



2009-2010  
Team Philosophy  
and Goals

Duluth High School  
Wildcats Wrestling

Head Coach:

Edwin Bobo

coachbobo@duluthwrestling.com

Assistant Coach:

Marcus Marena

coachmarena@duluthwrestling.com

Table of Contents

- I. Philosophy
- II. Goals
- III. Expectations
- IV. Excellence
- V. For Parents
- VI. Basic Wrestling Rules
- VII. Commitment Sheet (Complete and Return to Coaches)

# I. PHILOSOPHY

The philosophy of Duluth Wrestling is to develop the Student and the Athlete through the sport of wrestling. We are dedicated to seeing each student-athlete realize their potential academically, mentally and physically. We embrace sportsmanship and character building over winning for winning's sake and we emphasize the value of having fun while playing organized sport. In the words of Coach Bob Siddens, we want to “**win with humility, lose with dignity, but don't lose.**” Through the participation of family, friends, coaches, and the student-athletes, Duluth wrestling will flourish and the goal of building a state championship caliber team will follow.

# II. 2009-20010 GOALS

1. Send 4 or more wrestlers to sectionals
2. Have 1 or more wrestlers place in state
3. Fill all weight classes on Varsity
4. 100% practice attendance
5. Place 15th or better in all regular season tournaments
6. Place 30th or better at state traditional
7. Be the best conditioned team in the area
8. Maintain 30 or more wrestlers on the team
9. Increase student body participation
10. **Always Exhibit Great Sportsmanship and Attitude!**

# III. EXPECTATIONS

*“A great high school coach will continue the learning process needed away from home that parents can't give.”*

Dan Gable (Legendary Iowa Hawkeyes Wrestling Coach)

## A. What Coaches expect of Athletes

1. Discipline and commitment
  - a) 100% Attendance
  - b) Athletes will give 100% at all times during competition and practice.
  - c) The foundation of a successful team is laid with self-discipline: arriving to practice on time; maintaining eligibility; displaying good sportsmanship; respecting oneself; and respecting TEAM by honoring the rules and expectations of the Duluth Wrestling program.
2. Team Unity
  - Team unity can be a powerful motivator. We work together, we have fun together. Both matter. Winning a state title requires a combined effort of exceptional performance and sacrifice: **NO ONE PERSON IS BIGGER THAN THE TEAM.**
3. Desire to improve oneself
  - **ALL SUCCESSFUL PEOPLE EMBRACE HARD WORK.** Hard work makes champions. There is no substitute! Hard work doesn't guarantee success, but it makes it more likely. The likelihood of success is increased when a hard working wrestler also has: Desire; Goals; Plan of Attack; Toughness; Stick-to-it-iveness
  - **DEVELOP A DESIRE FOR WINNING, STRIVE FOR EXCELLENCE, TRAIN FAITHFULLY, AND BELIEVE IN YOURSELF**

## B. What Athletes can expect from Coaches

1. To be a good role model.
2. To give 100% effort to increase the technique and conditioning of the student-athlete.
3. To motivate and challenge wrestlers and put them in a position for achieving success.
4. To enforce team policy fairly and consistently.
5. To help wrestlers devise and accomplish team and individual goals.
6. To always be available for counsel and advice.

## IV. EXCELLENCE

- A. We expect wrestlers to work hard and achieve academic success: take your work ethic from the mat into the classroom.
- B. We expect wrestlers to work hard to achieve their fullest potential - for themselves and for their teammates on and off the mat.
- C. We expect each wrestler to achieve personal growth: each wrestler needs to realize a continuing maturity and perfection in their personal virtues, character traits, attitudes and habits.
- D. We expect each wrestler to be dressed properly for matches every wrestler must be in proper attire the day of a match. Please save personal attire for personal time.
- E. We strongly encourage that parents will not talk to wrestlers or coaches during the matches other than for encouragement. We need every wrestler's undivided attention on the match at hand and our strategies.
- F. We expect an open line of communication between all wrestlers and parents. If there are questions or concerns please have the wrestler talk to the coach first and if a suitable answer or resolution is not made, the parent should then contact the coach. An appointment at an appropriate time can be scheduled for any necessary meetings.

**Coaches will always keep the best interests of the Duluth High Wrestling program in mind.**

## V. FOR PARENTS

Every Wrestler, Parent, Family Member and Fan should abide by the following code of conduct: There should never be negative comments or gestures made toward another person anywhere before, during or after a sporting event. Sport is competitive, but it is also meant to be fun. You should respect all competitors, officials and fans at all times. No parents are allowed on the floor.

Remember, good sportsmanship is a priority. As long as we "Win with humility, lose with dignity, *but don't lose*," the winning will take care of itself. We are a class school and community and we want to keep it that way.

Thank you again for your support!

Head Coach Ed Bobo  
Assistant Coach Marcus Marena  
Duluth High School Wrestling

## VI. BASIC WRESTLING RULES

WHAT HAPPENS	
First	Both wrestlers enter the circle, shake hands, then take their spots (red or green) in the center of the mat.
Next	The referee blows his whistle and signals "Wrestle"
Now	Each wrestler tries to get control by taking his opponent to the mat and getting behind or on top of him - a <b>TAKEDOWN</b>
Points	First points are likely to be given for a takedown. Referees use wristbands (red or green) to indicate which wrestler has been awarded points or penalized.
Then	The defensive wrestler (usually in the "bottom" or "down" position) tries to <b>ESCAPE</b> or <b>REVERSE</b> his opponent by getting away, on top or behind the wrestler in control. The offensive wrestler (usually on top, and in control) tries to stay on top and get a hold with which he can keep his opponent's shoulders or scapula on the mat for two seconds, a <b>FALL</b> or <b>PIN</b> . The offensive wrestler can also earn <b>NEAR FALL</b> points by holding his opponent's shoulders or scapula in jeopardy near the mat for two seconds or more without being able to pin his opponent.

Every match has three periods, each two minutes long. The First Period starts from the standing or neutral position. At the beginning of the Second Period one wrestler has the choice of starting position (top, bottom, neutral, or defer). The other wrestler has the choice of starting position for the Third Period. Overtime occurs if there is a tie after three periods. Overtime has added rules. A match ends when there is a Pin or Technical Fall (15 point advantage over your opponent) no matter what period.

SCORING			
Individual Match Points			
1.	Takedown	2 points	when a wrestler gets behind or on top of his opponent and takes him to the mat from the standing or neutral position.
2.	Escape	1 point	getting out from underneath one's opponent to a standing or neutral position.
3.	Reversal	2 points	getting out from a defensive position and getting on top or behind your opponent.
4.	Penalty	1 or 2 points	illegal holds, infractions, technical violations, unsportsmanlike conduct.
5.	Near fall	2 or 3 points	holding opponents shoulders at 45 degrees or less, to mat, for two seconds (2pts) or five seconds (3pts).

## **VII. COMMITMENT SHEET**

### **Duluth Wrestling**

I understand that the sport of wrestling takes a great commitment on my behalf. I will work to uphold the team philosophy and goals and I agree to follow the team rules.

---

Wrestler's Name

---

Date

---

Wrestler's Signature

---

Parent's Name

---

Date

---

Parent's Signature

**WHAT GOALS DO YOU HAVE FOR THE TEAM THIS SEASON?**

---

---

---

---

---

---

---

**WHAT ARE YOUR INDIVIDUAL WRESTLING GOALS FOR THE SEASON?**

---

---

---

---

---

---

---