

**PROPERTY OF
PINE ISLAND
PANTHERS
WRESTLING**

**2019-2020
Student-athlete
and
Parent Handbook**



The Handbook

This handbook is intended to be a guide for the policies, procedures, philosophy, and rules of Pine Island Wrestling. Included are the issues we believe are important to cover before the start of the season, along with a schedule of this season's practices, meets, and tournaments. Please accept that is a constant "work in progress" just like a wrestler.

Overall Program Goals

Goal 1: Academic Success - You cannot wrestle if you can't pass your classes.

- *"Even in the dictionary, academics come before athletics."* William A. Welker

Goal 2: Personal Growth - We want each wrestler to incorporate the discipline, work ethic and self-confidence they gain through wrestling into their everyday lives throughout high school, college and beyond. If our kids fully commit and give everything they have to the sport of wrestling, wrestling will give them back much more.

- *"After you have wrestled, everything else in life is easy"* Dan Gable

Goal 3: Wrestling Success - Each athlete develops, improves, and matures as a wrestler. The coaches and wrestlers will work together to set individual goals, and develop a plan to reach these goals. The wrestlers who work their hardest to follow the plan will find the greatest success.

- *"Success is peace of mind, a direct result of self-satisfaction in knowing that you did your best to become the best that you are capable of becoming."* John Wooden

Pine Island Panther Wrestling: Mentality and Philosophy

WE believe in the power of the wrestling community supporting great competitiveness, sportsmanship, and life building skills from Pre-K on up. Our program will be "Goal Oriented" with emphasis put on each individual wrestler reaching his/her highest potential of achievement, along with team goals that will continue a tradition of high success.

P.I. PANTHER WRESTLING MENTALITY:

"OUR BIGGEST ENEMY IS OURSELF, BEAT HIM/HER FIRST"

- We wrestle "our" match and "our" style. Stay within yourself.
- We dictate the match, we dictate the outcome. It's hard to lose when you're in charge.
- FORWARD, FORWARD, FORWARD. Constantly working for the takedown. SHOOT -SHOOT -SHOOT. It is the second, third, and so on efforts that scores 90% of the takedowns. Out work them.
- In the top position, YOU make the FIRST move break your opponent down, think control and work for a pin.
- In the bottom position, UP, UP, UP. YOU make the FIRST move, STANDUP get out; let the standup set up our reversals. Keep your movement continuous. GTHO (Get The Heck Out).
- Take what your opponent gives you.
- OUT WORK THEM the ENTIRE SIX+ MINUTES or until you PIN your opponent.
- In practice we DRILL, DRILL, DRILL: Drill for technique, Drill for conditioning, and Drill for perfection.
- Never jeopardize team morale. Be UNSELFISH.
- Take PRIDE in your STUDIES!
- Win or lose, be a CLASS ACT!
- Wrestling and living with this Mentality and Attention to detail will breed success in all aspects of life.

The Coaches

Pine Island High School Coaching Staff is a well balanced TEAM. The coaches will conduct themselves with the highest regards to being professional. It is our goal to coach all levels of the wrestlers' skill levels in the program with effective strategies producing the best outcomes. The student athlete's well-being, opportunities for success, and further understanding of the sport will be our compass.

Coach Ethan Pierson - This season will be Coach Pierson's first season at Pine Island. After five years of leading ELC in Iowa. He has coached wrestling for the last twelve years at some level. Also coached football and track over this time. Coach Pierson was a wrestler and graduate of St. James High School in 2009. He wrestled on the Varsity 9th-12th grades compiling 93 victories. Also wrestled in many Regional and National tournaments in Folkstyle and Freestyle/Greco. Also placing at many of those national and state level competitions. Coach Pierson attended Iowa Lakes where he wrestled for 2 years. Coach Pierson studied Law Enforcement while attending Iowa Lakes. Coach Pierson enjoys teaching the sport of wrestling to all who will listen. The sport has done many things for himself and is very excited to give back to the sport.

Coach Coltan Laganieri - This will be Coach Laganieri's first season as a full time assistant. He has helped with the youth program here at Pine Island over the last couple seasons. Coach Laganieri is a graduate of Kasson-Mantorville in 2013. Compiling 169 victories while he was there. He competed in the state tournament 9th-12th grades. Finishing 4th,DNP,1st,1st. He was also apart of 4 state teams capturing in a team title in 2013. Coach Laganieri went to SDSU and competed for 2 years. He studied Sociology while he was there. Coach Laganieri enjoys coaching wrestling and being around anyone who loves the sport. He brings a tough winning mentality to the coaching staff.

