ROOSEVELT WRESTLING

COACH PARENT TEAM HANDBOOK



2021-2022 Roosevelt Wrestling Handbook

Coaching Staff: High School

|  |  |  |  |
| --- | --- | --- | --- |
|  Assistant Coach | Michael Lewis | 515-689-0191 | lewism@urbandaleschools.com |
| Assistant Coach | Mike Hugunin | 515-490-3423 | Hugs4all@msn.com |
|  Assistant Coach | Kendric Birden | 515-346-5021 | Heist28.kb@gmail.com |
| Assistant Coach | Deon Williams  | 1-410-782-9928 | Williams.i.deon1@gmail.com |
| Head Coach | Daryl Dotson | 515-447-8219 | daryl.dotson@dmschools.org |

**Theodore Roosevelt Wrestling Covenant**

Coaches: Daryl Dotson, Mike Hugunin, Michael Lewis, Michael Hale,

Attitude – Effort – Fight

This covenant is what we as Roosevelt Wrestlers, Managers, & Coaches will be known for. This is an agreement that we will fulfill this covenant daily. When people see us in the classroom, community, practice/competition, they must see these three traits in us.

Covenant: an agreement, usually formal, between two or more persons to do or not do something specified.

**Attitude:** manner, disposition, feeling, position, etc., about a person or thing; tendency or orientation, especially of the mind

Classroom

* I will get to school and class on time every day.
* I will have good relationships with my teachers and classmates.
* I will sit in the front row of class if allowed by my teacher. I will ask to sit in the front row.

Community

* I will have a positive attitude in my community by showing support for the community I live in.
* I will be loyal to our community by helping in the community when needed.
* I will not engage in negative acts in our community that will give me, my family, my school, or my team a negative name.

Practice/Competition

* I will have a good attitude every day in the wresting room and at competitions.
* I will not place blame on others for my performance. I will accept the responsibility for my performances.
* I will use losses as a learning opportunity to get better. I will keep my poise in public after losses.

**Effort:** exertion of physical or mental power:

Classroom

* I will give 100% effort in all my classes daily.
* I will not be able to become ineligible at any time throughout the school year.
* I will seek help if I do not understand something in any of my classes.

Community

* I will be known in my community for being a hard worker.
* I know and understand that my community expects me to give 100% effort in everything I do.
* I will be a positive role model for kids younger than me and I will help teach effort to them as well.

Practice/Competition

* I will give a non-stop effort in practice/competition.
* Our team will be known for giving maximum effort every time we step on the mat.
* I will empty my tank every day in practice. I will empty my tank in dual meets & tournaments.

**Fight:** any contest or struggle:

Classroom

* This is not a physical fight but a mental fight. I will fight daily to stay on top of my schoolwork.
* I will fight to learn the material in all my classes. I compete with myself.
* I will fight past feelings of not wanting to do my work because how if feel does not matter.

Community

* I will give my community my loyalty. I will fight for what we believe in.
* I will have a burning desire to show my community that I have a work ethic second to none.
* We will go all out for our community because they support us in a positive way.

Practice/Competition

* I will fight in every wrestling position that I am in during practice/competition.
* My opponents will remember my face, my name, and the R on my singlet because of my fight.
* If a physical fight erupts in practice, I will be the first to help bre

**Practice and Meet schedules:**

 It is very important that we are all on the same page when it comes to practice times and meet times. Once you get a schedule you will have all the information you need to plan your lives around our wrestling season. No parents will be allowed at practice.

**Pre-Season Forms, Fees, Physicals and Equipment:**

Forms: Each player will need to have the following forms signed and turned in by the first day of practice which is Monday November15th. This will all be handled by our new blue card system this season.

* Physical form- All student-athletes must have a current physical on file.
* Emergency contact/Equipment check out list- This will be filled out at the parent meeting or first day of practice.
* Concussion Form- Forms will need to be filled out. If you registered online your form should be done.
* Athletic fee of $15.00 must be paid also.

These forms can be filled out or uploaded during the online registration process.

