



Purpose

Within this packet you will find the information you need to be a successful athlete at Parkview High School and more specifically to find success as a Parkview 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 Panther Wrestling Program at Parkview High School is to develop student-athletes who are contributing members of this community. The experience in sports at Parkview 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 individuals 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 coach and teammates in following the rules and guidelines within this document.

Team Principles

1. Develop young men of character and hard work who are successful members of the community.
2. Develop wrestlers who can move on to the next level: NCAA Div. I, II, III...
3. WIN STATE CHAMPIONSHIPS!!!

Rules to live by...

1. WORK HARD!
2. Be positive with your teammates.
3. No cussing.
4. Be on time.

"Always attacking to dominate"

1. Set the pace of the match – "*Frenzy Pace!*"
2. Always attack to score points!
3. Always pressure forward; break your opponent mentally and physically.
4. "*Dominate through Attitude!*"
5. "*Prepare and Expect to WIN!*"

*Out of every one hundred men, ten shouldn't even be there,
Eighty are just targets,
Nine are the real fighters, and we are lucky to have them, for they make the battle.
Ah, but one is a warrior,
And he will bring the others back.
- Heraclitus*

Expectations

Parents

Parents are expected to support their athlete and the program through 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.

Wrestlers

Practice takes place everyday from 2:30 pm to 4:30 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.

Coaches

We will make the wrestlers competitive on the state and national level, while helping them become leaders on and off the mat. In addition, we will increase our knowledge of wrestling in order to give Parkview Wrestlers every advantage. We will also encourage each person within the program to be responsible and respectful by supporting their drive, determination, dedication, and respect.

Character

As a student-athlete you are a representative of Parkview 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 Gwinnett County Public 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 Gwinnett 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.

Goals

Establishing goals and striving for individual and team goals are an essential part of wrestling at Parkview. 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.

Each Wrestler will be provided with a goal sheet that is to be filled out and returned.

General Wrestling Rules and Definitions

Team Rules

Listed below are the team rules that the student/athlete in the Parkview Wrestling Program is expected to follow. The rules are set up in the best interest of the student/athlete and the program. One of the objectives is to build character and encourage values that will carry over into all aspects of a positive lifestyle.

Violations will result in some form of disciplinary action, ranging from endurance enhancement activities after practice to suspension or dismissal from the team. Each case will be evaluated on an individual basis.

1. Use of illegal drugs, alcohol, or tobacco is prohibited.
2. Tardiness or missing practice without an excuse is prohibited. (All wrestlers have been given a schedule they are responsible for following.)
3. Leaving school to miss practice without notifying a coach is prohibited.
4. Acting in unsportsmanlike like manner is prohibited.
5. Using profanity or acting disrespectful is prohibited.
6. Breaking any school or county regulations is prohibited.
7. Any act at school or away from school, which, in the opinion of the coaches and administrators, reflects negatively on the Parkview Wrestling Program, is prohibited.
8. Bullying of any student at Parkview High School or the Parkview Wrestling Team is prohibited.

Consequences for rules violations

1st offense Warning

2nd offense 2 match suspensions

3rd offense 1 semester suspensions

4th offense Dismissal from team for the remainder of the season

Other Considerations

- a. Inform a coach of any and all injuries or illness
- b. The athlete is responsible for all equipment issued to him or her. The athlete responsible will pay for any lost equipment.
- c. Coach Porter is always available; if there is a problem, talk to him.

Eligibility

To be eligible to participate, each wrestler must meet the following requirements:

- a. All student/athletes must be in compliance with all academic policies as stipulated by Parkview High School and GCPS.
- b. Submit a current physical.
- c. Submit proof of family or school insurance.
- d. Submit miscellaneous paperwork required by the school system.

Dress Code

1. Wrestlers are expected to be well groomed, clean-shaven, and trimmed nails.
2. Shirts, ties, and nice pants are required during the school day for all home matches.
3. Collared shirts and pants (jeans or khakis) are required for away matches.
4. Team issued warm ups are required for all matches and tournaments.

Requirements for earning a varsity letter

Varsity Letter

The varsity letter is an extremely big accomplishment for the high school student/athlete. It is something that is earned through dedication and hard work in the classroom and hard work in the arena of competition. Expectations are that student/athlete will perform at 100% on the mat and in the classroom, hence the name student/athlete.

A wrestler must earn 30 team points through varsity dual wins, forfeits, or tournament points and or compete in the Region Championships.

Coach Porter and his staff reserve the right of "Coach's Privilege" in special situations.

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.

Practice Requirements

This is a very competitive sport and your participation in every practice is expected and required. We practice everyday; 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, compression shorts are preferred), 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 are not acceptable.

Victory is reserved for those who are willing to pay its price. - Sun Tzu

Injury

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.

Academic

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.

Grooming

We will follow the rules set forth by NFHS and GHSA as it pertains to hair length and grooming. It is detrimental to the match and you need additional equipment to cover long hair. **You are also expected to shower everyday after practice and keep fingernails trimmed.** A wrestler must keep a clean-shaven face for competition.

Attendance

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 Gwinnett County Public 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 Porter 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 Porter stating that you will be absent, the reason and when you plan to return.

Unexcused Absences

1st offense: 1 endurance enhancement activities

2nd offense: 2 endurance enhancement activities

3rd offense: Week Suspension, 1 match suspension, and parent conference.

4th offense: Dismissal from team.

We make progress only when we push ourselves to the highest level. If we don't progress, we backslide into bad habits, laziness, and poor attitude. A hardworking attitude is an essential ingredient for success.

- Dan Gable

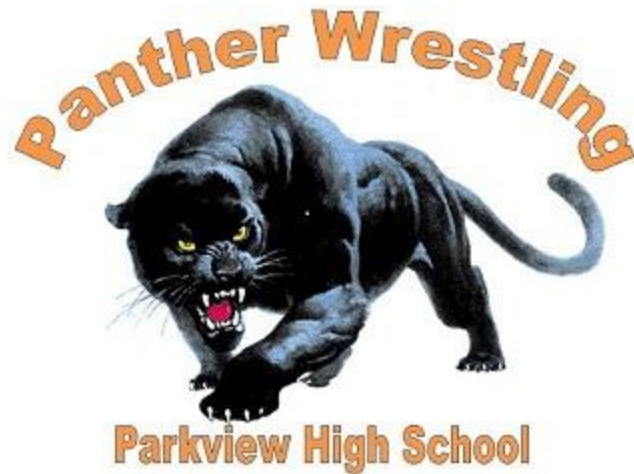
Strength and Conditioning

Coach Porter 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 **at Parkview High School**; 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.

The Ladder:

"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 Porter 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 and if they will take place.

We are what we repeatedly do. Excellence, therefore, is not an act, but a habit. -Aristotle



I have read the rules and guidelines of the Parkview Wrestling Program. 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: _____

Parent Contact E-mail: _____