Coach Eric Sanders- This will be Coach Sander's first season at Pine Island. Coach Sanders was an assistant wrestling coach at MSUM from 2011-2017. As a 2003 graduate of Wabasha-Kellogg High School, Sanders totaled a school record of 223 wins. Sanders is only the second wrestler in Minnesota history to be a five-time champion in weights ranging from 103 to 119. As a senior, Sanders was awarded Mr. Minnesota of Wrestling, NHSCA Senior National High School All-American, Dave Schultz High School Excellence Award and Academic Minnesota All-State.Sanders graduated from North Dakota State University in 2008 with a degree in management information systems and a minor in computer science.

Coach Zach Kennedy- This will be Coach Kennedy's first season as a full time assistant. He has been in the wrestling room since 2014 helping with the high school. Coach Kennedy is a graduate of Pine Island in 2014. He compiled 101 wins and competed twice in the state tournament. After High school coach Kennedy would go RCTC for 2 and a half years for nursing. He then moved on to trade school be an electrician. Coach Kennedy also coaches Jr. high football. Being a Pine Island native. Coach Kennedy brings the past history of Pine Island into the present. He brings a friendly face and a competitive mentality to the coaching staff.

Pre-season Information

Before the season begins your child must have:

- 1) Current sports physical on file with the athletic office.
- 2) Health form waivers on file with the athletic office.
- 3) Concussion mandates and forms must be on file in the athletic office.

Our Season

This season officially begins Monday, November 18th and continues through the end of February. We will have practice each school day, some mornings and on occasional weekends. The included calendar is a good guideline for the days and times that we will have practice, but is subject to change.

Practice and Competition Schedule

The practice and competition schedule is included. Every effort will be made to follow these times. In the event that these times are changed, I will inform the wrestlers at practice and/or via text (if weather related). I expect parents and wrestlers to keep and use the schedule. If you need information, use the schedule, school website, call a teammate, or contact a coach if the above actions did not produce a result. **if it's on the calendar you're expected to be there.**

Weight loss and nutrition

Weight control is an individual task for each wrestler. **No wrestler will be told what weight to wrestle or be required to lose a single pound.** The weight at which each wrestler will compete is determined by the body fat test (taken on 11/13). All wrestlers are expected to live up to the commitment and maintain his/her weight. Practices are intended to improve wrestling technique and conditioning, not to lose weight. If losing weight becomes more important than the technique being taught or worked on during practices, the coaching staff will step in and priorities will be realigned. Additionally, wrestlers are expected to have a proper diet that allows them to perform at their best both in practice and in meets. Eating the correct foods and staying hydrated are an absolute must for wrestlers to succeed. The coaching staff will give wrestlers as much help as they need to maintain a healthy diet and energy level.

Sportsmanship

Proper behavior and good sportsmanship are expected at all times from wrestlers, parents, fans, and coaches. We will not tolerate any exceptions. At no time is any wrestler or parent allowed to talk to a referee with disapproval of the job he is doing. The coaches promise to fight for our wrestlers if the situation deems it necessary. During a match, Pine Island wrestlers and parents are only allowed to cheer on the Pine Island competitor. Instructions are to be given to wrestlers by coaches only. *Please, let the coaches coach and the wrestlers wrestle.*

Another important factor regarding sportsmanship is the way in which wrestlers handle losses and other setbacks. Adversity is a part of life and the way in which we handle it, individually and as a team, is crucial. Losing is tough and we expect all of our wrestlers to hate it. We also expect them to learn from it, use it as motivation, and handle it responsibly. Any inappropriate actions (swearing, outbursts, or other inappropriate behaviors) will have serious repercussions. The coaching staff will never be mad at a wrestler for losing, we may show frustration, but we will NEVER hold a loss against a wrestler, as long as he/she wrestled as hard as he/she could, and learned from it.

Parents

I want each parent to be fully aware that the coaching staff has the best interest of your child and the team in mind at all times. We hope to develop a good rapport and work together to make this happen. There are certain rules EVERY parent is expected to abide by.

1) I have set aside a number of dates in which the practice will be open to the public. Aside from those dates, no parents are allowed in the practice room at any time during practice.

2) During dual meets and tournaments, parents are not allowed on the floor or behind the bench. All parents must remain in the bleachers during competition.

3) Communication lines will be open and remain open as long as the parents remain positive and constructive. In the situation if a parent is upset, the Pine Island coaches have a 24 hr rule. In the arena emotions run high. This plan puts a 24 hr timeline in place for both coach and parent can have a constructive conversation.

4) Understand, we sincerely care about every one of our wrestlers and we are always doing the best job we know how. It is a job we have been extensively trained for and we are confident in our abilities. With your support, we believe you will feel the same.

