

Prior Lake Wrestling

Laker Wrestling Mission Statement

Our mission is to promote excellence in wrestling and positively influence the lives of kids in the Prior Lake and Savage communities, by developing a commitment to wrestling through a fun and affordable team-oriented experience at practices and competitions, emphasizing sportsmanship, teamwork, skill building, physical conditioning, goal setting, a competitive spirit, hard work and a winning attitude. Our goal is to help guide our athletes to become the best and prepare them to face all of life's challenges.

Coach Block's Purpose Statement

I coach to help develop young men and women of integrity who learn self discipline, mental toughness and selflessness on and off the mat.

“Strength within, Pride throughout”

PARENTS, THE DIFFERENCE IS YOU!

To All Parents,

The Prior Lake wrestling program offers many challenging and rewarding experiences for not only your son/daughter, but you, as well. The Prior Lake Wrestling Club and wrestling coaching staff firmly believes that you are an intricate part of your son's development and success. Your attitude, encouragement, and dedication to the program will greatly affect how your son reacts to the pressures and demands of the wrestling team. It is up to all of us to ensure that each and every one of our wrestlers is given the best possible environment in which to grow not only as a wrestler, but, more importantly, as a young man/woman entering adulthood. If they stay with the program, it is inevitable that what they take away from this experience will, literally, last a lifetime. It is hoped that, with your help, those experiences will be positive and rewarding.

The responsibilities we, as parents, face during our child's teenage years are enormous. We must face these responsibilities head on with determination and commitment while at the same time giving our children the room to grow and mature. This is a very delicate balancing act and one that requires a great deal of effort on everyone's part. In the next ten commandments, we have outlined some of the parameters that we expect from not only our wrestlers, but our parents as well. By adhering to them, we feel the journey through your child's high school wrestling career will be a little easier for you and your child. Please read them carefully.

TEN COMMANDMENTS FOR PARENTS WITH ATHLETIC CHILDREN

1. Make sure your child knows that, win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them.
2. Try your best to be completely honest about your child's athletic capabilities, his competitive attitude, sportsmanship, and actual skill level.
3. Be helpful but don't coach them on the way to the gym or meet or on the way back or at breakfast and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes.
5. Try not to relive your athletic life through your child in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure them because you lost your pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare skill, courage or attitudes of your child with other members of the team, at least within their hearing.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains but are afraid to fight. Some of us will fight but turn to jelly if a bee approaches. Everyone is frightened in certain areas.

GENERAL CONDUCT

Captain Responsibilities:

Captains' responsibilities include, but are not limited to the following:

- Be a liaison between the coaching staff and team members
- Be a leader on and off the mat
- Be the first ones at practice
- Be the last ones to leave practice
- Make sure the locker room and wrestling room are kept clean
- Make sure the mats are cleaned and ready for practice
- Put together invitations to send to parents for parent's night

Letter Requirements

In order to letter for wrestling, a wrestler will need to earn 15 points on the varsity level, have wrestled in individual section competition or have been one of the 19 members of the section team. Six points will be earned for a fall, five for a technical fall, four for a major decision and three for a decision. In addition, each wrestler will earn 1 point for a loss (decision, major or technical fall) and ½ point for being pinned. In addition to earning 15 points you must have wrestled at least 15 matches on the varsity level.

On Being A Gentleman/Lady: All student athletes associated with the program are expected to be gentlemen/ladies both on and off the mat. Undesirable or unacceptable actions or conduct will not be tolerated. This includes behavior in the wrestling practice room, on the bus, at motels, and during duals and tournaments.

Language: Please watch your language both on and off the mat, your reputation and that of your coaches, school, and community will be under close scrutiny by others. Also, because of the penalties which may occur for such conduct, you may cost your team points! Not getting in the habit will eliminate this problem from the beginning! Watch Your Language!

Training Room: All injuries must be reported to our Athletic Trainer or a Coach, who will report these injuries to Coach Block! Don't treat yourself - never skip treatments that you have been told to do! STAY OUT OF TRAINING KITS AND TRAINING ROOM UNLESS SOMEONE IS THERE TO TAKE CARE OF YOU! Remember - Coaches need to know about all injuries!

Away Meets: Be on time and check all gear before leaving. The coaching staff EXPECTS the buses to be quiet on the way to meets to allow for mental preparation for upcoming opponents. Do not take anything that does not belong to you when leaving another school. All student-athletes will ride the bus **to and from** all events, unless prior arrangements have been made between your parents and Coach Block. Remember when traveling to make sure that you have all the equipment/gear that you are going to need. Go through the following checklist before each trip. Come prepared.

- Wrestling shoes
- Singlet
- Warm up
- Sweat pants
- Prior Lake wrestling t-shirt and shorts (to be worn under your warm-ups)
- Socks
- Appropriate undergarments
- Headgear
- Kneepads (if you use them)
- Jump rope (if you use to warm up)
- Running shoes (just in case)
- Towel and soap
- Something to eat or drink for after weigh ins

Laker Wrestlers will:

- be responsible for treating all school facilities with respect and keeping them clean
- be prepared and on time for all meetings, practices and meets
- wear headgear at all times during practice
- pay attention and actively listen while coaches are talking
- act responsibly in an effort to maintain a positive image and represent Prior Lake High School in a respectable fashion
- keep our emotions in check on and off the mat
- treat our teammates with respect at all times, we are all in this together, hazing of any type is not allowed and will result in consequences

Locker/Wrestling Room Expectations:

