

Jaguar Wrestling Handbook

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“It is not the critic who counts, not the man who points out how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes up short again and again; who knows the great enthusiasms, the great devotion, and who spends himself in a worthy cause, who at best knows in the end the triumph of high achievement; and who at the worst, if he fails. At the least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither defeat nor victory.”

Theodore Roosevelt

President

Wrestler

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Coaching Philosophy

I believe that each of us possesses the capacity for greatness. Furthermore, I believe that for the most part, a man's destiny is within his control. I believe that if you examine the lives of the "great men" of history, you will find one common denominator. All of them were "dragon slayers".

You see, the dragon is man's most formidable human opponent. He destroys our hopes and dreams. He uses all of his guile and cunning to hit you the hardest exactly when you are at the most vulnerable. He knows all of your thoughts, all of your secrets, all of your fears, and all of your weaknesses. He never takes a day off; he is with you even in your sleep. He spends his entire life trying to devour all that you are, and all that you would like to become. The dragon possesses a huge arsenal of weapons. Some of the most dangerous are self-doubt, self-pity, fear, complacency, mediocrity, chaos, jealousy, envy, strife, procrastination, and cowardice. Stare deep into the mirror and you can see the dragon's eyes.

Our war with our dragon lasts a lifetime. Though you can sometimes put him into retreat, you will never make him surrender. To control the dragon is a formidable task. You must be willing to take up the battle each and every day. It will require all of your courage, all of your determination, all of your dedication, all of your sacrifice. I believe that if a man is ever to achieve his dreams, he must be willing to master himself. Only through self-control can he find greatness.

One of the things that I love about sport, particularly wrestling, is that it is a microcosm of life. Victory, championships, medals, honor, and glory, are all important to me as a wrestling coach. However, above all else, I want the athletes in my charge to become champions in life. I believe that if I can instill in them the art of self-discipline, they will possess the tools to become champions, both on the mat, and more importantly, in life.

Yours in wrestling,

Steve C. Davis
Jaguar Wrestling

FMHS Wrestling Code of Conduct

The Flower Mound High School Wrestling program is a very prestigious organization. We have come to be known around Texas not only for our winning tradition, but for our sportsmanship, solid work ethic, and high moral character. We aspire to be "first class" in all that we are, and everything that we do.

It is a privilege for you to be a part of this organization, and with this privilege come a great deal of responsibility. When the students, teachers and administrators at Flower Mound High School think of Jaguar Wrestling, they think of YOU. When the business owners, the policemen, firemen, city councilmen, clergymen, in fact the entire community of Flower Mound thinks of the Jaguar Wrestling program, they do not see the blood, the sweat, and the tears of sixty wrestlers, coaches and the booster club. They see YOU!

Most of these people have never been to a wrestling practice. They have never seen a dual. They have never watched a tournament. They do not know about all of the running, the weight training, the free-style, the summer camps, the holiday practices, the self-denial at the dinner table, the dedication and sacrifice that wrestlers must endure. All that they know about wrestling is YOU! In their eyes, YOU ARE JAGUAR WRESTLING.

Because everything that you do will directly reflect on this program, you will be held to a very high standard. This standard is certainly beyond that of the student body, and perhaps higher than other athletic programs at the high school. It will be your responsibility to live up to this standard. Not just in season, but year-round. If you do not maintain this standard, you will lose the right to represent us as a member of the Jaguar Wrestling team. One the following page is the Jaguar Wrestler's Creed. All members of the wrestling team are expected to memorize it and use it as a guide to make good decisions.

Jaguar Wrestler's Creed

As a member of Flower Mound High School Wrestling Program:

I will treat God and man with honor and respect.

I will obey the rules of our school and the laws of the land.

I will demonstrate good sportsmanship, in victory and defeat.

I will not allow profanity to permeate my vocabulary.

I will take responsibility for my own actions.

I will be exemplary in all of my daily roles.

I will not defile my mind or my body.

I will be obedient to my superiors.

I will be honest and sincere.

I will show compassion.

I will be loyal.

I will be a

MAN.

Substance Abuse Policy

The use of drugs (including steroids), alcohol, and tobacco by a minor is illegal. The use of these substances is forbidden by the Jaguar Wrestler's Creed. The use of these substances is ATHLETIC SUICIDE. The use of these substances by a Jaguar Wrestler at any time, in season or out of season, is STRICTLY PROHIBITED. Violation of this policy will result in severe consequences which are detailed in the LISD Extracurricular Code of Conduct which can be found on page 29 of this handbook.

Wrestling Class

You cannot wrestle three months of the year and expect to be able to compete with those who dedicate the entire year to the sport. Champions are made, not born, and it is a grueling, year-round process. Wrestling class is designed to build champions and win championships. It pushes the athlete to improve his strength, conditioning, and mastery of technique. In the pre-season, athletes are expected to lift weights, condition, and work technique every day. During the season, technique is taught after school, and is replaced in class with critique of actual matches. Post-season is devoted to weight training and free-style / Greco techniques.

ALL ATHLETES ARE EXPECTED TO BE ENROLLED IN WRESTLING CLASS.

There are two exceptions:

1. An athlete who lacks credits needed to graduate, or graduate with honors may be excused from enrolling in wrestling class (subject to coach's approval).
2. An athlete that is a member of another FM athletic team and is enrolled in that team's athletic period may be excused from enrolling in wrestling class (subject to coach's approval). It should be noted that if an athlete plays football, he may change from football class to wrestling class at the conclusion of football season. This will only take place with the permission of both the football and wrestling coaches, as well as the school counselor.

Juggernaut Free-style and Greco Roman Wrestling Club

The goal of the Juggernaut Wrestling Club is to encourage the development of the Jaguar Wrestling team through spring and summer participation in the Olympic styles of wrestling, free-style and Greco Roman. The club is sanctioned by USA Wrestling, our sport's national governing body, and is not associated with the LISD athletic program in any way.

Tournaments begin in late march and conclude with the National championships in late July. Local practice begins for us in early March and concludes with the Texas State Championships in May. Many Jaguar wrestlers continue to compete throughout the summer. In addition to local tournaments, you will be given the opportunity to compete in the Southern Plains National Regional Tournament, the Red River Duals with Oklahoma, the National Duals, and the National Championships.

Personally, I love the Olympic styles of wrestling. I wish that we would compete in these styles year-round like the rest of the world does. However, these styles are no better or worse than folk-style. The goal is the same, to pin your opponent. Only the rules are different. An athlete that competes in the summer gains two important assets, national exposure and mat time.