Home and Away Meets

There will be a specific routine we will follow for home and away meets that will best prepare us for competition, both mentally and physically. These procedures will be discussed in greater detail when we get closer to meet time. When we travel, all wrestlers are expected to represent themselves, their team, their coaches, and Pine Island High School in a responsible manner. The team's behavior and dress should support this. Other teams and their facilities will be given the utmost respect. Additionally, the bus/van should be left the same or better than before it was used.

Dress Code

Wrestlers are expected to wear the appropriate practice gear (shorts, undergarments/spandex, shirt with sleeves, wrestling shoes) to practice. Anyone who plans to compete for the Pine Island High School Wrestling Team will dress as follows on the day of a meet in which they plan to participate (Excluding weekend tournaments, dress comfortably for the bus ride) unless otherwise instructed by the coach. This includes JV tournaments.

Boys

- **Dress Shirt with a tie or a Polo.** Shirts should not have any screen printing or embroidery unless it is Pine Island related. Shirts should be clean. Shirts should be buttoned up, tucked in and tie cinched.
- **Dress Pants or "Nice" Jeans (including slacks, khakis, Dockers, etc...)** No jeans with holes or holes in your dress pants. Should be clean.
- **Brown or black dress shoe *preferably* with a matching belt.** Do NOT wear a pair of running shoes with your dress clothes (you look silly). Doc's, Sketchers (dressy), things like that are fine.

Girls

- **Dress shirt or blouse.** Shirts should not have any screen printing or embroidery. Shirts should be clean.
- **Dress pants or knee length skirt.** No jeans or tattered pants. Brown or black dress shoe *preferably* with a matching belt (if being worn).

Captains - Remember that captains are **leaders** both on and off the mat.

Team Captains are not selected they simply emerge from the group and take charge. Team captains are respectful: they respect all coaches, officials, teammates, and opponents. Team captains are responsible: they show up early, put in the work, and go home late. Team Captains are productive: they give it their all in every lift, practice, and meet. Team captains are accountable: they do it all even when no one is watching as well as push/pull their teammates in the right direction. So again team captains are not selected they simply emerge and lead the pack. Coaches will decide who those 1-2 individuals are. As the year goes on captains can nominate another teammate to be a captain by talking to the coaching staff about said nomination. Then it will be discussed.

Practice

Practice is absolutely mandatory. If, for any reason, you are unable to attend practice or will be late, (family emergencies, illness, etc.) you must contact Coach Pierson before practice on my cell phone (507-380-2261). On time is simple as shoes on and ready to go before 3:30pm for warm up. Being late is not acceptable. Any unexcused absence from practice will have strict consequences that include being withheld from competition and try-outs. Multiple offenses will result in dismissal from the team.

Pine Island wrestling practices will be physically and mentally challenging, but will pay off and will be worth it. All wrestlers should be in the practice room and begin an independent warm-up at 3:20pm. We will then begin practice with a team warm-up at 3:30pm. Afterwards, the team will focus on technique, and then move on to live wrestling. Practice will conclude with conditioning and a cool down. Practices will change throughout the year in order to best prepare for our competitions especially Team Sectional, Individual Sectional, and the State Tournament.

All wrestlers should use EVERY practice as an opportunity to improve as a wrestler. We will focus on individualized techniques throughout the year, in order to develop individualized “game” plans for each athlete. We will also use multiple “stations” in the wrestling rooms throughout the season to accommodate our growing numbers and to maximize instruction and improvement.

The morning lifting/technique schedule will be part of our regular training. Athletes will be required to attend all team lifting/technique session but are welcome to lift with the offseason group on non-lifting days. The morning lifting/technique sessions will be on Mondays, Wednesdays, and occasional Fridays at 5:50am. That means we start at 5:50 am not 5:51am.

Wrestle Offs and Choosing Varsity Wrestlers

Weigh-ins will take place before practices on those days for individuals wrestling in a wrestle off. Matches will be officiated by an official or members of the coaching staff and the scores will be kept. All calls will be unquestioned. The winner of the wrestle off ladder will have the varsity spot for that weight. The runner-up can take the JV spot at that weight. If the runner-up wants to challenge at another weight at the discretion of the coaching staff. Wrestlers may challenge for the varsity or JV spot by talking with the head coach throughout the season and at the coaching staff's discretion. There are parts of the schedule that will not allow appropriate time for wrestle offs. If a wrestler wants to move to a different weight class, he must wrestle and beat everyone at that weight class (from the bottom up). Anyone who is challenged MUST accept the challenge and wrestle the match; you may not “bow out” to anyone. Any advancement up the JV ladder will be decided by a single match. To “gain” a VARSITY spot, the wrestlers will wrestle a best of three series. In order for someone to move into a varsity position where there is a current varsity wrestler, they MUST win the first challenge match in the series in order to warrant a 2nd and 3rd match (if needed). IF the “challenger” loses the first match, then they will not have the opportunity to re-challenge until the next predetermined challenge date. Performance during competition, academics and work ethic will also play a part in who will wrestle and at what level. **The last day to challenge for a Varsity spot is the first practice during the week of the Individual Section Tournament. NO CHALLENGES WILL BE HELD AFTER THIS DATE.***

