

Lakeville North High School Wrestling: Team Handbook

Coaching Philosophy

Our philosophy is to see each wrestler reach their potential both mentally and physically and to increase the participation of wrestling in our community. With participation from parents, coaching staff, and athletes, Panther Wrestling will flourish!

What the Coaches Expect from the Athletes:

- Athletes will give 100% at all times during practice and competition.
- Athletes will not make excuses and will follow team handbook rules.
- Athletes will be on time for practice and competition.

What the Athletes can Expect from the Coaches:

- Coaches will give 100% effort to increase the technique and conditioning of all athletes.
- Coaches will motivate athletes to go the extra mile and to achieve goals.
- Coaches will always be available for counsel or advice.

Team Rules

Practice Attendance

- Wrestlers will be suitably dressed and begin warming up at the start of practice time.
- If a wrestler is late to practice, the individual or team may have extra conditioning at the end of practice, which will be determined by the coaches.
- One unexcused practice will result in missing one scheduled meet.
- Two unexcused practices will result in missing two more scheduled meets.
- Three unexcused practices and you will not be able to compete the rest of the season.
- Wrestlers will be expected to make up lost practice time whether or not the missed practice was excused or unexcused.
- **Unexcused Absence** - The wrestler has no reason for missing practice ex: (parent note, illness, unexpected emergency, school related events).
- **If you are absent from school you may not attend practice or a scheduled competition!**

Hygiene

- Clothes and wrestling uniforms will be washed daily when used.
- Everyone will shower directly after practice with anti-bacterial soap.
- Mats will also be washed daily.

Dress

- Headgear, school uniform and white, black, or red socks only when competing.
- Shorts and a t-shirt are suitable items to wear for practice.
- Plastic suits should never be worn during practice or anywhere else during the wrestling season.

Issuing Uniforms and Equipment

- A coach or manager will hand out uniforms and equipment to all wrestlers.
- The coach or manager will document each uniform and piece of equipment that is handed out. Each athlete will be responsible for the safe keeping of uniforms and equipment. Lost equipment may result in a possible fine by the school.

Captains

- Captains need to be leaders and are expected to communicate with coaches.
- Captains will lead the team in warm-ups and stretching. The team will vote for captains.

Lettering

- Athletes will receive a varsity letter if they earn 15 wins on JV, or they have a combination of 15 pts for varsity and JV matches (See Letter Application). In addition, the athlete must follow all of the policies in the wrestling handbook and complete a full season to letter.
- Letter points can also be earned via volunteer opportunities as determined by Coach Murphy. (Must fill out a letter application)
- Seniors are eligible to letter if they complete a full season and follow all the policies in the wrestling handbook.

Academics

- If an athlete is struggling with a class, it is the athlete's responsibility to seek help ASAP from a coach, teacher, or a parent.

- Wrestler's need to follow school policy for passing grades in order to participate! Go to class everyday and do your homework!

Eligibility

- See Minnesota state high school league rules at: mshsl.org
- Also look at Lakeville North Activity handbook.
- Stay out of trouble and work hard in the classroom and you will never have to worry about being ineligible!

Transportation

- See Lakeville Activity handbook for riding home after an event.
- A bus will be provided for competitions.
- Wrestlers will be required to ride the bus unless a parent or guardian receives permission from a coach if they are providing a ride.
- No parent may give another wrestler a ride home from an event, unless the parent is the guardian of the wrestler.

Wrestle-Offs

Varsity spots will be determined by a wrestle-off. The first wrestle-off of the year will be two out of three matches. After a wrestler has earned a varsity spot from the first wrestle-off, the varsity wrestler will only need to win one match to remain on varsity in any future wrestle-offs. (The challenger will have to win two matches to earn a varsity spot from an existing varsity wrestler). There will be many wrestle-off opportunities during the course of the season, which dates will be determined by the coaches. Wrestlers must be within four pounds of the wrestle-off weight when challenging for a spot.

Go Panthers!