If you are even considering a wrestling career in college, summer is the perfect time to expose your talent to college coaches. It doesn't really matter if you are best in Texas. College coaches want to know how you stack up with athletes from around the nation. They cannot watch you during our folk-style season as their college teams are competing at the same time. They spend the summer making scouting trips to National tournaments. Next year's scholarships go to this summer's competitors!

Secondly nothing improves a wrestler as fast as mat time. Over the course of the spring and summer, you can get in as many as sixty matches. That equals about a year and a half of folk-style experience! I have coached national teams for two decades. Every winter, I see the same scene repeated over and over again at the UIL State Tournament. Most of the finalists are the same athletes that I coached on Team Texas last summer!

All Jaguar wrestlers are expected to participate in the Juggernaut Wrestling Club. Only seniors and those participating in a spring sport will be excused. You are strongly encouraged to participate in local Saturday tournaments. If you aspire to become a State champion, or to wrestle in college, you should consider dedicating your summers to wrestling. It really is true....

Summer Wrestlers make Winter's Champions!

Working and Wrestling

Believe it or not, I really do remember what is like to be in high school. I understand how important it is to have just the right car. Not only is a car the key to your freedom, but if it is just the right car, you may just get that date with your dream girl! Let's have a little reality check here.... If your dream girl is more interested in what car you drive than she is in you...is she really your dream girl?? My dates were more impressed with my athletic prowess than with my car. How do I know? Because I went a lot of dates in my mom's old beat-up station wagon, that's how!

High school is a full-time job. To make good grades requires hours of study. Wrestling is a full-time job. To become a champion requires hours of training and dedication. A girlfriend is a full-time job. To keep a girlfriend happy requires huge commitment of time, effort, and lots of money. A job requires a huge commitment of time and effort. Add it all up.....

School + Wrestling + Job + Girlfriend = DISASTER!!!

I have never known an athlete to successfully balance that kind of a load for any length of time without big, big problems. Either his grades fall, or his athletic performance drops, or his girlfriend splits, or he gets fired. Most of the time, the problem gets resolved when he quits the wrestling team. It is always the same old story.... "When I get the car and insurance paid off, I'll be back, I swear!" As a coach, I have NEVER had anyone come back!

If at all possible, do not work during wrestling season! Suck it up and drive your mom's car, or ride with friends. Listen, the time is coming soon when you will have to work for the rest of your life! Enjoy high school while you can. This world is full of athletic dropouts that are happy to tell you how good they could have been, or would have been, or should have been, if only they had waited to get that car!

Don't join the fraternity of "Ben Brothers!"

If you must work, try to arrange your schedule so as to not to miss practice or matches. If you must miss practice, you are required to turn in a copy of your work schedule the Monday before you miss. If you must miss a match, you will be replaced in the line-up and lose your place on the ladder.

Practice Guidelines

General Information

- Morning practice begins at 8:00 am. Afternoon practice begins at 3:10 pm.
- The schedule is subject to change. You will be given notice of any change as far in advance as possible.
- You may be required to practice during holidays. A completed practice schedule is included in this handbook.
- You are expected to record your weight before and after every practice.
- You will be dressed out and on the mat, ready to begin at the starting time.
- During practice, do not leave the room without permission.
- Bring nothing except your workout gear into the mat room.
- Clean wrestling shoes are the only footwear allowed on the mats.
- Always keep a pair of running shoes in your locker.
- Always wear clean workout gear to practice.
- To prevent the spread of communicable diseases, you will shower after every workout.
- If you have an injury, always see the trainer both before and after practice.
- Poor effort in practice will not be tolerated.

Practice Attendance

- Every wrestler is expected to practice every day.
- Excused absences will not be penalized. However, if you miss sufficient reps or conditioning, Coach may replace you in the line-up.
- An excused absence is:
 - Unavoidable, and reported by your parent prior to the practice that you will miss.
 - An emergency and confirmed by your parent prior to your return to practice.
 - Due to an injury requiring complete rest as ordered by the FMHS Athletic Trainer or your physician.

Remember, your parent must call 469-948-3481 and leave a voicemail or e-mail the message to davissc@lisd.net or the absence will be regarded as unexcused.

- The “3 strike” rule will be enforced for un-excused absences.
 - 1st un-excused absence: drop from the ladder.
 - 2nd un-excused absence: indefinite team suspension
 - 3rd un-excused absence: dismissed from the team, no reinstatement.

Practice Attire

- You are to wear headgear and an athletic supporter at all times during practice.
- The only clothing permitted in addition to team issued gear is plain white tees, solid navy shorts, or cotton sweats in school colors (no “hoodies” in the room).

Care and Treatment of Injuries

Wrestling is a tough sport, both physically and mentally. It is rare for a wrestler to compete for an entire season without some aches and pains. If a wrestler were held out of competition every time he was “hurt”, there would not be enough wrestlers left to field a team. In the event of an ache or pain, the athlete is encouraged to “Tough it out” and compete through the pain. However, in the event of an injury, the goal is to rest and rehabilitate the injury as quickly as possible to return the athlete to competition as soon as is safe.

Because I am not a health-care provider, I cannot assume the responsibility of determining if you have an ache or pain and needs to “tough it out”, or if you have an injury that needs medical attention. Fortunately for us, LISD employs professional Athletic Trainer to offer us guidance. Let me be clear about this. The Athletic Trainers at FMHS hold the same certification as the Athletic Trainers of the Texas Longhorns, the Dallas Cowboys, the Dallas Stars, and the Dallas Mavericks. They have received intensive specialized training in the care and prevention of athletic injuries. They can offer you many of the same services for free that your physician prescribes at rehabilitation clinics throughout the metro that cost a small fortune.

If you are injured while at practice or competing for FMHS, please follow the guidelines below:

- Report all injuries immediately to coach or the student trainer. If the injury appears suspect, you will be immediately referred to the Athletic Trainer.
- Follow all recommendations of the Athletic Trainer at all times.
- If the Athletic Trainer suspects that the injury requires medical attention, he will contact your parent and advise them of the situation.
- If your physician makes a recommendation, or prescribes treatment, bring the paperwork to the Athletic trainer so that he can carry out the orders and convey that information to me.
- Report to the trainer’s office every morning at 7:00 AM for treatment, and again after practice every day until the trainer confirms that your injury is resolved.
- If you fail to make your morning appointment, it is assumed that your injury is healed and will be expected to practice.

If your injury occurred outside the realm of your participation of FMHS athletics, the Athletic Trainer will not treat you until you have seen your private physician. This rule is in place to protect LISD from liability. If you are injured at home, see your doctor, and bring the medical report back to the trainer.

