

# **Southeast Polk Wrestling Training Handbook 2015-2016**

**“You Choose”**

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## **Southeast Polk Wrestling**

This handbook was designed for each wrestler and their family. It contains rules and regulations, coach's philosophies, and what is expected of wrestlers in our program.

### **A Special Message to All Wrestlers**

The Edge - the whole idea is to somehow get an edge. Sometimes it takes just a little extra something to get that edge but you have to have it.

It is something that you must have if you are to be successful in athletics – and also in life.

Being successful, being great, is great, it is what all of our athletic programs are about. We offer up no pie-in-the-sky promises, no candy-coated lines of encouragement. Your drive toward success must be a sustained effort.

We will tell you to dream of becoming a great person then warn you that you won't reach that goal just by dreaming.

We have only one secret, on sure-fire success formula to offer. Our advice can be boiled down to this: **HARD WORK MAKES DREAMS COME TRUE.**

Now we know that may not be what you wanted to hear, we would like to be able to tell you how to become an overnight sensation – but we can't. Success knows no shortcuts.

We also can't promise that if you follow what we tell you to do that you will become a great athlete.

**WHAT YOU WILL BE ABLE TO DO IS BECOME THE BEST WRESTLER, THE BEST PERSON THAT YOU POSSIBLY CAN BE. YOU WILL NEVER HAVE TO WONDER HOW GOOD YOU MIGHT HAVE BECOME, BECAUSE YOU'LL KNOW.**

Our coaching philosophy is geared toward athletics, but it is also about all of life's endeavors. It's about succeeding in the classroom, in business and in your personal life.

If you decide to put a high priority on success, you will have to learn to compete.

The trouble in American life today, in business as well as sports, is that too many people are afraid of competition. The result is that in some circles, people have come to sneer at success if it costs hard work, training and sacrifice.

We need to live by saying, "The harder I work, the luckier I get." Luck happens when preparation meets opportunity. People who sit back and wait for success have a name- they are called losers.

To succeed you have to go and make your own luck. To do that you have to outwork your opponent – you have to get the **EDGE**.

No matter what state of your athletic development you are in, you'll be trying to get an edge on the mat. If you're working on skill, you want to be able to perform the skills of the sport better than your opponent. If you're working on strength, you'll want to be stronger than the opposition. If you have little of the above, your edge will come by out conditioning your opponent.

**THERE ARE NO MAGIC FORMULAS – JUST HARD WORK**

Southeast Polk Wrestling Team

Go Rams!

## **Southeast Polk Wrestling General Mission Statement**

The coaching staff wants to develop our wrestlers to their fullest potential. As a student, athlete, citizen or jobholder, we want our athletes to leave the program empowered with the skills to make them successful in all facets of life. We want to develop goal setters who realize success knows no shortcuts. We believe that hard work and training smart are the secrets to our success. We want our athletes to experience success while having fun and exhibiting good sportsmanship.

### **Objectives of Southeast Polk Wrestling: Our wrestlers and coaches will strive to:**

1. Develop good work habits
2. Demonstrate good sportsmanship
3. Exhibit personal attributes of discipline, commitment and dedication
4. Provide an enjoyable experience
5. Increase physical fitness
6. Develop wrestling skills
7. Increase athlete's confidence and self-esteem
8. Win Conference dual and tournament championship
9. Top 8 in State -Individual and duals.
10. Develop individual State Champions and place winners
11. Develop team-building skills

### **Attendance Policy**

1. First unexcused practice student athlete will have a counseling session with the head coach.
2. Second unexcused practice student athlete will have a one meet suspension.
3. Third unexcused practice student athlete will result in a two meet suspension.
4. Fourth unexcused practice student athlete will be dismissed from the squad.
5. An unexcused practice occurs when the student athlete fails to notify the head or assistant coaches that he/she will miss practice.
6. The student athlete who misses more than two practices during this time will automatically drop position for the next meet. He / She will be reinstated to that position in the second meet.

### **Wrestle Off Policy**

1. For initial starting position wrestler must win the ladder tournament to earn a varsity position.
2. After the spot has been earned the challenging wrestler must meet the following criteria to challenge the varsity wrestler:
  - a. Must win last JV match
  - b. Must challenge through the coaches
  - c. Must beat the varsity wrestler two out of three matches and must win the first match.
3. Coaches have the right to determine if an individual is what is called a practice wrestler. If after a certain period of time this is concluded the coaches may insert another proven individual into the starting position.