<https://roosevelt.dmschools.org/athletics/athletic-participation-information/>

**Equipment:** Your student/athlete will be provided the following equipment throughout the wrestling season.

* Shorts and T-Shirt for practice
* Clean practice gear every day
* Head Gear (You can buy your own just make sure its navy blue, gray, or white)
* Sweat Top and Bottoms for meets and tournaments. These will need to be turned in at the end of the season. If not the replacement cost will be added to your school fees list. We may start having parents pay a deposit for uniforms.
* Singlets for meets and tournaments. Varsity singlets will be turned into Coach Dotson at the end of every varsity dual meet or tournament. JV wrestlers will turn in their singlets as well.
* Soap for after practice (Donations are greatly appreciated)
* **EVERYONE MUST SHOWER AFTER PRACTICE! NO EXCEPTIONS** (I am not yelling just making a point)

**Suggested personal items:**

* Mouth piece is mandatory if you wear braces. You may purchase one at any sporting goods store.
* Several pairs of compression shorts for support
* Compression shirts for female athletes-mandatory and sports bra. Hair must be in a special wrestling cap. (We have caps)
* Wrestling Shoes are mandatory for practice and meets. Play it again sports, Scheels, Dicks sporting goods are good places to find wrestling shoes.
* Lotion
* Deodorant
* Tooth brush and tooth paste
* Towel (needs to be changed out twice a week)
* Lysol

**Social Media/Links:**

**Facebook:** Roosevelt Roughriders Wrestling Team

Twitter: @RHSwrestling15, @Coachdotty18

**Volunteers:**

We are always in need of volunteers to help our kids become successful and run a successful program. On December 4thwe have our annual John R. Cook Memorial Wrestling Tournament for grades K-8th Grade. We could use Table workers, Concession stand workers, and Referees for this tournament. Barry Jones is the Director of Operations for this tournament. If you are wanting to volunteer please email Barry at barry.jones@dmschools.org.

If you would like to help out with items that our program needs here is a list below.

* Towels-Bath size
* Soap for the boys
* Shaving crème and razors
* Food Sign up for Individual tournaments (We need two new Parent Reps!)
* Someone to take Pictures at meets and tournaments. Done!
* Senior night committee: Help gathering money for senior gifts
* Roosevelt Wrestling Alumni Coordinator

**Policies and Procedures**

**What is Roosevelt Wrestling All About?**

* Committed to coaching ALL individual student-athletes in our program.
* We are committed to individual development in all of our athletes.
* We treat everyone in our program with respect and dignity.
* We value each person that wants to be part of our program.
* Being a student athlete in our program is very important. Student first and Athlete Second.
* We teach student-athletes how to be good people by serving others.
* We are committed to helping our student-athletes achieve their goals.

**Attendance**

We expect all student-athletes to show up on time to all scheduled practices, meets, tournaments, study table, Weight lifting, or anything else that gets added to the schedule.

Skipping practice will not be tolerated. We want all student-athletes to have a wonderful experience with Roosevelt Wrestling.

**Unexcused Absence**: Not notifying a coach that you will not be at practice 24-48 hrs. ahead of time.

* If you are late for practice you will be issued a consequence during or after practice.
* If you miss a practice and it is unexcused, you will not compete in the dual that week.
* If you miss 3 or more practices, you will be a practice wrestler until you can show up to practice on time every day.

**Hurt vs. Injured**

If a student-athlete is hurt during the season we as a coaching staff believe that in some cases that student-athlete can perform. If a student-athlete is injured and cannot wrestle, we still want that student-athlete coming to the wrestling room to check in and spending time with the team. Along with seeing the trainer on a daily basis. Student-athletes need to see the trainer so he/she can evaluate progress. We have had issues in the past where kids would not go to the trainer. They will not be cleared to wrestle if they do not see our trainer daily.

**Weight Classes**

Below are the weight classes that are sanctioned by the Iowa High School Athletic Association and NFHS. Your son/daughter will have to make one of these weight classes weekly to compete in a dual meet or tournament. This means that if he/she is wrestling in the 120lb weight class on a Thursday night, at weight ins he/she will have to weigh 120.0 or less. Each wrester has a decent plan that is monitored by the coaching staff on a daily and weekly basis. We as a coaching staff always promote a healthy eating lifestyle.

106

113

120

126

132

138

145

152

160

170

182

195

220

HWT

**Inter-Squad Meet**

We will have a Blue vs. White inter-squad meet the Saturday after Thanksgiving. This inter-squad sets the lineup for our first dual meet of the season and our first tournament of the season. Every wrestler on our team needs to be at this event. If they do not have a match, they will have a job to do.

**Wrestle Offs**

In order to have a complete line up sometimes we have two or more student-athletes at the same weight class. In this case we will need to have a wrestle off to see who will wrestle the varsity spot. Wrestlers will ask for wrestle offs not coaches or parents. Below are the following criteria we will use for this season.

1. Who won the wrestle off?
2. Is this student athlete habitually late to classes or Practice?
3. Is he/she attending all classes?
4. Is he/she passing all classes?
5. Does he/she have any issues out in the community?

We will not have any wrestle offs after the Conference Tournament. During the week of conference that will be the last chance for any wrestle offs.