As a general rule, you are much better off going through our trainer than visiting your private physician. A general practitioner sees relatively few athletic injuries, and often errs on the side of caution, not realizing the rehab services that are available to you as an athlete at FMHS. As a result, he prescribes a long period of rest that would be unnecessary with the proper rehabilitation. Let’s try that in English...your doctor may prescribe complete rest for 4-6 weeks for a sprained ankle. Our Athletic Trainer can usually rehab the same injury, reduce the pain and swelling, and return you to competition in a week or two.

Equipment

The FMHS Athletic Department will provide each wrestler with the following equipment: Head gear, singlets, warm-ups, and travel bag

FMHS Athletic Department will not provide the following equipment: Shorts, Tees, Knee-pads (optional), athletic supporter (required), shoes (required)

Equipment purchasing recommendations:

Shorts and Tees: The booster club will make available for purchase customized team tees and shorts. You may also wear plain white tees and plain navy shorts to practice.

Knee-pads: Knee pads are offered in lycra neoprene and neoprene nylon. The lycra is shiny, but the neoprene nylon will last longer. Do not confuse a knee-pad with a knee brace. A knee-pad should offer comfort, not stability. They are available in a variety of colors and are offered singly or as a pair. Unless you shoot with both knees, you need only one. You will not be allowed to compete in knee-pads whose colors class with our singlets.

Athletic Supporter: A traditional “jock strap” does not work well for wrestling. Our singlets are made of lycra. More than once I have seen a singlet rip in the middle of a match. As you can imagine, the spectators got more of a show than they bargained for! You need to purchase a “full jock” or a jock brief (one that covers your buttocks). Many companies are offering biker’s shorts in “jam” length. Don’t buy these! Because they extend beyond the leg of your singlet, they are illegal!

Shoes: Frankly, almost any wrestling shoe, regardless of price, will last about one season. Therefore, the only thing that dictates how much you spend will be your vanity. Just make certain that the color of the shoes does not clash with navy or you will not be allowed to compete in them. Any color is fine for practice. I would recommend Asics Split Second 6. It is a mid range shoe and is available in navy with silver trim.

Responsibility for Equipment

Each wrestler is responsible for all FMHS equipment that is issued in his name. Any wrestler who fails to turn in equipment, or turns in equipment that is damaged as a result of neglect or misuse will be charged full replacement cost for each item. Please understand that even if an item is several years old and does not seem to have much value, we cannot order “used” equipment. We must replace it with a new item that will, no doubt, cost much more than the old equipment was worth. Listed below are the equipment guidelines that you should follow:

- Do not loan your equipment to anyone.
- Do not wear school issued gear anywhere except at wrestling functions.
- Keep your equipment locked up at all times.
- Report all damaged or missing equipment immediately.
- At matches and tournaments never leave your equipment unattended.
- When laundering items, make sure to follow care labels exactly. Singlets and warm-ups should be washed in cold water, separately, and line dried (NO DRYER).

- Disinfect headgear weekly in a solution of mat cleaner or bleach water (1tbsp/gal).

Replacement Costs: singlets: \$60; warm-up top: \$60; warm-up bottom: \$60; headgear: \$25; shoes: \$50; sweat-top: \$20; knee-pad: \$20; travel bag: \$35

Varsity Challenge

The process for choosing a starting line-up for our team could not possibly be fairer. Simply put, if you are the best wrestler at a weight class, and you follow the training rules, you will be varsity. Days will be designated throughout the season for wrestlers to compete in a mini-tournament called "Varsity Challenge". The winners at each weight class make up the varsity line-up. At the first Varsity Challenge of the season, all eligible wrestlers are placed on rungs of "the ladder" according to the following criteria:

1. Returning State Champion or State Placer.
2. Returning State Qualifier.
3. Returning Letterman at the same weight as last season.
4. Returning Letterman.
5. Returning wrestler with varsity experience.

To begin the tournament, the wrestlers on the bottom two rungs of the ladder wrestle one match. The winner earns the right to challenge the man on the next rung up the ladder. This process continues to the top of the ladder. The two wrestlers at the top wrestle once to determine who will represent the varsity at that weight class. The loser of that match becomes the representative for the junior varsity at that weight class in dual meet competitions. All eligible athletes that are not on the varsity will compete in the Junior Varsity Division of individual tournaments. When the first Varsity Challenge concludes, each wrestler will have earned a rung on the ladder. This new order will be used to seed the next Varsity Challenge. Each subsequent Varsity Challenge will be run as a double-elimination tournament with 2nd place challenges.

It is important to remember that the Varsity Challenge is not the only way that a wrestler may move up the ladder. Each Tuesday during the season, if the team is not competing that day, the number two man on the ladder (junior varsity) may request a ranking match with the varsity wrestler at his weight class. The winner of that challenge match will represent the varsity and the loser will represent the junior varsity.

In addition, anytime a wrestler loses his eligibility to compete in the Varsity Challenge, he will be knocked off the ladder and everyone below him will move up. When that wrestler regains eligibility, he will be placed at the bottom of the ladder. In the event that a wrestler cannot compete due to illness or injury, the next lower man on the ladder will replace him and everyone at that weight will move up until he can return to competition.

To remain eligible to maintain a rung on the ladder, a wrestler must:

- Be academically eligible to compete.
- Not be under any discipline plan, either FMHS or Jaguar Wrestling.
- Make weight.

Any senior who is not on the varsity will compete in junior varsity individual tournaments. However, for duals meets, underclassmen will be used to fill the junior varsity line-up whenever possible.

UIL Weight Management Plan

The University Interscholastic League provides the following article. It is to be distributed to all athletes and their parents.

No other sport creates as much weight awareness 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. Any organized plan to accomplish weight control must be based on fact, not fad. Sound nutritional information must be the basis for any plan. A wrestler should manage his weight with this single guideline in mind.

BODY COMPOSITION IS MORE IMPORTANT THAN BODY WEIGHT IN DETERMINING ATHLETIC PERFORMANCE.

To put it another way, the wrestler with the largest percentage of usable weight is in the best condition to compete. Usable weight in wrestling means muscle weight. Eating large quantities of fast foods and other high fat items contributes to unusable weight (body fat). Excessive fat will limit your mobility and flexibility, forces your heart to work harder and puts strain on your hip and leg joints. Similarly, starvation diets and dehydration tend to either diminish muscle mass or interfere with efficient digestion and muscle function. Either way, these poor dietary practices diminish usable weight and reduce performance. To set up a weight control plan, the following factors must be determined:

1. The wrestler's body composition.
2. The wrestler's ideal competitive weight.
3. A long-term plan for reaching and maintaining the ideal weight.
4. Sensible eating habits that promote caloric regulation and still provide all essential nutrients.

