

Lewis and Clark HS Wrestling Handbook

2023-2024

PRACTICE

Practices will begin on school days at 3:00 pm and optional practices on Saturday at 9 am. All practices last for about 2 hours. At the start of practice, each wrestler should already be in their practice equipment. **ALL** wrestlers are required to bring an extra shirt with them to practice. Nobody wants to touch a shirt which is dripping with sweat.

All mats need to be cleaned before and after each practice. There needs to be adequate time for the mats to dry when mats are cleaned before practice. It will be the Captain's job to make sure the mats get cleaned. They can delegate to other wrestlers, but it will not be the same person every time.

Wrestlers **MUST** attend all classes to be eligible to practice and go to events that day. A wrestler who misses their first period because they were late, will not be allowed to practice according to school rules. Any class missed requires a doctor's note or valid excuse according to the school.

INJURIES

Wrestling is a physically demanding sport and minor injuries can occur. The most frequent injury is a bloody nose. There will be a designated area for bloody noses in the mat room and it should be taken care of there. The practice partner is the one who needs to clean and sanitize the mat from all blood. Equipment will be available in the wrestling room.

Any other injuries should be brought to the attention of a coach. **Only coaches can tell a wrestler to go see the trainer.** Wrestlers should not line up outside the trainer's room before practice without permission from a coach. Any serious injuries need to be handled by coaches and qualified staff to determine the next steps.

ACADEMICS

Academics is more important than wrestling since you need to be in good standing to make sure you are eligible to wrestle. The Coaches and Captains will help any wrestler who needs additional assistance in a class when possible. Study groups are highly encouraged to help one another as well. If a wrestler needs to miss practice to go study for an exam or take a test after school, they will not be punished in any way and it would be considered an excused absence from practice.

CONDUCT

It is up to each individual wrestler to maintain professional conduct on and off the mat. Respect for opposing school wrestlers and coaches is a reflection of how LCHS represents itself. Wrestlers are known for having the best conduct of any other sport in athletics and the coaching staff expects nothing less.

BUS EXPECTATIONS

All athletes are to ride the bus to and from all events unless instructed by the head coach not to do so. Arrangements must be made with the head coach to go home with parent after any event and must include the proper school form.

Seating arrangements may be considered if the following is not adhered to:

- All managers will sit in front of the bus with coaches.
- Coaches will have the final say regarding cell phone, tablet and laptop usage on bus. They may be used to listen to music with the proper headphones.
- Internet and social media will not be allowed on the bus.
- Inappropriate use of devices may result in team discipline. The device will be confiscated for the duration of the ride. Device usage may be revoked for the individual or team for the remainder of the season.

Remain seated at all times and follow the driver and school district regulations and rules. Failure to do so may result in loss of privileges to ride to future events.

LOCKER ROOM

All athletes are expected to conduct themselves in a manner that represents the standards set forth by the WIAA, Spokane School District, and Coaches.

- The Locker room shall be kept clean and clear of garbage, clothes, towel, and items not related to wrestling.
- All wrestlers are held accountable for their team and Captains are in charge of the locker room. Any incidents will be reported to the coaches. Captains will be the last out and will have the authority to assign jobs/duties (clean area, squeegee floors, mopping if needed, etc)
- A locker will be provided for all personal items
 - All items should be placed inside a locker and locked with the lock provided. Any items that do not fit can be brought to practice and checked in and out with a manager.
 - Lockers must be kept clean and organized throughout the season. Locker room inspections will be conducted without notice following any practice and at the end of the season. If a locker is found unacceptable, all items will be bagged and sent home with the wrestler.
- **Hazing, bullying and/or harassment of any kind will not be tolerated at any time.** If a wrestler is caught doing so, it could lead to expulsion from the team and suspension from school.

SHOWERING/HYGINE EXPECTATIONS

Most schools do not address the issue of hygiene in wrestling. Wrestling is a close contact sport and hygiene is a high priority to prevent the spread of skin infections such as ringworm, herpes, and staph. **Each wrestler is required to shower after each practice and competition.**

- Use shampoo and body soap to clean the entire body.
 - It is recommended you purchase Nizoral and/or Selsun Blue (Medicated) which are both anti-dandruff shampoos that contain antifungals that the wrestler can use to wash the body after practice or competition.

All wrestlers must shower after each and every practice.

CLEAN practice gear is required. If any coach or teammate finds you in dirty gear, you will be requested to change immediately. A second infraction will lead to a loss of the current position on the challenge board. We sanitize the wrestling mats before and after each practice.

Please contact a coach for an informational sheet on skin infections to know how to recognize certain types of infections and what to do.

CHALLENGING

Challenges are what is used to determine the varsity team. Initially, coaches will place wrestlers' names in descending order for each weight class, starting with varsity being the 1st slot. Once challenges open, it is up to the 2nd slot and below to challenge the wrestler above them to gain their spot. You can only challenge the slot directly above you, you cannot skip. JV challenges are determined by one match. Varsity challenges are based on the following criteria:

- The Challenger must win **2 matches** against the varsity wrestler in a row
- If the varsity wrestler wins the first challenge, the challenge for that event is over

Challenges are good for the next event (dual or tournament). Once the event is over, challenges can start again. There is no maximum number of times you can challenge someone over the year.

ASSESSMENTS

Weight management is now done by the state of Washington. The guidelines for weight management are as follows:

- The minimum body fat allowed is **7% (12% for females)** without a doctor's note
- **1.5%** body fat weight loss is allowed per week until 7% of body fat is obtained
- Wrestlers must weight in for the available weight classes on their assessment plan
- Assessments must be done in a school-issued wrestling uniform
- Re-assessments must occur within 14 days of the initial
- One accepted assessment must be done prior to any competitions

LETTERING

Lettering in the sport of wrestling can be done in one of the following ways:

- Four years of wrestling and following guidelines
- 2 Varsity wins
- 5 Varsity matches
- Managers can letter after 2 years