4. You must be within 3% of the weight class to challenge for a position and also within your descent plan. We will usually have challenge matches every 3 to 4 contests or about 5-6 times per season. We are all on the same team so support each other during these times. Be a team!

Challenge Dates:

November 28<sup>th</sup>, December 14<sup>th</sup>, , Holiday Break, January 19<sup>th</sup>, Feb 2<sup>nd</sup> (tentative)

5. If an athlete plans on changing weights classes please allow your coaches and teammates the courtesy of knowing your intentions. The move must be within your descent plan and allowable by the OPC. Early warning will allow teammates to make adjustments if needed.

## **Lettering Policy**

The wrestling coaches want to encourage the improvement of wrestlers through a varsity letter program. We have developed this policy to reward and provide incentives to the varsity wrestler as well as the junior varsity wrestler.

To earn a varsity letter a wrestler may do any of the following:

1. Score 25 varsity team points
2. Wrestle in the district tournament
3. Place in the top 4 at an individual varsity tournament
4. Be a senior and finish the year in good standing
5. Score 150 junior varsity team points or win 90% of JV matches

A wrestler will earn:

- 3 pts. For earning at least a 3.0 GPA during the season
- 3 pts. For wrestling in a National Tournament in the off season
- 2 pts. For every week of wrestling camp attended
- 1 pt. for every Freestyle or Greco Tournament attended
- 4 pts. For not missing a schedule practice or meet during the season

If a wrestler is short on points but has at some time during the season shown outstanding leadership or proven to be of championship caliber he will be awarded extra points at the coaches' discretion. In the same respect, if a wrestler fails to complete the season in good standing he will not have the privilege of becoming a varsity letter winner.

## **School and Team Policy**

We will follow the rules set up in the Good Conduct Code. Wrestlers are expected to refrain from involvement in crime, alcohol, drugs and tobacco.

Keep in mind that you are a student athlete, your grades are very important; work hard on the mat and in the classroom. Many of you will find that your grades will improve during the season if you budget your time wisely.

## **Practice Policy**

Practice will begin each day at 3:15. Before coming to practice make sure that you weigh in and write your weight on the chart. This will help us keep track of attendance and monitor your weight. It is important that we start on time. Captains or coaches will get the practice started. Practice times will vary but generally they will last 2 hours. Most days a practice schedule will be posted so you will know what we'll be doing that day.

Practice clothing should include wrestling shoes, socks, supporter, T-shirt and shorts. Come to practice ready to learn. Weight loss should not be a goal in practice; becoming a better wrestler should be.

Rules for the practice room:

1. Don't leave the room without permission
2. Everyone is expected to be at practice even if they are injured
3. What we do here, what we say here, stays here! Only knowledge escapes!
4. Have a positive attitude
5. Work hard
6. Respect our facility: spit in the proper receptacle, pick up after yourselves, keep it neat and clean
7. Must have clean workout gear

Unexcused absences from practice will be handled as the attendance policy states. Please let a coach know if you will be absent.

## **Morning Workouts**

Coach Smith will be at the school every morning unless stated otherwise. Coaches will open the Weight room on Monday, Wednesday and Friday mornings at 6:15. Varsity Wrestlers / or those who wish to challenge for varsity positions must attend morning workouts when required. If not required this time may be used for weight lifting, individual technique or running. Contact a coach if you want some individualized training before school. These workouts are optional unless otherwise stated. We will also lift and run during regular practice so make sure you always have a pair of running shoes available. Mandatory Two-a-Days are the first week and a half, Holiday Break, and every Monday.

## **Training Rules**

We need to be in the best condition possible, many matches are won because of conditioning or because of a lack of it by an opponent. If you put forth outstanding efforts everyday at practice you will be in great shape. A healthy diet is also important. Avoid junk food and empty calories, as they will hurt your performance. Rest is just as important as training, this is when your body will recover; make sure you get enough sleep. Lastly, remember you are representing yourselves, your coaches, your family, team, school and communities – do so in a positive manner and follow the Good Conduct Policy.