It's up to us as wrestlers, coaches, and parents to address this area with as much concern as our preparation of technique or conditioning, or any other aspect of a wrestling program. Before a wrestler can determine how much (if any) weight they need to lose to reach their ideal weight, they must know their body composition. The human body is composed of lean tissue (muscle, bone, blood, organs) and fat tissue. Fat tissue can be divided into essential fat, which protects vital organs (about 5% in men) and nonessential fat. Athletes who are well conditioned have a low percentage of body fat.

Research studies suggest that wrestlers should strive to maintain a level of 5% to 12% body fat; the optimum performance for wrestlers being from 7% to 10%.

If the percentage of body fat is already between 7-10% the wrestler is probably at or near their ideal wrestling weight. It would be foolish to try to lose 5-10 lbs, to qualify for the next lower weight class. Losing more weight would likely weaken the wrestler and have an adverse effect on performance. This is particularly important for high school wrestlers who are in a very active growth spurt and need to have a higher weight allowance.

If the wrestler's body fat level is higher than it should be, the wrestler should begin a sensible reduction program to bring it down. Losing weight properly takes discipline and patience. The most healthful way to accomplish weight loss is to maintain or increase exercise while reducing food intake. Starvation and crash diets are not effective because muscle tissue begins to break down. As a result, some of the weight loss will come from muscle mass (usable weight), leaving the wrestler with reduced strength. Using any type of dietary weight loss pill is forbidden. These pills tend to achieve weight loss primarily from water weight rather than losing weight by reducing fat cells. Water is an essential source of fluids in any program.

To lose fat weight, wrestlers need to reduce the number of calories they consume while maintaining or increasing their conditioning program. For each pound of fat a wrestler wants to lose, they need to eliminate 3500 calories from their diet. To lose 2 pounds in one week, for example, requires an energy deficit of 7,000 calories or 1,000 calories per day. That is a lot of calories to remove from a wrestler's diet at a time when they need increased energy. A better way to lose two pounds is to eat 500 fewer calories each day and burn an additional 500 calories each day for a week. However, under no circumstances should athletes consume fewer than 1800-2000 calories per day. Good nutrition is absolutely essential to a growing athlete during high school years. Bone growth, in particular, may be especially sensitive to the effects of bad nutrition caused by starvation and crash diets.

Weight management should start early. Weight loss or weight gain is most effectively and safely accomplished gradually rather than quickly. This means knowing the weight class in which the wrestler intends to compete and starting a program of nutrition and workouts designed to help the wrestler achieve their ideal body composition. Crash diets are not the answer. Depriving the body of food and/or water will decrease the energy capacity for workouts and competition and could lead to dehydration. In addition, wrestlers are almost certain to gain back any weight they lose as soon as they resume their normal diet. Give the body the nutrition and consistence if/it requires in order for it work efficiently. Yo-yo dieting (starving in order to make weight and then eating in sight) will make a good wrestler become an average wrestler when it comes to match time.

It makes much more sense to restructure the wrestler's eating and exercise habits on a permanent basis. Good dietary information is available from a variety of books and articles. The coach should have this information or will be able to help wrestlers find it. Just as a car runs best with a full tank of proper fuel, a wrestler's body will perform at its maximum when it is filled with the right "nutritional fuel". For athletes, that fuel is complex carbohydrates, obtained from foods such as cereal, bread, pasts, gains, and baked potatoes.

Calories are supplied by carbohydrates, protein and fat. Together they add up to the total caloric intake. Unfortunately, wrestlers often spend too much time worrying about total calories and not enough time counting carbohydrate calories. Many foods contain carbohydrates, but some are better than others. That is important, because 60-65% of the total calories is a wrestler consumes should come from carbohydrates. Of the remaining calories, approximately 15% should come from protein and the remaining 20% from fat. For example, a daily diet of 3200 calories should contain approximately 2000 carbohydrate calories (500g of carbohydrates). Clearly, wrestlers need to eat food

high in carbohydrates and low in fat in order to support strength development and generate energy for workouts and competition.

Concentrate on complex carbohydrates such as those found in whole grain cereals and breads, vegetables and fruits. They give an even distribution of fuel for energy production. Avoid the simple carbohydrates found in soft drinks, candy bars, and other sweets. Foods such as hamburgers, chips, mayonnaise, and candy bars contain high levels of fat making them poor sources of nutrition for athletes.

Take responsibility for the diet and begin to read labels. Most labels list the numbers of grams of carbohydrates, fats, and proteins. One thing to remember is that 1 gram of fat (9 calories) has more than twice the calories as 1 gram of carbohydrates or 1 gram of proteins (4 calories). A high carbohydrate/low fat diet will improve endurance. Improved endurance will improve wrestling performance throughout the season.

Remember, a balance between calories consumed and calories burned through exercise is also a key in weight control. To lose weight, you should decrease your caloric intake and increase your caloric output—a fairly simple equation. Become familiar with the caloric value of foods and activities. For instance, a candy bar may contain 300-400 calories and a 6 ounce can of V8 juice contains only 35 calories. A mile run will burn 85-150 calories while wrestling burns 10-14 calories per minute.

Wrestlers must burn more calories than they consume in order to lose unwanted fat. They can adjust their diet and exercise to provide for gradual weight loss. To lose one pound of fat a week, the wrestler must reduce his caloric intake by 500 calories each day. Seldom should anyone have to drop below 1800-2000 calories per day. Doing so will jeopardize the proper provision of vitamins, minerals, and fuels for proper body functions.

Summary

Use common sense and good judgment throughout the season to achieve the optimum percentage of body fat of 7-10%. The following tips should help the wrestler achieve a safe and rewarding season:

- Eat 3 balanced meals a day in moderate portions. Try to include food from all the major food groups; grains, vegetables, fruits, meat/fish, milk/cheese.
- Avoid high fat, high sugar foods and snacks such as chips, soft drinks, mayonnaise, candy bars, and deserts.
- Emphasize foods that are high in complex carbohydrates such as cereals, rice, pasta, breads, baked potatoes, and vegetables.
- Use skim milk instead of whole milk. Substitute diet drinks for regular, high sugar soft drinks. Better yet, drink water or fruit juices. Drink 8 glasses of water daily.
- Don't snack between meals. If you must snack, eat fresh vegetables or fruit.
- Stick to your diet and work-out program and you will get the results you want. It takes time to accomplish your goals. Be patient.
- Remember: Good nutrition is something a wrestler must apply each day throughout the season and not just the day before a match. If a wrestler takes short cuts, expect to pay the price in reduced performance.