- Wrestlers are responsible for the cleanliness of our locker and wrestling room, this includes showers and bathrooms.
- Equipment found before or after practice will have to be earned back.
- No pop or food is allowed in any of the above mentioned areas.
- Food consumed after weigh ins will have to be done so outside the wrestling and locker rooms
- If any of these areas are not treated with respect the team will be held accountable
- Do not touch or handle anything that is not yours
- No foul language or music will be used at any time

DAILY PRACTICE GUIDELINES

Practice: (Daily practices are not open to the public, this includes parents)

The purpose of this policy is to make each wrestler accountable to their team. Every wrestler is responsible for being at practice everyday and on time. If a wrestler is unable to make it to a practice or meet, they are responsible for contacting a coach and letting them know the reason for their absence. Upon returning to practice, you will be required to have a note from the teacher or supervisor you were with. Failure to do so will result in an unexcused absence from practice. If a problem occurs (ex: teacher leaves early, or you forget to get a note) you will need to get one the following day or it will result in an unexcused absence. I will also follow up with the staff member if such a problem arises. **If you don't show up to practice don't expect to wrestle.**

Excused Absence

Examples of excused absences are as follows: school work, illness, doctor's appointments and family situations that may arise. Repeated excused absences will result in a sit down meeting between the coaches and the wrestler.

Unexcused Absence

Three strikes and you are out rule. If we as coaches can not confirm your whereabouts or your story it will result in an unexcused absence. This includes detentions and suspensions. Consequences are as follows.

First absence: miss the next dual

Second absence: miss the next two duals

Third absence: You will be asked to turn in your gear

Wrestlers need to be on time for every practice and event. If you are late you will need to have a note stating the reason and signed by a staff member or parents. Starting time for practices are set ahead of time. That means you are in the room fully dressed with shoes on and ready to go. Being in the room on time not ready to go means you are late. As coaches we have the final say in the matter.

Injured Wrestlers

If you are injured you are required to show up to practice and meets. There are workouts posted in the room for wrestlers depending on the injury. If you can't workout you can use the time to complete school work. If you are too injured to workout or practice during the week don't expect to wrestle in our next competition. If you must see a trainer for your injury you must do so BEFORE practice begins.

Practices when there is no school

If a wrestler is in town on days with no school they are expected to be at practice. Obviously if there is a family gathering or a reason they can not be there they need to communicate that to a coach. It is your responsibility to get to practice; not having a ride is not an excuse for missing practice.

Workout Gear:

You are expected to wear a clean set of t-shirt and shorts each day. Sweats are not allowed unless special circumstances apply. You will be purchasing a new Prior Lake Wrestling T-Shirt and a pair of shorts; these are to be worn the day before a meet/tournament and again under your warm-ups. It is very important that your workout gear and towels are washed on a DAILY basis and are clean.

Morning Practices:

Morning practices are mandatory for those wrestlers who are going to be wrestling varsity. It is important that everyone is there on time so that we can get started and finished in a timely manner. .

Again, these are mandatory practices and are not to be missed, they will benefit everyone.

**BE PREPARED TO WORK HARD AND HAVE FUN DURING PRACTICE. REMEMBER:
PERFECT PRACTICE MAKES PERFECT!**

Challenge System:

A challenge system will be used to determine who shall wrestle each meet. Wrestle offs will be held throughout the season. If additional wrestle offs need to take place we reserve the right to determine when those will be. Coaches will determine the starting lineup in all dual meet situations based on challenge matches, attitude, work ethic in the wrestling room and any other criteria deemed necessary.

The two wrestlers must be within 5 pounds of the weight they are challenging for on the day of the challenge. Wrestle offs for the beginning of the season will be the best of three. The wrestler winning two of the three matches will be the varsity wrestler. Once an athlete establishes his/her position in the line up, whoever wants to challenge will have to beat the varsity wrestler two times in a row in order to take their position. The varsity wrestler only has to defeat the challenger once to keep their spot. If we have 3 wrestlers challenging for one spot and they have not wrestled off already, we will wrestle a round robin.

Challenge matches will take place before or during practice and are not open to the public.

***The coaching staff does reserve the right to change or amend the team lineup based on attitude, lack of performance, or any other reason seen fit. Our goal is to put the best team on the mat.**

Youth Wrestling Tournament:

The youth tournament this year is on Saturday, January 6th and will be counted as a practice. Each and every wrestler will be there to help referee and work tables, unless it is cleared by the head coach in advance.

All consequences dealing with being late or missing practice will be in effect.

Award Guidelines - Note: not all awards are given each year.

Dagitt Award

This award is presented to the wrestler who demonstrates good sportsmanship throughout the season on and off the mat, win or lose.

Alan Freschette Award

This award is presented to the wrestler who contributes to wrestling in the community as a youth coach or one who is visibly promoting the sport of wrestling in a positive way.

Ron Edwards Coaches Award

This award is presented to the wrestler who works the hardest on the mat even though he may not be the most skilled wrestler or have the most success.

Patrick Ferris Award

The award is presented to the wrestler who is the top scholar and maintains the highest overall GPA. You must have at least a 3.5 GPA to receive this award.

MVP

This award is voted on by the team and is typically given to the wrestler who contributes the most to the success of the team.

Most Improved

The award is voted on by the team and is typically given to the wrestler who shows the most growth in terms of success or skill development from one year to the next or from the beginning of the season to the end.

Laker Excellence Award

This award is voted on by the coaches and goes to the wrestler who displays an overall positive attitude, is a hard worker, is selfless and show exceptional leadership skills. Basically, they encompass all the characteristics that we look for in a Laker.