

Parents' Meeting Thank You!

Information Needed:
Online Parent Info Form
Use computers provided



Devotional Theme:

Confident



I Know...

Who I Am: I am a redeemed, dearly loved, holy child of God, bought with the precious blood of Christ.

What I'm Worth: I am precious to God because he created me and paid the ultimate price for me - not because of what I can do.

Why I'm Here: God sends me into the world with a purpose: to glorify him by loving others.

Where I'm Going: My real home is in heaven, where Jesus is preparing me a place to be with him forever.

- Psalm 94

SLHS Wrestling

Shoreland Lutheran wrestling exists for coaches and wrestlers to build each other up to grow as Christian men who:

Believe God's promises in Jesus Christ

Love in response to God's love

Respect God and his representatives

Serve others

Strive for excellence in all things

Share God's promises in Jesus Christ



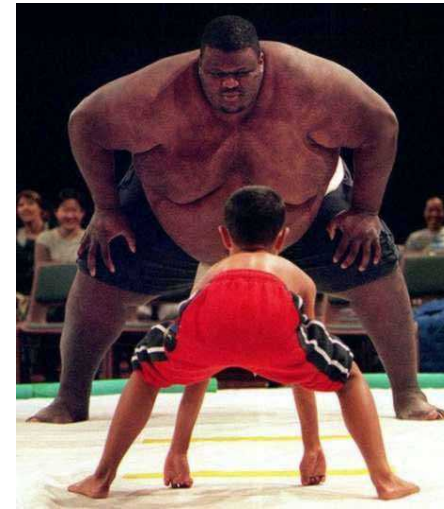
Why Wrestle?

Competition



Why Wrestle?

Even Competition - Weight Classes



Why Wrestle?

Personal Growth



PHOTO SUBMITTED TO KENOSHA NEWS
Green Bay Packers wide receiver Greg Jennings, right, poses with Shoreland Lutheran's Kendrick Cline during the inaugural Wisconsin Positive High School Athlete Awards on June 15.

Shoreland's Cline wins Positive Athlete Award

KENOSHA NEWS STAFF
Shoreland Lutheran graduate Kendrick Cline was one of 23 athletes statewide to earn an inaugural Wisconsin Positive High School Athlete Award on June 15 at Lambeau Field.

Green Bay Packers Pro Bowl wide receiver Greg Jennings hosted the awards ceremony at the historic stadium. The quiet Rotary Clubs of Wisconsin presented the awards, which were given to one athlete in each of the 23 different states and girls' high school sports.

The award was honoring high school athletes who have demonstrated positivity during the 2011-2012 school year. The ceremony was a humbling experience," said Cline, who wrestled at Shoreland. "Being around a lot of other motivational athletes, I am honored to have received the Positive Athlete Award.

Cline is being recognized by Greg Jennings for something I will carry with me for the rest of my life."

Over 150 nominations from coaches, principals, athletic directors, teachers and parents were submitted representing different Wisconsin high schools.

Positive Athlete was created as a movement for more positivity in youth sports. In addition to excellence on the field, each nominated Positive Athlete was required to show characteristics such as an optimistic attitude, teammate encouragement, servant leadership, heart for others, ability to admit imperfections, giving 100 percent all the time and realizing the team as more important than the individual.

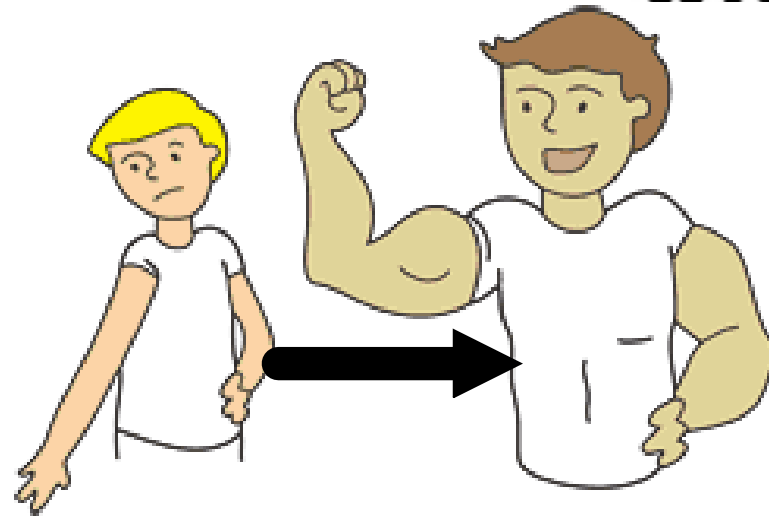
"We hope this program focuses the spotlight on how important a positive attitude is not only in sports, but in life as well," said Jennings. "The most successful business men and women are positive individuals, so we're using sports to help instill those characteristics at a young age. Positivity is a life skill that will help any young person deal with relationships, obstacles and opportunities."