UIL Weight Certification

The National Federation of State High School Associations has created a wrestling rule that demands each athlete establish a minimum weight class for competition each season. The UIL does not advocate that a wrestler's established minimum weight is the athlete's best weight at which to compete but simply the minimum weight at which the athlete will be allowed to compete.

UIL Minimum Weight Certification will be performed in the following manner. First, the specific density of your urine will be measured. This will tell how much water is present in the urine. If not enough water is detected, then you are deemed dehydrated and will not be allowed to continue with the process until 24 hours have passed at which time you will be asked to produce a new sample. The magical number that has been chosen is 1.025. which is the medically agreed upon measurement that divides hydrated and dehydrated. Anything above 1.025 will fail.

Once you have passed the urinalysis, your bodyweight will be measured immediately. You cannot spit, vomit or do anything to try to lose weight after the hydration test. You may weigh in nude or with shorts. No weight allowance will be given for shorts. This weight will be referred to as your "alpha" weight.

Immediately following your weigh-in, you will have your body fat percentage determined. Skin fold calipers will be used to measure the body fat at three sites, on the triceps, just under the shoulder blade, and just beside the belly button. Each site will be measured three times and an average will be determined from the measurements. All measurements will be taken on the right side of the body.

Once the body fat percentage has been determined, it is time to calculate your lowest allowable weight class. The lowest body fat percentage that any wrestler is allowed to cut to is 7%. First, your fat-free body weight is determined. This is how much you would weigh without any fat on your body. We will use for example, a wrestler who weighs 124 lbs. with 12% body fat. His fat free weight is calculated by multiplying his alpha weight by the body's nonfat percentage. This wrestler's nonfat percentage is 88% (100% - 12% body fat).

$$124 \times .88 = 109.12 \text{ lbs.}$$

Without fat, this wrestler weighs 109.12 lbs. Next, your weight will be determined as if you had the lowest allowable body fat percentage (7%). The fat free weight will be divided by 0.93 (100% - 7%). This will be the minimum weight that this wrestler could weigh and still have 7% body fat.

$$109.12 / .93 = 117.33 \text{ lbs.}$$

This wrestler is not allowed to weigh less than 117.33 lbs, so his minimum wrestling weight class would be 119 lbs (the next heavier weight class).

At this point, a final calculation will be done to determine the maximum amount of weight he could lose per week while descending to his minimum weight class of 119 lbs. The new rules state that you cannot exceed a weight loss of 1.5% per week from your “alpha” weight. So the wrestler would multiply 124 lbs (his “alpha” weight) by .015 (1.5%) to determine how much weight he can lose each week.

$$124 \times 0.015 = 1.86 \text{ lbs.}$$

So, this wrestler by rule would not be eligible to compete at his minimum wrestling weight (119) for at least three weeks after his weight certification.

$$124 \text{ lbs} - 1.8 \text{ lbs. (week 1)} - 1.86 \text{ lbs. (week 2)} - 1.86 \text{ (week 3)} = 118.42 \text{ lbs.}$$

Even though he cannot compete at 119 for three weeks, he can compete at 125 lbs. during his descent to 119 lbs.

Additionally, if an athlete is already at or below 7% body fat at the time of certification, his minimum weight class shall be that for which his alpha weight qualifies him. For example, an athlete has an alpha weight of 103.1 lbs. and his body fat is calculated to be 7%. He does not qualify for the 103 lb weight class and he cannot descend any further. Therefore, his minimum weight class would be 112 lbs.

All athletes must be certified prior to any competition. LISD will pay for the testing and provide transportation to the testing site. If an athlete is not satisfied with the results of his certification, he is entitled to appeal one time each season to the UIL. At this time, it is unclear who would pay for the second set of tests upon appeal.

Preparing for the Hydration Test

Listed below are tips that will help athletes report for testing properly hydrated.

Beginning two days prior to test day:

- Drink plenty of water throughout the day, at least eight to ten glasses.
- Increase intake of foods high in fiber. Fiber helps remove excess water from the body. Some examples include whole-grain cereal, vegetables, and fruits.
- Eat smaller, more frequent meals.
- Avoid foods high in fat (fried foods, meat, French fries, pizza, nuts, salad dressing, etc.)
- Avoid salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks, sport drinks)
- Avoid any vitamin or mineral supplements from now until after the test. These can cause the urine to turn dark as if you are not hydrated.

One day prior to the test:

- Continue with the preceding recommendations.

- Avoid any caffeinated beverages from now until after the test.
- Avoid any vigorous activities after lunch and until testing is completed.

The day of the test:

- No vigorous activity today until after the test.
- Continue drinking water. You should be urinating on a frequent basis. Urine should be clear if you are fully hydrated.
- Eat smaller, but more frequent meals. Continue to add fiber to your diet to eliminate excessive waste from your body.
- Fatty foods and snacks will stay in your body...stay away from these until after the test!
- Eat small portions today. Eat a very light lunch (if afternoon testing).
- Meals should come from lighter foods such as fruits, grains, etc.
- No salt today! No sodas, Gatorade, Powerade, etc. as these will make you retain water.
- Urinate as frequently as possible throughout the day until one-two hours prior to test time.
- Defecate before the test.
- Do not eat for the two hour period immediately preceding the hydration test.
- Be awake for at least three hours prior to testing
- Be ready to urinate for the test.

Jaguar Wrestling Weight Management Plan

Parents, please help me get the message through to your son that this is the Jaguar Wrestling Team, not the Jaguar Weight Cutting Team!! The whole point of cutting weight is to gain an advantage over your opponent by having more muscle and less fat than he does. If your son is losing weight improperly, he is losing either water or muscle, both of which can have disastrous results on his performance. If at any time you suspect that your son is starving, dehydrating, using diet pills, or participating in any other questionable weight loss program, please notify me immediately so that we may address the problem together.

There are several important issues regarding "making weight" that do need to be addressed. First of all, please understand that I will never force your son to cut weight. I will, however, make recommendations. If your son does choose to cut weight, and he makes varsity at a particular weight class, I do expect him to make that weight at each weigh-in for competitions. Ideally, he will do that through proper diet. However, it is nearly impossible to regulate body weight precisely from day to day with diet alone. There will be times when a wrestler will have to miss a meal before competition, or sweat off a pound or two on the day of the competition in order to "make weight". This should not have much an impact on his performance. However, if you son routinely "makes weight" on Friday, and comes in on Monday 6, 7 or 8 lbs. heavy, now we have a huge problem! The only way he could make weight the following Friday is to starve or dehydrate... UNACCEPTABLE, and against UIL rules!