*** Wrestle offs are not the final say on who is varsity they are simply a tool. Wrestling varsity is not a right; it is a privilege YOU have to earn the spot. The coaching staff will have the final say on who wrestles. For example if someone isn't putting in the work or we believe there is a better match up we may move our wrestlers around.***

Hygiene and Skin Care

All wrestlers are expected to shower immediately after they have finished practice. Showering at the school. Waiting until you get home increases the chances of getting a skin disease and passing it on to others. You need to take your practice gear home with you each night to wash it. You will only be permitted to practice in clean and laundered clothing. On days that we have multiple workouts, you will need to have

multiple sets of workout clothes, as the first set may not be all the way through the laundry by the time you need to use it again.

Keeping or wearing dirty clothes increases the chances of skin disease. Wrestlers should put their used workout gear in a plastic sack and wash their duffel bag regularly. Make sure wrestling shoes are only worn on the mats, nowhere else.

If some sort of abnormality becomes apparent on your skin, let a coach know immediately. If it appears to be a contagious skin disease, it needs to be cleared up. Aside from being unpleasant and the associated health risks, the team cannot afford to lose any member due to ringworm, impetigo, staph, etc. or risk infecting other members of the team. This is a very serious matter, the coaches and wrestlers must take every precaution necessary to keep from affecting the health of the individuals on this team. Again, I cannot stress enough how important it is to diligently practice the following procedures on an everyday basis.

- 1) Showers must be taken at school immediately after practice.
- 2) Lockers and the locker room need to be kept clean. Keep disinfectant in lockers and use daily.
- 3) All clothes need to be taken home and laundered each night.
- 4) Cuts must be covered and kept sterile.
- 5) Bring a clean towel to school every day.
- 6) Do not share towels, headgear, clothes, shaving items, etc.
- 7) Immediately show the coach or trainer anything suspicious

Parents: Please make sure your child is following these precautions.

Conduct Policy/Behavior

This wrestling team will strictly adhere to the conduct policy set forth by the school administration. Make good decisions. Do not cost yourself or your teammates the opportunity to succeed by being in the wrong place or making poor choices. Absolutely no mixed martial arts allowed by any wrestler at any time, no exceptions.

Pine Island Wrestling Conduct Policy

This is a in season policy. Beyond the Conduct Policy of the District, the Pine Island Wrestling program strives to be leaders in the community. We will not associate ourselves with underage drinking or drug use of any kind, from ANY members of our team (Athlete or Manager). During the months of the high school wrestling season (November to March), if you are found to have consumed alcohol or partaken in the use of tobacco products or illegal drugs (not prescribed for you):

- You will be dismissed from any further competition for no less than 5 Varsity level events. This team consequence WILL carry over to the next season for underclassmen if the number of events extends through the end of the season. (Excluding Section Duals, Sectionals and State Competition)
- You will NOT be permitted to travel with the team or to sit on the team bench during home or away dual events during your 5 meet exclusion.
- The Activities Director will be advised of the situation, and the actions that we are taking. If a Conduct Policy violation is warranted, then he will take care of that.
- You will need to immediately return all uniforms that have been checked out to you, until the 5 meets minimum has been met.
- You will be required to finish the season in the practice room in order to have your events count. You committed to a team, be a teammate and be at practice for your teammates.
- All earned letter points will be forfeited for the season in which the offense occurred.
- Multiple violation consequences will be served consecutively.
- CP and Team can be served concurrently.
- Lose the Team Captain Title for the season if applicable.

In summary, in order to prove their dedication to the sport and the program, students will need to show that they are dedicated to the team and the sport, by continuing to come to practice, and complete ALL workouts. We feel that this is the best solution, and the best way to educate our kids, as opposed to dismissing the student from the team completely. Keep them involved, and help them to see and recognize the error in their decision making.

I recognize that people make mistakes, I have made them. The purpose of this consequence is to help you recognize the waste of all the sacrifices that you have made to get to this point. Do not allow one decision to dictate the outcome of your life or to destroy your dreams and goals. Be better than that. High school is often the ONLY opportunity that young men and women will have to be a part of a team like ours. We want you to take advantage of it, and not throw the opportunity away, for bad decision making.

