



2019-2020 TEAM GUIDELINES

1. TEAM PHILOSOPHY AND EXPECTATIONS:

We want the wrestlers to 'EXPECT TO WIN' in our program. We want them to 'WIN' in the classroom, we want them to 'WIN' in their character development and we want them to 'WIN' in their life's endeavors. To do this, our program will aim to lead our wrestlers in the 'Mountain View Way': **Character, Commitment, and Competitiveness**. Our staff has made a commitment to you and we ask that you make the same commitment to us! You will be expected to speak of our program in a positive manner. A negative attitude is contagious, stay POSITIVE!

2. RESPECT OF COACHES/SCHOOL PERSONNEL:

Wrestlers will treat coaches, school personnel, and any adult, with the highest respect. Use only appropriate language around coaches and adults.

3. LOCKER ROOM FACILITIES:

Respect our facilities and the facilities of others. No horseplay or destruction of any kind will be tolerated. Pick up your mess and keep locker room clean. Coaches will throw away or donate any clothing left on the ground. Purchase a lock to keep your items safe in the locker room as many MV students pass through the locker room each day.

4. PRACTICE ATTIRE:

Wrestlers may wear shorts and appropriate T-shirt to practice. Long sleeves are okay. Wrestlers should bring extra shirts to change into during practice. During practice, focus on getting better, not your weight. Wrestlers are advised to wear a headgear and kneepads during practice. Wrestlers are expected to bring tennis shoes to practice every day.

5. PRACTICE ROOM AND STUDY HALL EXPECTATIONS:

Enter the practice room with a purpose and a positive attitude! We need to get better every day. You will be expected to practice hard every day. Remember that we are all teammates and you need to treat your teammates with respect. You are expected to be on time every day. If you are late because you are getting academic help, bring a note. If you are late without an excuse, you will have extra work at end of practice. Always have material to read or study for study hall each day. Study hall is also a time where you can get tutoring from teachers.

6. WEIGHT LOSS POLICY:

Unhealthy weight loss will not be tolerated. The wrestlers will weigh-in daily to monitor weight.

7. WRESTLE-OFFS:

In order to wrestle off during the season, the wrestler must be within four pounds of the weight class they are wrestling for. The coaching staff will encourage all wrestlers to wrestle-off, however, wrestle-offs are an earned privilege. If a wrestler wins his weight class for two consecutive weeks, then he will need to be beaten twice in a row to lose his spot. Wrestle-offs will usually end in last week of January. Wrestling on any team is ultimately up to the coaches.



8. LETTERING POLICY:

Wrestlers competing in 50% of the varsity matches/dates will earn a letter. Wrestlers competing two years on JV and fulfills team responsibilities will earn letter. Entrance into Area traditional tournament qualifies as a letterman. Attendance at practices/matches and behavior/grades are also determinants.

9. MISSED PRACTICES/MATCHES:

All team members are required to attend practice every day. If you need to miss a practice for family or academic reasons, let a coach know ahead of time. Please make an effort to schedule any appointments around practice times. Wrestlers are required to be at school for half of the school day in order to compete that day. Missing practice for any reason will result in extra conditioning at end of practice which should not be seen as a consequence, but making up the conditioning that was missed. If you are injured and cannot practice, you are expected at practice. *Missing team events (matches, fundraisers, etc) can affect the wrestler's team standing and possible awards at end of season.*

10. INJURIES:

If a wrestler is hurt and cannot practice, they need to see our school trainers, **FIRST**. They will evaluate the wrestler and then recommend the best plan of action. Our school is aligned with Sports Medicine South, a highly regarded sports medicine clinic, which helps with all of our sports. Please refrain from taking your child to a general doctor who is typically not specialized in sport injuries. Any injured wrestler is expected to attend practice every day and attend matches.

11. HYGIENE:

- A. Wear clean clothes every day to practice.
- B. Shower after every practice and match.
- C. If you see something on your skin that is not normal...show your coach!
- D. Do not leave dirty gear in your locker overnight.
- E. Use and antibacterial soap such as: Dial, Head and Shoulders or Selson Blue.
- F. Cover all open cuts during practice.
- G. Clean headgear, knee pads, wrestling shoes and gear bags weekly.

12. TRANSPORTATION:

All wrestlers are expected to ride on the bus to and from the competitions. Only a parent talking to the responsible coach will allow you to go home from an event with a parent. There might be instances where parent car-pooling will be the mode of travel to/from competitions that are in close proximity to Mountain View High School. Please respect the coaches' time and pick up your wrestler promptly from practice and/or meets.

13. MATCH CONDUCT:

Wrestlers will act respectful to their opponents and officials. Wrestlers will not taunt the other team or criticize the officials. Win with class and lose with class. Wrestling is an emotional sport; therefore avoid showing negative emotion in front of others. Wrestlers will wear team gear only while on the bench or in a tournament. Wrestlers should stand-up and recognize their teammate win or lose during a dual meet. Cell phones are prohibited on the bench. Music players are allowed while warming up individually for a match, but must be put away after competing in a



dual. **ALL** wrestlers are expected to help in the set-up and break-down of dual meets and tournaments.

14. UNIFORMS:

You are responsible for the equipment provided to you. If any of the gear is lost or severely damaged, you will be responsible for payment at the end of the season. You will receive a singlet, warm-up pant/top and headgear (if needed). *Personal headgear and warmups colors will be school colors.*

15. BEHAVIOR, DRUG, ALCOHOL, AND TOBACCO/VAPING POLICY:

Our team will follow the school/county policy (excludes prescribed drugs). These will be the **minimum** consequences and could result in removal from team for any infraction based on prior history of discipline.

Tobacco (any type)

- Consequence:
- 1st Offense - Consequence determined by approved local school athletic / extracurricular policy
 - 2nd Offense - Suspension from athletic/extracurricular competition for a minimum of 10% of the remainder of the season
 - 3rd Offense - Dismissed from team/activity but allowed to try out for subsequent athletic/extracurricular activities after that sport/activity has completed its season

Behavior/Alcohol/Other Drugs (Possession and/or Use)/ Theft/ Misdemeanor Criminal Law Violations

Consequences: Coach/Sponsor and Administrator will meet with the student and parent(s) or guardian to determine the consequence according to the approved GCPS athletic policy.



Mountain View Wrestling Social Media Guidelines

1. I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
2. I will not degrade my opponents before, during, or after games.
3. I will post only positive things about my teammates, coaches, opponents and officials.
4. I will use social media to purposefully promote abilities, team, community, and social values.
5. I will consider “Is this the me I want you to see?” before I post anything online.
6. I will ignore any negative comments about me and will not retaliate.
7. If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.
8. I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be **dangerous** if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

MV Wrestling media sources that you should follow:

- Facebook
- Twitter
- Youtube: Mountain View Wrestling
- Remind: 81010 @mvwres

“Your business is our business...you’re a Bear 24/7!”

EXPECT TO WIN
2015, 2016, 2017, 2018, 2019 Area Dual Champions



Please keep this document for further assistance. It should be understood that the Head Coach will make any final decisions regarding extenuating circumstances.

'One wrestler can't make the team better, but one wrestler can ruin a team'.

Please return this page to Coach Gassman before November 8th, 2019

My signature below states that I have read, agree with and will follow the 2018-2019 Mountain View Wrestling guidelines:

Wrestler Name: _____

Wrestler Signature: _____

Parent Signature: _____