Jansen Van Daalwyk, a Clintonville junior baseball player, was the Male Athlete of the Year. Leah Nass, a Manitowish Lake Lutheran senior track and field athlete, was the Female Athlete of the Year.



Get in better shape
Toughness
Quickness
Endurance
Strength

Why Wrestle?



Why Wrestle?



SL
Wrestling
Fun
Friendship



Expectations

What you can expect from your **coaches**:

1. Coaches will treat you with **respect** as a **brother in Christ**.
2. Coaches will **teach** you and **help** you grow in your knowledge and skill in the sport of wrestling.
3. Coaches will **encourage** you to give your best effort in practice and competition.
4. Coaches will **communicate** clearly with wrestlers and parents.
5. Coaches will promote the **health and well-being** of the wrestlers.
6. Coaches will display **good sportsmanship** and be **models of a Christian life**.

- Please let me have your email address
- Like us on Facebook: **Shoreland Pacer Wrestling**
- Follow us on Twitter: **@pacerwrestling**



What we expect from wrestlers:

1. Wrestlers will be **faithful** in their God-given duties as *sons*, *students*, members of a *congregation*, and whatever roles God has given them.
2. Wrestlers will be at **every practice on time** from beginning to end. If there are unusual circumstances, the wrestler should speak to Coach Brug **before** missing practice. If a student is absent from school due to illness, an email (brugp@slhs.us) or call (262/859-2595 x104) would still be appreciated.
3. Wrestlers will be **attentive** during practice and **follow the directions** of their coaches.
4. Wrestlers will give their **best effort** during practice and competition.
5. Wrestlers will **encourage** each other and build each other up in wrestling, school and faith.
6. Wrestlers will display **good sportsmanship** and let their faith show in their actions.
7. Wrestlers will **take good care of their bodies** and follow training rules (see attached code of conduct and health rules).



School Code of Conduct Policy

See handout: "Code of Conduct..."

A **minimum GPA of 1.85** must be maintained by the athlete to remain eligible

Appeal Process in Cases of Ineligibility

A student with 2 Fs is not allowed to appeal his/her ineligibility. The appeal process is only for instances of ineligibility with a GPA lower than 1.85 and not including 2 Fs. If a student is found to be ineligible, an **appeal may be requested based on one or more** of the following qualifications:

1. The student has currently, within the last four years, been diagnosed with a **learning disability**.
2. The student is **under the care** of a medical, psychological, or educational professional.
3. The student, from first indication of academic difficulty (mid-quarter or earlier), is (or has in the past) **working in the SEE Center**.
4. The student is ineligible for the **first time**.

A letter of appeal needs to be written from the family requesting eligibility and explaining the circumstances resulting in ineligibility. The Guidance Director will then solicit teacher feedback based on the letter of appeal and the student's performance in the classroom. The Eligibility Review Committee will make a decision on an appeal 3 days following the submission of the appeal letter from the parents.

The Eligibility Review Committee is comprised of a faculty representative, a SEE Center representative, and the Guidance Director. The principal will serve as an advisory member of the ERC. The principal will become a voting member in the place of any member of the ERC who may have a conflict of interest with a student involved in the appeal process.

Should the appeal not go through, the student would be ineligible for 15 school days or 21 calendar days for fall sports.