To guard against such practices, your son will be required to weigh-in twice every day, before and after practice. I am always vigilant to see that he is never more than a few pounds above his weight class, and that he has put the water back on that he lost at yesterday's practice. Bear in mind that in a good practice, a 180 lb. athlete can lose as much as six pounds of water. In the event that your son is not managing his weight wisely, I will force him to compete at a higher weight class. You will be notified if I have any concerns, please notify me if you have any!

Rev It Up!

Diets require a lot of work and sacrifice. Few high school kids are disciplined enough to diet properly. There is an alternative. Diet works by consuming fewer calories than you are burning, creating a net deficit. However, you could create the same deficit by burning more calories than you are eating! For guys like me who like food, this is a much easier way to go! Here are some healthy guidelines to help you speed up your metabolism (the rate at which you burn calories):

- Eat breakfast every day. Your metabolism shut down if it thinks you are starving!
- Eat five small meals per day. You eat less if you don't feel like you are starving!
- Eat dinner early, and don't make it your big meal! Because you don't usually have many activities after dinner, it is hard to burn off all of the calories. Any remaining calories, no matter the source, are stored as fat!
- Drink lots of water. A glass before each meal reduces your appetite.
- Baked or grilled, not fried! Fat in cooking oils contain 9 calories per gram. If you don't like the way baked fries taste, use seasoning to spice it up.
- Skim milk, not whole milk. Whole milk is 4% fat. One glass of whole milk gives you as much fat as eating four slices of bacon!
- Increase weight training. Muscle burns calories. The more muscle you have, the faster your metabolism.
- Learn to substitute. For example, when having a baked potato, instead of butter, sour cream, and bacon bits, try yogurt, and imitation bacon bits. Air pop your popcorn to eliminate the oils. Can of Coke = 220 calories. Can of diet Coke = 0 calories.
- Long walks, everyday! Intense exercise, like running or wrestling, burn calories. However, the body can't take the time to breakdown fat to provide that energy, it uses stored carbohydrates instead. When you walk, the body is not rushed to provide the energy, and after it uses up muscle stores of carbohydrates, it begins to burn pure fat (after 15 to 20 minutes).
- Cut down on non-nutritive snacks! A cup of ice cream instead of a bowl.
- Learn the difference between hunger and appetitive. Babies know the difference. You can't make a baby finish a bottle after it is full. Sometimes we eat because we're sad, or happy, or bored, or because it smells so good. Concentrate on learning to eat because you are hungry and your body needs fuel. Remember, eat to live, don't live to eat!
- Take the time to enjoy your meals. Your stomach has a gauge in it just like the gas tank in your car. Next time you fill up the car, look at the gauge when you start it up. It takes a while for the gauge to register full. The body is the same way. If you inhale your food, you have often over eaten before you even realize that you were full. Thanksgiving???
- Cut down on the protein. Your body uses protein for growth and repair. The American diet usually centers around the meat dish. Americans usually get way too much protein. This especially true for teens. The average person needs only as much protein per day as is provided by one four ounce chicken breast. Remember, anything you don't burn up today is stored by the body as fat; even perfectly good protein.

Pre-Competition Guidelines

Below are the expectations of all Jaguar Wrestlers prior to all competitions:

1. The day before:
 - Follow all diet instructions... no exceptions!
 - Get at least eight hours of sleep.
 - Avoid candy and soft drinks since these can have a strong effect on your metabolism and prevent you from falling asleep.
 - Do all of your homework.
 - Relieve tension by distracting yourself. (watch TV, read, basketball game, etc.)
 - Take a warm (not hot!) bath if you have trouble falling asleep.
2. The day of:
 - Be undressed and in the locker room for weight check at 8:15. If you aren't there, you will be replaced in the line-up.
 - If you cannot make weight check, notify coach by 8:15 or you will be replaced.
 - Nothing to eat or drink after weight check without permission.
 - Wear your Jaguar Wrestling shirt to class for away events. Wear your Sunday best for home events.
 - Invite teachers and classmates to the competitions.
 - Report on time for the competition, at least 30 minutes prior to weigh-in or departure.
 - Every wrestler is expected to attend every home competition.
 - In addition to competing wrestlers, all academically wrestlers are encouraged to attend away competitions and may ride the team bus.
 - If you have an illness or emergency during the school day and realize that you will not be able to compete, notify coach immediately so that he can find a replacement for you. Forfeits hurt the whole team!

Weigh-In Procedures

Below are the expectations of all Jaguar Wrestlers at all weigh-ins:

1. **Make Weight!** The scale and the coaches have no sympathy for you! If you don't make weight, you will be knocked off the ladder.
2. **Before the Weigh-In:**
 - For all home weigh-ins, report 30 minutes prior to the scheduled weigh-in time.
 - Hair should be above a dress shirt collar and out of your eyes, sideburns no longer than the bottoms of your earlobes.
 - Fingernails should be short and neatly trimmed no jagged edges.
 - Your beard should be clean shaven. No stubble or peach fuzz.
 - Any skin problem that appears to be contagious will require a doctor's note to present to the official at the weigh-in.
3. **During the weigh-in:**
 - Disrobe in your underwear and form a single-file line in weight order.
 - Keep your mouth closed. Don't talk to your teammates or your opponent.

- When your weight is called, the visitor steps on the scales first. Makes sure that your feet are completely on the scales, be still, and listen for instructions.
- After both you and your opponent have made weight, as you leave the scales, it is proper to shake his hand.

4. After the weigh-in:

- The Junior Varsity will report to the locker room and dress out.
- The Varsity will report to the gym and set up for the competition.

Conduct at a Dual Competition

1. In the locker room prior to a dual:

- Be quiet and concentrate on your upcoming match.
- The captains are in charge of the team, give them respect.
- The captains will maintain order, provide a pep talk, and find a teammate to lead the team in prayer.
- Tape your shoelaces so that they cannot come untied during the match.
- Coach will come into the room five minutes before kick-off to give final instructions.
- The team shall line-up by weight in full warm-ups to leave the room.
- When directed by the coach, the team will leave together, in order, and proceed to the gym.

2. The Warm-up

- The team will enter the gym jogging, take three laps around the gym and go to the mat.
- The team will form a circle on the mat and stretch as directed by the captains.
- After stretching, wrestlers will shoot takedowns with a partner until directed to the team bench by the coach.
- When directed by the announcer, the team will come to the edge of the mat in weight order to be introduced.
- As you are introduced, go the center of the mat to shake hands with your opponent. Offer a firm handshake, and keep your mouth shut.
- After the handshake, return to the beginning of the line, and slap hands with all of your teammates on the way to your place at the end of the line.
- If your weight class will wrestle first or second, go immediately behind the team bench after slapping hands with your teammates to finish your warm-up.
- As each wrestler is introduced, the team will move down one position so that the next wrestler to be introduced will be the closest to the spectators.
- After introductions, all wrestlers will return to the bench, where you will remain until your match is "in the hole".