The Bench

No cell phone use other than for music.

No hats for non participating wrestlers.

Be ready to wrestle. Prepare yourself before the match.

Check in with coach before reporting to the head table.

Show sportsmanship after the match and show support for teammates.

Wrestlers will have a cool down time after their match.

Locker Room

The locker room is a place for changing into the appropriate uniform and for showering after practices and matches. It is not a place to gather or hang out. After practice, wrestlers should get to the locker rooms, shower and get dressed and out of there in a timely manner. Before we leave an away meet or tournament, we will ensure that our locker room is free of trash and that all of our belongings are out. Each of you will be accountable for your uniforms and headgear. If you lose any part of these items, you will be expected to pay for the replacement of them. I hope that this will not be a problem, because accountability now will teach you a great deal about responsibility for the future.

The locker room is our responsibility. Make sure it is kept clean and in order. Failure to do so will result in extended practice time for locker room cleaning as well as extra conditioning.

Female athletes will be accommodated, by being given access to a separate locker room.

Equipment

Wrestlers will be provided with warm-ups, singlets and headgear for meets. It is the wrestler's responsibility to return these items as they were given. Wrestlers will be charged for lost items. Wrestlers must provide their own wrestling shoes and undergarments (spandex, jockstrap, etc.). **If a wrestler has braces, they must use an approved mouth guard that covers them (top and bottom, if necessary).** All of these may be purchased at most sporting goods stores. Before you wrestle any matches in competition, wrestlers should check with the coaching staff to ensure that they are properly equipped.

Tournaments and Duals

We arrive as a team we leave as a team. Expectation is that you travel to and from competitions with your team, unless a family emergency, medical emergency, or other special circumstances arises. **Any permission to leave for any other reason must be cleared with coaches 24 hours in advance of the events' start.**

Hazing and Harassment

Hazing and harassment will not be tolerated. If there is ever a problem with hazing or harassment, it needs to be reported directly to a coach so that it can be investigated. If found to be legitimate and serious in nature, then the parties responsible for it will be dismissed from the team. Legal charges may also come into play for the parties involved, the Coach and the School. You are all working together toward a common goal, and therefore, should be able to respect your teammates and treat them the way you would want to be treated. We will always try to have a coach present in the locker room or coach's office, however, we cannot always be aware of everything that is going on between kids. Please help us in this area by reporting incidents or brewing circumstances to the coaching staff or the school administration.

Travel/Overnight Guidelines when with team

There will be many occasions when we will travel to a site for a dual meet or a tournament and we will have some expectations when it comes to traveling. First and foremost, I expect you to conduct yourselves like Pine Island wrestlers. What that means is being courteous on the bus, both to the driver and your teammates. Talking and distractions should be kept to a low, manageable tone **as you should all be getting yourselves mentally prepared for your matches**. You will remain seated, in your own seat, and will keep the bus aisle clear. All trash will be placed in appropriate trash containers and the bus **will be clean before anyone gets off at the end of a trip!!** Captains will be in charge of ensuring that the bus is ready to be used by the next group, by having the team pick up after themselves.

Regarding the issue of what you should wear on the bus:

- *For Weekday Duals and Tournaments: When we arrive at a dual site, we will enter the locker room as the classy looking group of kids that went to school that day. This means that your attire should be the same as you were to wear to school.*
- *For Weekend Tournaments and Duals: Dress comfortably and weather appropriate.*
- *For the trip home, I suggest that you be comfortable. Get some rest if you can.*

You will not have time to change your clothes prior to departure, so you will need to check your gear bag before boarding the bus to ensure that you have **ALL** of your gear needed to wrestle the meet, as well as items that you will need to sustain yourself until you arrive back at Pine Island High School.

You should always have some healthy food items to eat after your weigh-ins, for on the way home or after your matches as well as anything you may need (water) to keep yourself hydrated throughout the event. Most of the time we will **NOT** stop to eat on the way home from a dual or tournament, so bring what you need for meals. If we plan on making a stop, it will be announced at practice, on the day prior to the competition. The decision to stop could be altered, depending on the conduct, sportsmanship and length of the trip. Regardless of what you bring or buy, **ALWAYS** keep your weight management and energy levels in mind!!!

State Wrestling and other Overnight trips:

Participation in the Minnesota State Wrestling Tournaments is a great honor and privilege. There are more than 4000 athletes competing to try to get to this level. If you are fortunate enough to make it this far, then there are some guidelines that must be followed.