## **Weigh INS**

We will weigh in at the site of competition one hour before we are scheduled to begin for dual meets and two hours prior to starting for tournaments. Weight classes are as follows: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285. Please be prepared for skin checks, hair and nail checks at the

time of weigh INS. Please rehydrate and fuel up on appropriate foods. Coaches will discuss good choices at practice.

### **Home Meets**

Everyone is responsible for setting up for home meets. Don't let your team down. After the meet, everyone will help move mats into the wrestling room. Once again we need your cooperation for this to go smoothly.

Warm ups for duals and tournaments will be done as a team. We will do a similar version of what we do in practice. Be sharp, look sharp, wrestle tough!

### **Travel Policy for Meets**

1. Everyone should arrive at school at least 15 minutes before the bus is scheduled to leave.
2. If we have a dual meet, you will ride to and from competition on the bus. Emergencies will be taken care of on an individual basis. You must have a travel release if not riding on the bus.
3. Remember that when you travel you represent your school, your community, your parents and most importantly yourself. Take pride in yourself and act accordingly.
4. Dress neatly on meet days.
5. Remember to have great sportsmanship.

### **Locker Room**

Please remember that our locker room should be for wrestlers only. Please take care of each other and pick things up when they're laying out. Respect each other's property. Along the same lines, keep in mind that at a meet our bench and the area behind it are for team members only.

### **Video Tape Review**

Your improvement will be great if you analyze your wrestling and use the videotape as a learning tool. Make sure you watch your tape carefully, notice the things that you do well, but also gain ideas of where you can improve. Please provide the coaching staff with an email and your cell carrier for your HUDL account.

### **Awards**

We will have an end of the season banquet that you and your parents should plan on attending. At this time you will be rewarded for accomplishments during the season. These will include plaques for:

The team will vote the first four awards on:

1. Most Valuable Wrestler (Herman/ Harris)
2. Most Improved
3. Team Spirit
4. Hardest Worker (Jessman Smith)
5. Varsity Letters, and Participation Awards



6. Team Captains will also be awarded for their leadership
7. \*\*\*Anyone who breaks a school record will also be awarded a plaque for each record broken\*\*\*

### **Managers and Trainers**

We will have Darrin Carpenter our certified trainer working with us to help diagnose and rehabilitate any injuries. Please report any injuries to the coaches and an accident report will need to be filled out. Remember even if you are injured we would like you at practice.

Managers will report directly to the coaches, no one else needs to give them instructions. Their responsibilities include:

1. Keeping score at tournaments and away meets
2. Keeping a complete record at tournaments
3. Preparing the medical kit
4. Other duties as assigned

### **Junior Varsity Squad**

Southeast Polk has an impressive J.V. team. **Everyone** will have a chance to compete. Wrestling at this level will help you gain the experience to be successful on Varsity. Many outstanding wrestlers, even Olympians, started their careers on J.V. A strong J.V. squad means we'll never have to rebuild – just reload! The same rules for wrestling at a certain weight class will also apply for the J.V. as Varsity. **J.V. Wrestlers can also earn a Varsity Letter.**

### **Promoting the Sport of Wrestling**

Many of you who have wrestled before know the great benefits of our sport. Please let your friends, families, classmates and community members know about it too. Talking to junior high and elementary students about wrestling will help increase interest. Wearing your wrestling t-shirts/clothing will too. I would like 1 or 2 wrestlers to help out at the Wrestling Ram practices. Nights that would work best for team members are Mondays and Tuesdays from 6:30-8:00 p.m. If we all help out it means probably 1 night each. The younger wrestlers really look up to you and would love to see you there. Give back to the sport.

### **Summer Wrestling Makes Winter Champions**

If you desire to be the best this is another must. Many college coaches look at summer results to award scholarships, and this is a great way to see how you stack up against state, regional and national competition. Wrestling Freestyle and Greco-Roman in the spring and summer can give you the valuable experience that you need. The Ram Wrestling Club / will practice on Sundays and Wednesdays at 6:30 in the offseason from March to July allowing you a place to train. I would love to have as many Southeast Polk Wrestlers competing as possible at the National Duals, Regionals, and Nationals (you have to qualify). The main idea is to have a lot of fun and wrestle some great competition. Get Involved!