**Practice During Thanksgiving & Christmas Break**

Student-Athletes are expected to practice during Thanksgiving & Christmas Break. Leading up to Thanksgiving break, we have our first dual meet of the season the week after Thanksgiving. We need everyone at practice so everyone can learn and be ready for competition. During Christmas break we take a few days off. This information will be on our practice and meet calendar.

**How long is the Wrestling season?**

Our season runs November through February however we try our best to run a program that is considered a year round program.

**November-February**: HS Folk style season

**March-July**: Freestyle & Greco-Roman Season (JRC Wrestling Club, Viking Wrestling Club-Grandview University)

**August**: Active Rest

**September-October**: Preseason Wrestling Open Rooms (Viking Wrestling Club-Grandview University.)

**Lettering Criteria**

In order to earn a varsity letter in wrestling, a student-athlete must do the following.

* Wrestle in 8 varsity events. 50% of Varsity schedule.
* Win at least 4 matches minimum in those varsity events.
* Be in good standing in our 4 areas: School, Social, Practice/Competition.
* Must be a good teammate that displays the type of attitude we would like to have around our program.

**FREQUENTLY ASKED QUESTIONS**

**When and where are practices?**

Practices are everyday at Roosevelt high school. Please check your calendar for dates and times.

**Do I have to go to every practice? (student/athlete)**

Yes!! Because we want you there every day. If you cannot make it to practice please text me at 515-447-8219, message me through the blast athletics app, or email me at: daryl.dotson@dmschools.org.

**What Team will my son/daughter be on?**

If your son/daughter does not make the varsity roster, he/she will wrestle Junior Varsity (JV). At dual meets we use the following schedule:

5:30pm Weight in

6:30pm JV Wrestles

7:30pm Varsity Wrestles

10pm Meet over and clean up

Tournaments are a little different due to various start times.

**How will I know if practice or games are canceled/rescheduled?**

I will send out a message in our Blast Athletics app. Please download this app because I will communicate with our wrestling team and parents with this app, here is the link to join https://www.blastathletics.com/teams/38895 . I will also send out weekly notes every Sunday that will give a schedule for the upcoming week. If school is canceled for bad weather, we will still have practice at 1:30pm.

**Do players have to ride the bus to games and after games?**

All players will ride the bus to wrestling meets or tournaments and back to Roosevelt. You can pick up your student athlete from Roosevelt after we return. Please make sure you have a ride for your child every day after practice, meets and tournaments. The coaching staff has families also and our kids are involved in athletics as well.

Roosevelt Wrestling Team Expectations

2020-21Season

For the Roosevelt Wrestling program to be successful for anyone involved in the program, we all need to work from the same set of expectations. We ask that everyone participating in the program in any way take these guidelines seriously and strive to follow them closely throughout the entire season.

1. Respect for adults during the school day is a must. Respect the decisions that the coaching staff has made. We put a ton of time in coaching kids and we want the kids to have a great experience.
2. No bashing of teammates, parents, coaches or administrators in any form or fashion. We do not want to create that kind of environment within our wrestling community.
3. If you as a wrestler decides to quit, you will have to have a discussion with the head coach. You will not just quit and walk away. You will have a conversation before doing so.
4. You will do your best in practice on a daily basis. You will give maximum effort in everything you do starting with the school day, wrestling and ending with homework.
5. The use of profanity will not be tolerated. Serious consequences will come out of this.
6. You will handle yourself on the bus, at games, and socially in such a way that if your grandmother saw you she would be proud of your behavior.

The Roosevelt Wrestling team will succeed if all teammates and their families maintain a positive attitude and are supportive, kind, and respectful of each other. We thrive to make every participant feel welcomed, supportive, and wanted in our wrestling community by following these guidelines.

Player Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent Expectations**

1. Praise your kid for his/her attitude and effort.
2. Please stay in the stands during dual meets and Tournaments. Only coaches and wrestlers are allowed on the mats during competitions.
3. Your student athlete has coaches please be a parent to your child and comfort them. We will coach them and pour into them.
4. Please allow your child to communicate with the coaching staff. We try to help students learn how to communicate with adults in their lives.
5. Please allow the coaching staff to develop your student-athletes into great people and great wrestlers.

**Coaches Expectations**

1. We will coach every kid in the room no matter what skill level they are at.
2. We will develop relationships with every kid in our program.
3. We will find out “why” kids in our program want to wrestle and then develop a game plan to help them get there.
4. We will celebrate the little victories with student athletes daily and help them make adjustments along the way.
5. We will not yell or scream at kids, we will teach them and have conversations with them. Praise in public, reprimand in private.