- Any student/wrestler traveling with the team **MUST** be accompanied by a coach or chaperone designated ahead of time by the Activities Director. "So-&-So's Mom" is not good enough.
- No "extra guests" may stay in the hotels overnight. If they want to stay, they need to purchase a room of their own or find their way back to the hotel they have paid for before "lights out".
- Doors are closed at 10:30 pm (no matter the night). Lights out will be at 11:30 pm or sooner depending on wrestling time in the morning.

- The team will purchase groceries for at least 1 meal per day per person traveling with the team.
- Any meals that we “go-out” to eat for or order in will be the responsibility of the individual.
- Female statisticians will be housed with their chaperones. They will also need to leave with that group, unless there is a designated FEMALE chaperone to stay with them the duration of the tournament.
- Hotel rooms must remain picked-up and tidy throughout the stay. If this cannot be done, then whomever is staying in that room will be required to clean it daily.
- At least 30 minutes each day will be set aside and designated “study time”. Students will work on their homework and assignments they received from their teachers before leaving Pine Island.
- Any misconduct or abuse of the state tournament privileges will result in the student/wrestler being sent home. Parents will be notified and expected to pick their child up from St. Paul within 8 hours of the notification.
- Coaches have the final say as to whether or not someone may travel with the team or whether they must be sent home.
- If you choose to stay in a hotel room, after all Pine Island competitors are done wrestling in the tournament, then it is the responsibility of the individuals staying in the room to reimburse the program for the cost of renting that room for ANY additional nights. (Poor travel weather is the exception).

Academics

Students failing any class will not be let in the wrestling room. They will go to that class or to a directed study to work on that subject until they are no longer failing. Missing practice because of this will also withhold the wrestler from competition. This is a great concern, any wrestler failing to remain in good academic standing needs to immediately remedy the situation. It is not possible to take wrestling seriously and succeed without first fulfilling your academic responsibilities. Attendance in school is also a priority. Anyone who has an unexcused absence will not be allowed to practice/compete. Wrestlers need to be at all classes every day.

1. **ACADEMIC ELIGIBILITY:** Students must be making adequate progress towards graduation. If a student is not making adequate progress they may jeopardize their opportunity to participate in extracurricular activities of both category I (Governed by MSHSL) and Category II (Non-MSHSL governed) activities. Eligibility will be determined by the “F” list each quarter (1, 2, 3, 4) as follows. One failure (F) : Student will maintain eligibility but must attend PASS program for remainder of the quarter, 2 times per week. 2 – 3 Failures (F’s) : Student will be ineligible for 2 weeks and must attend the PASS program 2 times per week to maintain eligibility after the two week non-competition period. Student must attend PASS until the end of the semester. If the student does not attend PASS 2 times per week they will lose their eligibility for the remainder of the semester . 4 or more Failures (F’s) : Ineligible for the remainder of the semester or next semester if received at the end of a semester. Must go to PASS twice a week, no making up for a missed date by going 3 times the next week.

If the student attends summer school and makes up the class they failed, their eligibility will be reinstated in the fall. Registration for summer school does not make the student eligible if they are in a spring sport that goes into the summer. It is important to note that not all courses will be offered in the summer for students to retake.

Goal Setting

The coaching staff will work with each wrestler, individually, on setting goals. Then, throughout the season, we will be revisiting those goals and discussing where each wrestler is enroute to those goals.

Post Season Banquet

The wrestling banquet will be held to wrap up the season, prepare for the off-season, hand out awards, and the opportunity for departing members of the team share their memories and say good-bye.

Awards and Recognition

Participation Certificate (Awarded by the Head Coach)

- Varsity, Junior Varsity Wrestler, Manager, or Statistician who completes the season, and all duties.
- Individual must be in good standing with the coaching staff and the school.
- Wrestler does not gain enough required points to earn a major letter, but still met all other requirements.
 - Not more than THREE unexcused absences.
 - Individual must finish the entire season, including any practices beyond the Sectional tournament. This is required of ALL wrestlers, whether they compete in or Qualify for the District or State Tournaments. A varsity and JV wrestler MUST be at all practices, as long as we have someone competing, we will all be at practice.
 - Injury does not excuse an individual from missing practice. Technique will be taught at every practice, and an individual may gain from these by watching their team mates.

Varsity Letter Award Requirements: A Varsity Wrestling letter will be awarded to anyone who meets one of the qualifications outlined below and finishes the year in good standing.

A.

1. Finish the season in good standing
2. Compete as a varsity starter in more than half of the varsity tournaments and dual meets.
3. Volunteer at least two times at the youth wrestling practices.
4. Maintain good standing with academics.
5. Model the Pillars of Character.
6. Coaches recommendation for the varsity letter.

B. A senior Wrestler who has been a member of the program for 4 full seasons and has not met varsity requirements may letter if the coaches feel they have earned the letter through their dedication, work ethic, and service to the school and team.

