



Team Rules

Duluth High School Wildcats Wrestling

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I. TEAM RULES

A. Overall

1. First and foremost, to be a successful student-athlete on any level you must treat your body as a temple: drugs, alcohol, or tobacco usage and overall not abiding by Gwinnett County Public Schools Policies will not be tolerated. Any wrestler engaging in the use of, or possessing, these products may have their relationship with this team terminated.
2. Second, your behavior is a reflection upon yourself, family, school, community, and coaches. Any student-athlete engaging in activities damaging to the image of Duluth High School or Duluth Wrestling may have their relationship with this program terminated.
3. Third, remember to relax and enjoy the sport!

B. Captains

1. Need to be leaders and are expected to communicate with the coaches
2. Captains will lead the team in warm-ups and stretching
3. Captains are appointed by the coaching staff

C. Classroom Behavior

You are in school to get an education. Proper classroom behavior is a vital component to receiving this education. Wrestlers who do not behave appropriately in their classes and/or at school events and are punished within the school (i.e. Detention/ISS) will be subject to after practice activity (i.e. extra conditioning/mopping of mats), suspension from meets/tournaments, and or removal from the team.

D. Academics/eligibility

1. Student-athletes must pass 5 out of 6 classes to stay eligible to play sports at Duluth High School
2. If a wrestler is struggling with a class, it is their responsibility to seek help ASAP from a coach, teacher, or parent
3. Go to class, listen to your teacher, be respectful, take notes, ask engaging questions and do your homework - work hard in the classroom and you'll never have to worry about being ineligible
4. As student-athletes you must manage your time properly; missing practice for schoolwork is an unexcused absence and cannot be tolerated.

E. Wrestling Area

1. Keep your locker, locker room and wrestling room clean/neat
2. Everybody must do their part in keeping our facilities in great condition

F. Practice and attendance

Practice will be from 2:30 - 5:15. End time may vary depending on the strength of the practice. Wrestlers are expected to be on time and ready to wrestle, and to stay until practice is finished.

Be at practice and dress out everyday, even if injured. *If you are well enough to be at school, you are well enough to be at practice.* If you leave school early, notify either Coach Bobo or Coach Marena in person. Students are required to be in school 3 full periods to participate in extracurricular activities (Duluth High School Rule). The coaching staff and/or trainer will decide at what capacity you can participate.

- 1st unexcused absence from practice: make up session after regular practice
- 2nd unexcused absence from practice: suspension from one meet/tournament and 2 make up sessions after the regular practice
- 3rd unexcused absence from practice: suspension from 2 meets/tournaments, parent/coach conference, 3 make up sessions and unable to letter
- 4th unexcused absence from practice: dismissal from team

If the school indicates your absence as unexcused for academic purposes, your absence from practice is also unexcused. Notify the coaches personally if you are going to miss practice – HOLIDAYS INCLUDED.

ISS: You are prohibited from participating in extracurricular activities each day you are in ISS.

- **First offense: Each day of ISS will net 10 champion runs (5 laps around upstairs track plus 10 push-up/crunches = 1 champion run).**
- **Second offense: Each day of ISS will net 15 champion runs plus suspension from two dates/meets.**
- **Third offense: Removal from the team.**

OSS: You are prohibited from participating in extracurricular activities each day you are in OSS.

- **First offense: Each day of OSS net 20 champion runs plus suspension from two dates/meets.**
- **Second offense: Removal from the team.**

G. Transportation

Buses will be provided for all matches and tournaments. Wrestlers must ride to and from meets/tourneys on the bus unless given prior approval through Coach Bobo. Always arrive 30 minutes early for the bus. The time the bus leaves for the meets is the time it will leave, with or without you.

II. WRESTLE-OFFS

Varsity spots are largely determined by wrestle-offs. All wrestle-offs will take place at the beginning of practice. Any wrestler who wishes to try for a spot on the Varsity or JV may do so. The wrestler who wins the inner squad matches will wrestle at that weight until the next wrestle-off. Coaches and wrestlers will show no favoritism to wrestlers who are competing against one another during wrestle offs. **However, coaches have the ultimate decision of the JV and Varsity lineup.**

III. LETTERING

In order to earn a varsity a letter the wrestler must participate in 100% of practices and finish the season in good standing. Lettering is at the coaches' discretion.

IV. WRESTLERS' NEEDS

A. Overall

1. **Wrestlers must be in practice gear:** have wrestling shoes, running shoes/tennis shoes for team runs and weightlifting workouts, and headgear at all times.
2. Competition Hair: Neatly trimmed hair is mandated by the rules.
3. Trim nails and shaven face (on a daily basis)
4. Weigh in and out of every single practice.
5. **You are responsible for the singlet and headgear checked out to you.** There also may be **extra gear issued to you.** These are expensive and **if lost or damaged you will be required to pay for them.**
6. **WRESTLING IS FUN – HAVE FUN AND ENJOY YOURSELF!**

B. Skin Care

1. To prevent communicable diseases from skin to skin contact, wrestlers must **shower after each practice or competition with antibacterial soap.** Each wrestler's competition uniform and practice uniform, including headgear and towels, should be cleaned after use with an antibacterial cleaner.
2. Common - and easily treated - skin disorders found among wrestlers are bacterial infections (i.e. impetigo and boils), fungal infections (i.e. athlete's foot and ringworm), and cold sores (i.e. herpes simplex one). Seek treatment by a physician immediately and have the physician fill out a skin lesion form (found on Duluth Wrestling website).

C. Equipment

1. Worn gear which is hard and/or abrasive must be covered and padded
2. Gear that does not permit the normal movements of joints or prevents opponents from applying normal holds is not permitted
3. Anything deemed dangerous/unsafe or unsanitary to the health of a wrestler is not permitted (i.e. garbage bags, plastic suits, layers of sweats)
4. Team attire is established by Coach Bobo. Not adhering to the team dress code will result in actions taken by the coaching staff .

V. NUTRITION/WEIGHT CONTROL

No other sport creates as much weight awareness among athletes as wrestling. Unfortunately, too much awareness may result in reckless dietary and nutritional behavior. The responsibility for a successful and safe approach to weight control lies equally with the wrestler, the coach, and the parents. As a GHSA participating school, weight management is monitored through the sanctioned “**Weight Management Program,**” which establishes:

1. The wrestler’s body composition
2. The wrestler’s minimum competitive weight in relation to benchmark body composition
3. A long term schedule for reaching and maintaining a wrestlers minimum weight

Sensible eating habits that promote caloric regulation and still provide all essential nutrients while striving for a wrestler’s ideal competitive weight are:

- Avoiding Fats and sweets
- Dairy, meat, and poultry – eat the required amount for your body type
- Vegetables and fruits – eat all you want and then some
- Breads, cereals, pasta, beans, and rice are great fuels for the body for competition. However, if cooked with fatty solvents for added flavor, they will make weight maintenance difficult.

Weight management should start early. Weight loss or weight gain is most effectively and safely accomplished when done gradually rather than quickly.

- **Know the weight class at which you would like to compete** – and plan a healthy diet to reach it well before the season starts.
- **Do not crash diet to make weight!** Depriving the body of food and/or water will decrease the energy capacity for workouts and competition and could lead to dehydration. Yo-yo dieting will cause you to lose muscle mass and strength.
- **Lift weights and develop muscles** – muscles increase metabolism, improve your physique and give you the strength necessary to dominate opponents.
- **NEVER SKIP A MEAL AND ALWAYS STAY HYDRATED!!**