a coach, contact Coach Hogan via email to make an appointment. No conferences will be allowed before, during, or

just after a practice or meet WITHOUT PRIOR APPROVAL. We want to communicate with you. Please make it at an appropriate time. The best way to contact me is via e-mail. My address is hoganjos@usd437.net.

Closed practices

Total focus from our wrestlers is imperative. Even when a parent is quietly sitting in the corner of the mat room, their presence alone can distract not only their wrestler, but others as well. If you have any questions about what is happening at practice I will gladly furnish a copy of our practice plan on any day.

Spectator conduct

We will have a specific plan for each opponent we wrestle. Please attend our competitions, cheer wildly for our wrestlers, but **leave the coaching to the coaches**. If parents loudly encourage their wrestlers to do certain techniques it often deviates from our plan and it does a disservice to our wrestlers. **All parents must stay off of the floor during competition. Please join our wrestling family in the stands to cheer on your wrestler!**

Living our Academic Standards

We have very high academic expectations for our wrestlers. We will do grade checks every two weeks. If a student is failing a class, that student will be assigned to meet with Coach Hogan about what is going on. Additionally, that student will still practice, but will be assigned extra conditioning every day after practice until the situation is remedied. If the situation is not remedied in one week, the student will lose competition privileges. We take academics very seriously.

Team T-Shirt

We have an online team store where you can purchase gear for your wrestlers and families. Wrestlers are welcome to use any of this gear for their competition warm-ups.

Keep in mind, this handbook is a fluid document. Every situation is different and requires flexibility. The head coach and the coaching staff reserve the right to amend this list of violations, consequences, and handbook as they deem necessary for a given situation.

Thank you!

I definitely understand the challenges involved with being a wrestling parent. School drop-offs come early. Pick-up times can be late. Thanksgiving and Christmas practices can be a challenge. I promise, it will all be worth it for the character development your son will receive. Thank you for taking an interest in your child's pursuits in wrestling! If you are new to the sport, you will quickly learn that this will be one of the most challenging, yet the most rewarding experiences of your wrestler's life. We are very happy to have you as a part of our program, and we are looking forward to a great season! **Go Blues!**