C. Due to injury, illness, or other circumstances, an athlete who in the coach's estimation would have lettered may receive a letter.

Assumption of Risk

As with any other sport or activity that you participate in, there is a risk of being injured. The NATA began its three year injury surveillance study in 1995 to determine the trends of high school injuries in 10 sports. The benefit of this knowledge permits NATA's 17,000 + certified athletic trainers (ATCs) nationwide to provide the latest techniques of evaluation, treatment and rehabilitation to meet the needs of their athletes. Several studies have been conducted in recent years that show wrestling to be safer than many more common sports, including football, ice hockey and gymnastics. Most notable in these reports, is wrestling's low percentage of of serious, permanent and life-threatening injury in relation to other sports. A quote from USA Wrestling Club Organizing Guide has the following to say about Risk of Injury: "Wrestling is a contact sport and injuries will occur. As would be expected, wrestling has more injuries than tennis and swimming, but most wrestling injuries are minor, consisting of sprains and strains. Wrestling has fewer serious injuries than football, basketball or ice hockey. There is a lesser chance of getting seriously hurt when wrestling than when riding in a car, skateboarding or riding a dirt bike."

Safety factors in some way unique to wrestling include:

- Rules, regulations and State certified officials
- The high ratio of officials to athletes during competition (minimum of 2 to 1).

- Greater strength and flexibility as a result of more emphasis on practice and preparation.
- Competitors are matched by age and weight
- Perhaps the most notable difference with respect to the risk of injury, is the lack of high-impact collisions that occurs in most other common sports. Wrestlers do collide, but never at a great momentum or speeds as can happen with sports that involve running such as football, baseball, soccer, hockey and basketball.
- Overuse injuries from highly repetitive motions such as pitching are virtually non-existent in youth and adolescent wrestling because of the variety of movement.
- No risk of injury due to hard objects such as bats, sticks, balls &/or pucks.
- On the other hand, wrestlers ARE more susceptible to some communicable skin infections such as ringworm, but these incidents are quite rare, and can be prevented with the proper precautions, such as washing the mat and showering after practices and matches.

Wrestling injuries can and do occur, but are more of a factor at the collegiate and international level where match intensity is much higher. Most injuries occur during periods of horseplay or unsupervised activities, such as before or after practice or competition. Parents and coaches can reduce this risk through proper planning and supervision.

Injuries

Wrestling is a contact sport. There is always a possibility a serious injury could occur. Know your body and let a coach know if something is wrong so the situation can be remedied. However, be prepared for bumps, bruises, cuts and sore muscles that will no doubt occur during the season. There is a difference between being injured and being hurt. If a wrestler is injured, something is seriously wrong and healing will occur much faster if he does not practice. If a wrestler is hurt, he is dealing with discomfort, but what is wrong will not heal quicker if he does not practice. All wrestlers are expected to attend practice whether they are injured or not. Injured wrestlers can still learn, give their teammates encouragement, and do a modified workout. Just because a wrestler is unable to wrestle, it does not mean he gets a day off.

Concussion Protocol

In its various sports playing rules, the National Federation of State High School Associations (NFHS) has implemented a standard rule change in all sports dealing with concussions in student-athletes. The basic rule in all sports (which may be worded slightly different in each rule book) states that: "Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional."

To implement this rule change, the MSHSL has identified the following protocol.

The role of contest officials in administering the new rule change Officials are to review and know the signs and symptoms of a concussion and immediately remove any athlete who displays the following signs or symptoms from the contest.

- o Headache
- o Fogginess
- o Difficulty concentrating
- o Easily confused
- o Slowed thought processes
- o Difficulty with memory
- o Nausea
- o Lack of energy, tiredness
- o Dizziness, poor balance
- o Blurred vision
- o Sensitive to light and sounds
- o Mood changes – irritable, anxious or tearful

Only an Appropriate Health Care Professional can decide if an athlete has been concussed (has had a concussion) An Appropriate Health Care Professional is empowered to make on site determination that an athlete has received concussion. An Appropriate Health Care Professional (AHCP) is defined as a medical professional functioning within the levels of their medical education, medical training, and medical licensure. If the Appropriate Health Care Professional has determined that an athlete has been concussed, that decision is final and the athlete

must be removed from all competition for the remainder of that day. If the event continues over multiple days, the designated event AHCP has ultimate authority regarding any return to play decision during the event.

Procedure to follow if an official has removed an athlete and the AHCP has determined the athlete does not have a concussion. If it is confirmed by the school's designated AHCP that the athlete was removed from competition but did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play, and the athlete may reenter competition pursuant to the contest rules.

