

Wrestling Rules and Procedures

Coaching Staff

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1. Always maintain a positive attitude
2. **Respect your parents**
3. Respect all teachers and Administrators
4. Respect your teammates
5. **No hazing - period.** Offenders will be dealt with accordingly.
6. Maintain grades, grades first, wrestling second. Do not use grades as an excuse to miss practice, learn to manage your time.
7. **Shower immediately after practice, wear clean workout clothes everyday**
8. Never talk to the referee unless he or she asks you a question. Always answer in a respectful manner. If you disrespect the referee I will set you out for the next weigh-in. If there is a problem with the referee the coaches will handle it.
9. The coach's door is always open. Don't be afraid to come to us with any and all problems. You have chosen to participate in wrestling and the coaches expect nothing less than 110%. If you are unwilling to do that you are wasting your time.
10. **Team first that is how I coach and that is my philosophy.**
11. Hard work does not guarantee victory, but it does guarantee self respect and the respect of those around you.
12. Wrestling is a full contact sport, you must be in superior physical shape in order to wrestle five to six minute matches in one day, more if you have an overtime match.
13. In close matches the wrestler in the best shape wins 100% of the time
14. The law and the school demands total abstinence for alcohol and drugs, and that includes nicotine
First offense, you sit 20% of the season
Second offense, suspended for entire season
Third offense, you can no longer participate in high school sports
Be aware, being at a party where alcohol or drugs are present constitutes a violation of school policy
15. **Attendance at practice is mandatory**, No practice, No wrestle.....Period....No exceptions
16. Wear clean workout clothes to every practice and shower immediately after practice
17. Following is the criteria for getting a varsity letter:
 - Get 18 varsity points or
 - Medal at a varsity tournament or
 - Wrestle 50% of varsity matches or
 - Maintain a 3.2 GPA and have perfect attendance or
 - Wrestle two years in a row
18. Challenges will determine varsity and varsity "B" and JV. If there is not a decisive winner at a certain spot it will be two out of three for the county meet. Challenges are always at the coach's discretion. You should be within five pounds of the person you are challenging, unless your opponent is moving up a weight class or two.

19. Although we challenge for varsity positions the final line up for dual meets is up to the coaches.
I will never answer questions about the line-up to parents.
20. Never leave practice with out permission from a coach
21. Stay out of trainer's office unless you have permission from a coach. The trainers office is not a hang out.
22. You are responsible for all assigned gear if you lose it you will be charged for it and your grades will be withheld if you do not comply.
23. Wash all meet singlets and warm ups in cold water and hang to dry. Cotton sweats can be washed in cold water and put into a dryer on low heat.
24. Never discuss our line up or workout schedule with opposing coaches.
25. Win with class and lose with class. Shake your opponent's hand as you leave the mat. Go to a private place and then cry, scream or celebrate, whatever you have to do.
26. Never throw your headgear after a match.
27. **If you have an infraction with rules, 3, 5, 8, 25, 26, 27 I will sit you out for the next weigh in. Remember that you represent your community, school, family and team.**
28. Keep your shoulder straps up on the mat
29. We only have buses for a couple of quads during the week. For Saturday meets the kids have to supply their own transportation to tournaments. Car pooling helps.
30. When riding the bus, be courteous to the driver, no loud talking. Clean up after yourself.
31. If we have a bus you must ride to the meets on the bus, no exceptions.
32. You can ride home with a parent but the coaches must be notified so we can make a note of it.
33. Wrestlers may drive to saturday meets if they meet the following criteria:
 1. 18 years old
 2. Have permission from parents
 3. Don't take passengers
34. **If you have braces you must wear a mouth guard.**
35. I don't think we will have anyone losing an excess amount of weight, but at times you may have to alter your diet by cutting out junk foods, sodium and things of this nature. If I hear of any wrestlers who are grouchy or disrespectful of their parents, because of a change of diet, I will make that wrestler go to the next higher weight class. Because you are eating less and working hard does not give you the right to take it out on your parents or siblings. Be absolutely aware that I mean this; if I hear any negative reports I will make you go up a weight class.

Have Fun Work Hard

Coach Lafferty