3. During the dual:

- To begin the dual, the captains and coach will go to the center of mat for a coin toss. The coin toss determines which team must present its wrestler first at each weight class throughout the dual.
- After the coin toss, the dual will begin with the predetermined weight class and continue to move up in weight until all 15 bouts have been contested.
- Do not leave the bench until you are "in the hole" or have coach's permission.

- Shout encouragement to your teammate as he wrestlers, but leave the coaching to the coach!
- Do not referee! If the official blows a call, it is up to the coach to challenge him, not you!
- As each match concludes, the team will get off the bench and go the edge of mat to receive their teammate in victory or in defeat.

4. During your match:

- When you are “in the hole” it is time to warm-up for your match.
- Stretch again like you did when the team warmed up.
- Take practice shots or jump rope to break a good sweat and get your heart-rate up.
- When you are “on deck” you should remove your warm-up bottoms, pull up your straps and knee-pads, snap on your headgear and be prepared to take the mat.
- When you are up, pull of your warm-up top.
- Check with coach for last minute instructions.
- Report to the head table to check in.
- Check your alignment with the official.
- Each time there is a break, check the time and the score and look to coach for instructions.
- Never leave the mat without permission from the referee.

5. After your match

- Win or lose, participate in the end of match procedure like a man.
- Before you leave the mat, shake the opposing coach’s hand and keep your mouth closed.
- When you return to our bench, the first you talk to is coach. And shake my hand; do not go stomping away, no matter what the outcome of the match was.
- When coach is finished, you will resume your place on the bench and cheer for your teammates.

6. When the dual ends:

- Both teams come to the center of the mat and shake hands.
- Be polite and respectful, and keep your mouth closed.
- Return to the bench and wait for instructions from coach. Do not leave the bench area to talk with Mom or your buddies or your girlfriend.
- No wrestler is excused until the gym is broken down and you are dismissed by coach.

Tournament Instructions

The following are special instructions pertaining to tournament competition:

- Never, never, never leave the gym without coach's permission.
- Always get your hand stamped at weigh-in as proof that you made weight.
- Do not eat junk, and never eat anything unless you are sure that you will have sufficient time to digest your meal before your next match.
- There is no excuse for missing a match. If you think that you have been skipped or placed incorrectly on the bracket, notify a coach immediately!
- Always allow yourself plenty of time to warm-up. You should be sweating when you walk onto the mat.
- Do not step on the mat until a coach is in your corner. Notify a coach when your match is "in the hole".
- Never bring anything with you to a tournament that you cannot afford to lose.
- Pack your own healthy lunch. Don't carry a lot of money to eat junk food all day.
- The team always sits together in our "camp". When you are not wrestling, you should be in camp cheering for your teammates or resting for your next match.
- Do not be on the gym floor unless you are wrestling or warming up.
- If you came on the bus, you will ride home on the bus. If you are beaten out of the tournament early, you will become a cheerleader for the duration of the tournament.
- Do not attempt to scout your opponent by talking with other wrestlers in the tournament. If you have ever told a "fish" story, the reason is obvious.
- Do not attempt to become "friends" with one of your opponents. He is there for one reason only, to defeat you! Anything he can do to intimidate you, he will do!
- A good cheerleader will spend hours distracting you so that her boyfriend can destroy you on the mat. Leave the girls alone!

Road Trips

The following are expectations of you on all road trips:

- Always arrive at least 30 minutes prior to departure time. You will wait for the bus. The bus will never wait for you.
- Check your weight. Check your equipment, and use the restroom prior to departure time.
- On the bus, keep your mouth closed, stay in your seat, and visually rehearse your match.
- On the way home, you may talk quietly.
- Girls in the front of the bus, boys in the back of the bus.
- Clean your seat and area before you unload.
- If you ride the bus there, you will ride the bus home. In case of emergency, a wrestler may get permission from the coach to ride home with HIS parent.
- Non-participating wrestlers that are eligible are encouraged to travel with the team.
- Riding the bus is a privilege, not a right. If you break the rules, you may not ride.

Wrestling Awards

Varsity Letter

LISD will award a letter certificate for each season that an athlete meets the district's lettering requirements. LISD will purchase one athletic award jacket per high school career to athletes who have met district lettering requirements. Jackets are ordered at the end of the season and usually arrive shortly before summer vacation. Certificates are presented at the annual wrestling banquet in the spring. To earn a varsity letter in wrestling an athlete must:

- Complete the season in good standing, and:
 - Earn at least 25 "varsity letter" points during the season. (fall/technical fall = 5, major decision = 4, decision = 3, forfeit = 1)
 - OR qualify for the UIL State Tournament.

The College Timetable

Freshman/Sophomore

- Take college prep courses (AP, pre AP)
- Work hard, try to maximize your grade point average, shoot for at least a B+
- Participate in extracurricular activities that interest you
- Have fun, avoid trouble and troublemakers
- During this summer, get as much mat time as you can afford (camps, freestyle)

Junior Year

- Continue the Fr./So. Recommendations and begin discussing college with family, friends, teachers, coaches, guidance counselors, just about everyone who can shed some light.
- Plan on attending college fairs that are held in our area during the fall months.
- Visit colleges that interest you during Spring Break or during the summer.
- Get college application forms from the counselor and write sample essays.
- Take your first ACT/SAT during the May-June testing period; check to see if the SAT II is needed.
- During the summer, get as much mat time as you can afford.
- Attend as many National tournaments as possible to maximize your exposure to college coaches.
- Investigate sources of scholarships and other means of financial aid during the summer.

Senior Year

September-October

- Apply for and take the ACT/SAT II in October
- Draft your personal essay for your college application; make it clear, honest and personal. Be sure to have it proofread by your English teacher or other professional.
- Get recommendation letters from your teachers.
- Meet with colleges that visit your high school, and don't be afraid to ask them questions.
- Send one college application; get a transcript of your grades from the guidance office.
- Submit the CSS Financial Aid Profile between September 15th and Dec. 1st.
- Create a wrestling "resume. Send it to all coaches of college programs in which you are interested.

November-December

- Take the ACT/SAT II to raise your scores if necessary.
- Create a wrestling highlight video to send to college coaches as requested.
- Apply to at least three colleges by Christmas; be sure to check for earlier application deadlines.
- Check the guidance office for weekly scholarships postings; don't rely on just what you see on the bulletin boards, if you don't see something, ASK!

- Question colleges about scholarships for:
 - Merit: grades test scores, etc.
 - Talent: athletics, theater, band, etc.
 - Major: accounting, engineering, music, education, etc.