### **Teambuilding**

Wrestling is different than other sports in that you'll be competing 1 on 1. However, we need to remember that we are working together as a team. Support your fellow teammates by cheering for them and

encouraging them to do their best. At tournaments follow your teammates to the mat they're on and give them your support instead wandering aimlessly. Meets and tournaments are not time to cuddle or sit with your girlfriends. When you are in uniform you are with the team, period. In the practice room remember that you're only as good as your partner so push them to improve each day. Keep in mind that whatever decisions the coaches' make will be for the team we need your cooperation. Thanks!

## **Captains**

Team Captains should have as his goal to serve and represent the team to best of his ability. Job Description:

- Always ready for practice (early) and leaves after everything is cleaned up, mats put away
- Exemplary person on and off the mat
- Practice hard, run hard, drill hard, lift hard and challenge others to work as hard
- Be attentive during instructions and is ready and willing to demonstrate technique
- Adhere to the code of conduct off the mat
- Be a shining example of a class act in the classroom and hallways
- Serve as a mediator when problems arise, must not take sides or worsen the conflict
- Be able to openly and honestly discuss any issues that are helping or hindering an individual or the team
- Mentor younger wrestlers to follow team rules and support team goals (help them do these)
- In competition, words of encouragement and support are apparent to everyone on the team
  - Help each team member feel his contribution to the team effort is important
  - Be the epitome of good sportsmanship

Responsibilities will include but are not limited to:

1. Lead warm ups
2. Lead conditioning
3. Represent the team during coin flip
4. Communicate with the coaches about what's going well, or any problems that arise (in private).

It is very important that we have good leadership! Do your best!

## **Weight Control**

Weight control is an individual task for each wrestler. No wrestler is required to attain a certain weight. Wrestlers should choose a weight they are intending to wrestle that fits the parameters of their descent plans and body composition measurements. The combination of working out and dieting properly will naturally take some weight off for most athletes. The proper weight for a wrestler should match size, strength and body efficiency. Some variable to consider are:

1. Basic body structure
2. Percentage of body fat
3. Physical condition
4. Metabolic rate

## 5. Competitive attitude

By observing performance endurance, quickness and relative strength, the coach can add a professional opinion to these recommendations. The coach, parents and wrestler must all agree to a weight you will wrestle.

1. Find the weight at which you can compete at all season. (Learn to control your weight)
2. Plan your weight loss carefully – extra workouts are more effective and better than starvation.
3. Lower your weight by decreasing your caloric intake and exercising more – not by starving
4. Drink lots of water. This will help keep your muscles hydrated which means better performance. Avoid dehydration. Liquid intake is more important than caloric intake (You can't live without water)
5. Plan ahead so elimination of intake for more than 14 hours is not necessary.
6. Know your body! You should be able to calculate your weight loss during the day practice time and sleep.

### **A Wrestlers Dictionary**

Attitude -----The single most important ingredient in a Champion. A wrestler with a positive attitude and little talent can be a winner. A wrestler with much talent and a poor attitude will never get to first base.

Heart -----The love to wrestle, to excel and improve.

Confidence----- Success produces confidence; confidence produces success. Confidence and success can be improved by practicing your moves until you reach perfection.

Mental Toughness – Getting psyched up for every match is 90% of the battle, a good wrestler must convince himself that he can take anybody down, that he can control anybody, and nobody can hold him down.

Conditioning -----This is essential in tough matches. The wrestler who can move when he's tired will be the winner. A wrestler in condition will never walk off the mat feeling sorry for himself.

Talent----- The least important ingredient of all. However if God happened to give you some, it will help you become a wrestler. However how many athletes have you seen blessed with talent but failed because of a lack of the above?

Leader -----The wrestler who sets the example by doing something good not just talking about it.

Paying the Price ----- Always buying a championship both on and off the mat.

Winning ----- There is no substitute for winning. Winning is the greatest feeling a wrestler can experience. All of the hard work, the sacrifice and paying the price are fun when you win.

Champion -----The wrestler who performs the best he possibly can at all times.

Dear SEP Wrestler,

What does it take to be the best? First it takes desire...but then it takes a variety of different things for different people. There are a few principles though, that seem to fit in all successful plans.

