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# WHITE HAWKS WRESTLING

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Team Manual



# WHITE HAWKS WRESTLING

*“Attitude and Effort”*

*“Brothers”*

## PHILOSOPHY AND MISSION STATEMENT

Our goal is to help our young athletes develop the physical, mental and social skills that will prepare them for life after high school. We will strive for excellence in everything we do, and will foster a competitive yet supportive and healthy environment where our team and wrestling “family” will come before the individual. As a member of our program, our athletes will gain experiences that will help them face the challenges that life brings.

- We want our wrestlers to identify the basic need to be a responsible, **self-directed** individual.
- We want them to become a **productive** individual who makes a positive impact on the community.
- We pride ourselves on the fact that people should know who wrestles for Mound Westonka based solely on their **work ethic** and **behavior**.

### White Hawks Wrestlers Will Pride Themselves on:

**Self-Discipline**- Appropriate choice making skills, not cheating oneself out of opportunities

**Integrity**- Adherence to a code of values, sincerity, honesty, selfless actions and dependability

**Humility**- Always seeing yourself as an equal, never more privileged than others and never too good to get better.

**Fortitude**- Displaying courage in the face of self-doubt

**Accountability**- Acknowledging the individual responsibility for personal actions

**Adaptability**- Ability to make and accept changes with a meaningful purpose





## **Wrestling Attendance and Conduct Standards:**

### **Excused vs. Unexcused Absences**

#### **Unexcused Absences**

- 1.) No courtesy call or reasonable explanation note that explains an absence from the prior day or days (including school activities or family vacations).
- 2.) Any practice missed because of school discipline incident such as detention or suspension. (Each day of a detention/ suspension is considered a separate unexcused absence. There are no excuses for any wrestler to be suspended.)
- 3.) All injured athletes must attend practice and complete the prescribed workout. Failure to do so will result in an unexcused absence, unless attending an appointment.
- 4.) All wrestlers will participate in all aspects of setting up and putting away mats for practice, meets and tournaments. Failure to do so will result in an unexcused absence.
- 5.) Wrestlers must have their wrestling shoes on, headgear available and be ready for practice at the determined time. Being late or unprepared will result in an unexcused absence.

#### **Excused Absences**

- 1.) A phone call/text, email, or face-to-face explanation for absence. (Including school activities or family vacations).
  - These must be in advance of missed practice/event date. All absences after this point will be considered unexcused.
  - Note: It is very unlikely that a wrestler will be able to compete if the practice before a meet is missed.
  - \* 3 unexcused absences means end of commitment and will be demoted to practice only or asked to leave the team.
  - \* 2 unexcused absences will negate all lettering potential.

We feel practice is very important and work extremely hard to make each practice meaningful. We ask that wrestlers come to practice every day with the proper attitude and maximum effort. Please make every effort to schedule any appointments outside of practice time, especially during non-school days.





## **Personal Character Expectations**

If ANY wrestler chooses to:

Throw headgear, taunt an opponent, swear on the mat, or exhibit flagrant misconduct to an opponent, fan, referee, coach or fellow teammate they will be expected to take ownership for their actions. This type of behavior is not a part of our program's philosophy.

**1st Incident** = Discussion/ redirection attempt for wrestler by coaching staff

**2nd Incident**= 1 competition event suspension

**3rd Incident**= END of commitment for the remainder of the season.

## **Parent Expectations**

Do:

-Encourage your child to work hard, be a good teammate, and represent their program, school and community with pride.

-Support them through attending matches and meets, and getting involved in the MWO Booster Club.

Do Not:

-Coach them from the stands (ex. "cut him"). This sends mixed messages and puts them in an awkward situation. Instead, encourage the process (keep working hard, improve your position, etc.) Any wrestler taking direction from anyone other than a coach (parents, fans, other wrestlers) will lose their privilege to wrestle in the subsequent match. Parents may not be on the gym floor or matside during the competition and will be asked to move before their son/daughter can participate.

-Disrespect officials, workers, or members of the opposing team. Instead, keep it positive and encourage our wrestlers regardless of the situation.





### **Line Ups**

Coaches will make the decision on who wrestles in varsity tournaments and dual meets based on attitude, attendance, ability, recent performance, and most of all what's best for the team and development of athletes. Wrestlers will have the opportunity to wrestle off for a spot in individual sections, provided they have the required weigh-ins for that weight class. In any situation where a wrestle off is not possible, the coaching staff will make the final decision.

### **Practice Equipment Requirements**

T-shirt

Shorts

Wrestling Shoes- no street shoes allowed on the mat

Running Shoes- Part of Cardiovascular training sessions

Head Gear (school-issued, but wrestlers may buy their own)

\* Must wear clean practice apparel every day.

\* Must shower directly after practice.

### **Competition Uniforms**

Each wrestler will get two singlets (red and gray) to be used during weekly competitions. Please wash them weekly after each use. Warm ups will consist of a booster-purchased sweatshirt and black shorts. Each wrestler will receive a long-sleeve t-shirt, which can also be used as a warm up top.





## **White Hawks Coaching Staff**

### **Head Coach**

Coach Munsterteiger - Teacher @ High School

Phone #'s – School: (952) 491-8258      Cell: (763) 439-3357

email:munsterteigert@277apps.org

### **Assistant Coaches**

Coach Rodelius -Head Assistant

Teacher @ Grandview

(952) 491-8363

Coach Wardlow -9th Grade

PBIS at Hilltop Primary

(952) 212-1946

Coach Bennyhoff-Asst. Varsity

Coach Hensel-Asst. Varsity

Coach Wheeler-Asst. MS





## **White Hawks Wrestling Lettering Request Form**

Listed below are the **minimum** requirements needed to letter. Please indicate how and when you fulfilled each requirement.

### **HOW TO EARN A WHITE HAWKS WRESTLING LETTER:**

Letters will be earned by performance both on and off the mat. Criteria will include: practices attended, attitude, work ethic, respect given to coaches, teammates and classmates, and general behavior. Number of varsity matches, making the section team roster, etc. will also be factors in determining lettering. Also, any failing grades during the season will negate any chances of lettering. The coaching staff reserves the right to award or take away a letter based on positive or negative conduct. What this all means is everyone has the ability to earn a letter regardless of ability, while at the same time everyone has the ability of forfeiting their lettering privilege even if they're a state champ. At the end of the year you will know in your heart whether or not you deserve to letter. There will be no chance of doing extra work after the season to earn your letter as there has been in the past. You need to either dedicate yourself during the season or be resigned to the fact that you blew your chance for the year. In all, letters will be awarded to those who take the necessary steps and sacrifices to wrestle to their potential while being a positive role model for others. Listed below are the minimum requirements needed, along with the above stated criteria, to be considered for lettering:

\_Attend all practices and meets.

\_At least three hours of service to the program/sport ( Youth Practices, Intro to Middle School Wrestling, JH meets, No Nonsense Practices, Rent a Wrestler, etc.).

**Personal Statement:** What have you done to make your family better and be a positive brother?

[23-24 Schedule](#)





# Parent/Wrestler Consent Form

I have read and understand all facets of the White Hawks Wrestling Team Manual, and agree to abide by all of the expectations.

As a wrestler I agree to give my full effort and have a positive attitude.

As a parent I agree to support my child in a positive manner and encourage him to be the best teammate possible.

Parent Signature\_\_\_\_\_ Date\_\_\_\_\_

Wrestler Signature\_\_\_\_\_ Date\_\_\_\_\_