January-February

- File an estimated “Free Application for Federal Student Aid” (FAFSA)
- Your college acceptance will be received if you applied during Oct., Nov. or Dec.
- Complete and mail your NSA College Scholarship Application.

March-April

- You will receive a Student Aid Report (SAR) from the Government in the response to the FAFSA. Be sure to check for any errors, address, social security numbers, etc.
- If the college request them, send copies of student’s and parent’s 1040’s.
- Make contact again with college coaches of programs that interest you. Have all of your statistics updated, and a completed wrestling highlight video ready to send.

May-June

- Scholarships and financial aid awards will be received; choose the best one with acceptance.
- Remit your college housing deposits.

June

- Send in applications for college loans.
- Take some summer school classes to get a head start on your freshman year in college.
- Work and save some money to spend on those many little extra things you’ll want for school.

LISD Extracurricular Code of Conduct

If I am selected to represent FMHS School in its extracurricular program, I will be sincerely interested in contributing my best effort to the success of the program. I therefore agree to the following expectations and consequences as they pertain to out of school and after hour's behavior while a member of an extracurricular group. It should be noted that the LISD student code of conduct and local school policies regarding appropriate behavior shall always be applied first and foremost when violations occur at school, at a contest/event, traveling to and from an event/contest, or when the students represent themselves as part of a school team, organization, or school group. Participation in extracurricular activities is considered a privilege and, certainly, higher standards are expected from all participants as it pertains to grades, behavior in and out of school, attendance, work ethic, and commitment.

The following restrictions refer to **any amount** of alcohol, drugs, or tobacco both **on** and **off campus**.

- I. Use and/or possession of Alcohol will not be tolerated.
- 1st offense: Removed from the program for two contests and/or performances. School staff counseling required.
 - 2nd offense: Removed from the program for a semester. School staff counseling required.
 - 3rd offense: In the event of a third violation of these rules, the student will no longer be permitted to participate in competitive extracurricular activities for the remainder of the student's enrollment in the District.
- II. Use and/or possession of Drugs will not be tolerated.
- 1st offense: Removed from the program for a semester. School staff counseling required.
 - 2nd offense: Removed from the program for a year. School staff counseling required.
 - 3rd offense: In the event of a third violation of these rules, the student will no longer be permitted to participate in competitive extracurricular activities for the remainder of the student's enrollment in the District.
- III. Use and/or possession of Tobacco will not be tolerated.
- 1st offense: Suspension from one contest and/or performance.
 - 2nd offense: Removed from the program for a semester.
 - 3rd offense: Removed from the program for one calendar year from date of infraction.
- IV. Hazing (as defined by TEC 37.151)
- 1st offense: Removal from the program for no less than 30 days and up to 90 days with reinstatement to the program at the Sponsor's/Coach's and Administrator's discretion.
 - 2nd offense: Removal from the program for no less than 90 days and up to one calendar year. Reinstatement to the program will take place only at the Sponsor's/Coach's and Administrator's approval.
- V. Charged with a felony involving bodily harm Removed from the program until the case is decided.
Adjudication and/or Conviction of a felony Removed from the program indefinitely.

- ***** 1. Once a participant has been removed from the program, the Sponsor/Coach and/or Administrator has the right to review the case and make a decision as to whether to allow the participant back into the program after the 90 day suspension.
2. A semester is considered to be 90 days.
 3. Infractions **will not** accrue from year to year. Infractions **will be** tabulated for one calendar year beginning August 1 and ending July 31.
 4. These violations have to be (a) witnessed by District personnel (b) ticketed by law enforcement (c) or admitted to by the participant.
 5. You are expected to follow the code of ethical behavior both on and off campus.

V. Additional expectations for extracurricular activities: failure to meet these expectations will result in counseling by the coach or sponsor, or some form of punishment or suspension.

A. Conduct: We expect you to conduct yourself as ladies/gentlemen at all times. Follow school rules and procedures.

B. Attendance: Do not cut class. Do not be tardy. If you miss an athletic period or participation be sure it cannot be helped. Your commitment may include holidays and non-school days. Call the coach or sponsor if you are absent from an athletic period.

C. Profanity: We do not allow it.

D. Injury: We have a professional trainer who has been educated in training procedures. If you have an injury, see the trainers first. They will either treat the injury or tell you to see your doctor.

E. Grades: We expect you to work and maintain good grades.

F. Promptness: Always be on time, to practice, meetings, and games.

G. Equipment and facilities: Be responsible and take care of both.

H. Respect for coaches and teachers: Treat them with respect and in return you will be treated with respect.

I. Stealing: Taking things that do not belong to you will result in severe consequences.

J. Accountability: You will be held accountable for all of your actions. Be sure you "think" before you "act".

*Due process procedures will be in accordance with LISD Board Policies: FOC (Local),FOA (Legal), FOC(Legal), FOD(Legal), and FOD(Local).

I have received a copy of the Extracurricular Code of Conduct and understand that all students will be held accountable for their behavior and will be subject to the disciplinary consequences outlined in the Code.

Name of Student (Please print)

Signature of Student

Signature of Parent/Guardian

Date _____ School _____ Grade Level _____

Wrestling Links

www.fmhswwrestling.com: Flower Mound Wrestling Booster Club

www.txusawrestling.com: all matters pertaining to amateur wrestling in Texas.

www.insidetexaswrestling.com: privately owned site that promotes wrestling in Texas.

www.uil.utexas.edu/index.html: University Interscholastic League website. The UIL governs interscholastic competition in Texas.

www.themat.com: USA wrestling website. USA Wrestling is national governing body for amateur wrestling in the United States.

www.wrestlinghalloffame.org: National Wrestling Hall of Fame, located in Stillwater, OK, memorializes outstanding wrestlers from across the USA

www.ncwa.net: National Collegiate Wrestling Association. Provides a national ranking system for individual HS wrestlers as well as HS teams.

www.amateurwrestlingnews.com: Oldest amateur wrestling publication in the United States.

www.wrestlingusa.com: National amateur wrestling periodical. (Coach Davis is a contributing editor for this magazine)

www.winmagazine.com: National amateur wrestling periodical.

www.dangable.com: website of legendary amateur wrestling coach/athlete Dan Gable.

www.brandonslay.com: website of Texas native Brandon Slay, Olympic gold medalist.

www.texaswrestlingstore.com: Online store that features wrestling products. Parts of the proceeds are used to fund Texas USA Wrestling.

www.suplay.com: Online store that offers a variety of closeout specials on wrestling products.

www.wrestlingone.com: Online store that offers a variety of wrestling products, including wrestling books, DVDs, VHS, etc.