Procedure regarding an authorization to return to practice/competition in the sport. Once a concussion has been diagnosed by an AHCP, only an AHCP can authorize a subsequent return to play. a) The clearance must be in writing; b) The clearance may not be on the same date on which the athlete was removed from play; and c) The form must be kept on file in the school's athletic office. d) A parent cannot authorize the return to play for his or her child, even if the parent is also an AHCP. The school administration shall notify the coach regarding the concussed athlete's permission to return to play.

Fundamental reminder about this change. It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that players are allowed to compete in practice or contests only if they are physically capable of doing so.

WHEN IN DOUBT...SIT THEM OUT

MSHSL Tournament Series. In cases where an assigned MSHSL tournament physician is present, his or her decision regarding an athlete's ability to return to competition shall not be overruled by any other AHCP.

NFHS suggested Concussion Management Guidelines for Health Care Professionals if the athlete has been concussed on the day of competition. 1. No athlete should Return to Play (RTP) or practice on the same day of a concussion. 2. Any athlete suspected of having a concussion should be evaluated by an AHCP that day. 3. Any athlete with a concussion should be medically cleared by an AHCP prior to resuming participation in any practice or competition. 4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon the return of any signs or symptoms.

Acceptable Use of Social Media for Pine Island High School Wrestlers and Personnel

Students agree to the following terms as being a member of the Pine Island Wrestling Team (Coaches, Athletes or Managers/Statisticians):

We will be positive and responsible citizens in the halls, at competitions, around town and online.

- No wrestlers are allowed to post any comments on any wrestling message board (ie... The Guillotine)
- When you post or message about Pine Island, remember that you are representing the Pine Island Wrestling Team, Coaches and your Parents. Your behavior and words reflect directly on everyone around you.
- Use of Social Media or other electronic messaging devices must be consistent with the philosophy of Pine Island and its educational goals while you are a member of the Wrestling Team at Pine Island.
- Misuse includes any Internet conduct on or off-campus that negatively affects the reputation of Pine Island High School including messages sent or posted that suggest harassment, racism or sexism. Students/athletes will not transmit threatening, obscene or harassing materials, photos, or broadcast derogatory messages using ANY social media, e-mail or text (including, but not limited to content about their teammates, coaches, Pine Island Staff Members or opponents).
- Students should not e-mail, post to websites or blogs, images, photos or video of anyone associated with the Pine Island School District (staff or student) without permission from that individual first. This includes the creation of fan pages, accounts or groups on social networking sites.

- During a dual meet, there will be no use of cell phones or other electronic devices (excluding iPods or MP3 Players). You have teammates on the mat, support them from your seat or warm-up area, it is disrespectful to do otherwise.
- Personal items that can take and/or transmit electronic images including digital cameras, cell phones and video cameras cannot be used to take or transmit images at any time in the locker room. If you need to make a call or respond to a message, you are advised to take that outside the door of the locker room to do so, for the protection of you and your teammates.

The school (Coaches, AD, Principal or other Staff Member) reserves the right to confiscate and review information on any electronic device from students who violate this policy. Anyone who violates this policy is subject to reprimand. We will approach any incidents on a case by case basis to determine the correct action to take.

Actions that may be taken by the coaching staff or Administration of Pine Island or the host school could be, but not limited to:

- Turning in your device to the coaching staff during team time.
- Loss of mat time (matches, duals and tournaments).
- Loss of Letter points for violating Team Policy.
- Dismissal from the team.
- Other administrative action.
- Legal/Criminal Charges against the offending individual.

Fund Raising/Volunteering

Fund raising is an expectation for all wrestlers in the Pine Island program. This means K-12, in season and out of season. Helping with fund raising is vital to be able to do the things we get to do. It raises money for trips, hotels, food, gear, mats, etc. Fund raising and volunteering activities happen all year round and everyone has to do their part. Or we as a collective unit suffer.

Text Announcements, Facebook, Twitter, and Instagram

We will all these forms to keep everyone informed of what is happening within our program. Please sign up for the Remind APP. Also check Facebook and Twitter for match information and upcoming events. The calendar will also be on the school website.

Remind APP: Text#: 81010 Message: @pipanthers

Facebook: Pine Island Wrestling

Twitter: @PIWrestle

Coach Pierson Contact Info

Email: ethantdpierson@hotmail.com

Email: ethan.pierson@pineisland.k12.mn.us

Cell Phone: 507-380-2261

Coach Laganiere Contact Info

Email: cjlaganiere12@gmail.com

Cell phone: 507-208-5958

Coach Sanders Contact Info

Email: eric@ericbsanders.com

Cell Phone: 701-200-9038

Coach Kennedy Contact Info