1. Dreaming Big! Having a vision and Setting Goals
  - a. We all must start with a destination in mind. This helps us to stay focused on the results we desire.
2. Planning then Relentless Execution of Plan
  - a. All great accomplishments start with a plan of attack. The plan allows us to break the big picture down into little, manageable pieces. How do you eat an elephant? One piece at a time!
3. Using time most effectively (Good Organized Time Management)
  - a. Organizing your efforts is the key to training smart. Using good time management skills will advance your skills quickly and will keep your wrestling career on the move.
4. Tracking and continuous evaluation of progress
  - a. Things that are not tracked aren't usually considered important and will not be improved upon.
5. Positive Thinking
  - a. A positive attitude will help keep you focused on your mission.
6. Working Hard and Wrestling A Lot
  - a. Nothing makes up for hard work. If you spend a lot of time at something, you tend to get good at it.
7. Overcoming Adversity
  - a. Overcoming problems, obstacles and hardship is what makes one become mentally tough and will build great confidence.
8. Believing You Can Do It
  - a. Believing in your plan and goal will get you through the hard times.
9. Committing 100%
  - a. 100% commitment means you are totally into it. You want it "oh, so bad!" and will do whatever it takes.
10. HAVING FUN!
  - a. You have to have fun! Life is too short not to. Plus, if you enjoy what you are doing you will be better at it. Yes! You can train hard and have fun doing it!

The wrestler who is capable of generating enthusiasm cannot be beat. Live your wrestling career with passion each and every day and your memories will be grand.

Get after it! Go Rams!

Coach Christenson

## Training Recommendations

Key things to remember while training...

1. **Time:** The one sure thing we have in common with our competition is time. Don't waste it; if we use our time more efficiently than our opponent, we will be better prepared than he is. It isn't the hours you put in; it's what you put into the hours. Train SMART!
2. **Conditioning:** When you have an opponent that is fast or quick – when he gets tired he is no longer fast or quick. If your opponent is really strong – when he gets tired he is no longer strong. If your opponent has great technique and he gets tired – he no longer has great technique. If you can make an opponent tired, while you are not, you will be faster, stronger and your technique will work better. Work hard on your conditioning and learn the techniques that make your opponent tired.
3. **Take Care of Your Injuries:** Don't neglect treatment on an injury, no matter how minor you think it is. Listen to the trainer and your body; don't let a small injury become a large one. Protect from injury by getting PROPER REST and staying alert in every practice.
4. **Goals:** Set specific goals for each practice. Use your drilling and technique practices to solve specific problems. Do a scouting report on yourself and identify any problem areas and work hard to improve them.
5. **Flexibility:** Wrestlers must be able to produce and absorb force under conditions where your muscles are “ballistically” stretched and loaded. Lack of dynamic flexibility can cause injury and limit your execution of technique. You should stretch often and very aggressively. Your warm up and cool down should be a priority and include good stretching methods in each.
6. **Agility:** Agility is the ability to change directions while maintaining balance, body control and speed. It is a trainable motor skill, and having good feet is probably a better asset than having blazing speed. Agility work can be incorporated with wrestling specific skills.
7. **Nutrition:** Nutrition might sound unimportant but it is actually one of the most critical aspects of a workout program. Because weight classes govern wrestling, athletes must be constantly aware of their diet and what kind of effect it will have on competition and preparation. Keep your weight under control. Keeping a daily journal or recording what you eat daily will give you great knowledge of what makes you feel great and what makes you feel tired and unresponsive.
8. **Daily Journal:** Keeping a daily journal is probably one of the most effective ways to improve your training methods and help develop your plan. Recording information about your training such as food, hours slept, training activity, how you felt, etc. can really help you identify certain trends that can greatly affect how you feel during competition. This information can help you customize your training methods/plan and will make you very confident in your plan of attack. Because every individual is different, it is especially important to find out what makes YOU feel fresh, hungry and powerful.
9. **Rest:** The fundamental part of the recovery process takes place during night sleep. During sleep, changes occur in the core of the brain, reducing the excitability of the centers in which the various senses are located: hearing, sight, touch, etc. Sleep brings calm and rest for the brain cells, replenishing their work capacity and enabling the accumulation of nervous energy for future activity.
10. **New Limits:** Every time you work out, get a little better...push yourself to new limits.