Online Resources:

Facebook: Shoreland Pacer Wrestling

Twitter: @pacer_wrestling

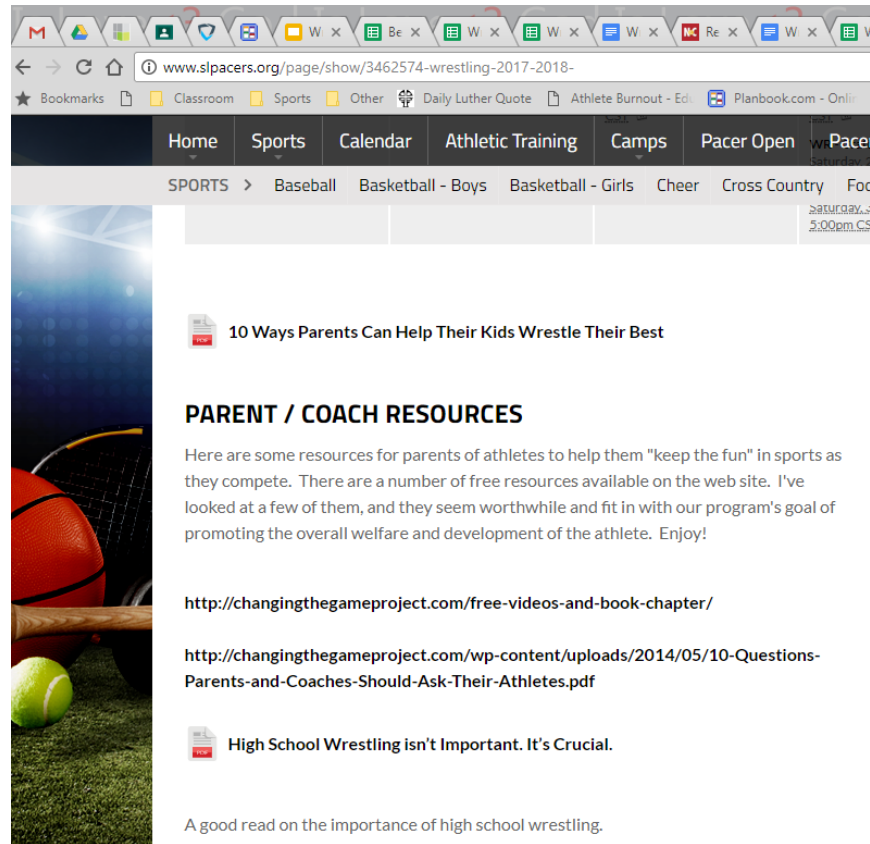
Web Site:

<http://www.slpacers.org/page/show/3462574-wrestling-2017-2018->

WIAA:

<https://www.wiaawi.org/Sports/Wrestling.aspx>





www.slpacers.org/page/show/3462574-wrestling-2017-2018-

Home Sports Calendar Athletic Training Camps Pacer Open Pacer

SPORTS > Baseball Basketball - Boys Basketball - Girls Cheer Cross Country Football

10 Ways Parents Can Help Their Kids Wrestle Their Best

PARENT / COACH RESOURCES

Here are some resources for parents of athletes to help them "keep the fun" in sports as they compete. There are a number of free resources available on the web site. I've looked at a few of them, and they seem worthwhile and fit in with our program's goal of promoting the overall welfare and development of the athlete. Enjoy!

<http://changingthegameproject.com/free-videos-and-book-chapter/>

<http://changingthegameproject.com/wp-content/uploads/2014/05/10-Questions-Parents-and-Coaches-Should-Ask-Their-Athletes.pdf>

High School Wrestling isn't Important. It's Crucial.


A good read on the importance of high school wrestling.

← → ↺ ⌂ ⓘ www.slpacers.org/page/show/3462574-wrestling-2017-2018- ☆


★ Bookmarks 📁 Classroom 📁 Sports 📁 Other 📁 Daily Luther Quote 📄 Athlete Burnout - Ed Planbook.com - Onlin Gradelink Educate f Flippity.net: Easily Tur >>


Home Sports Calendar Athletic Training Camps Pacer Open Pacer Patrons Apparel

SPORTS > Baseball Basketball - Boys Basketball - Girls Cheer Cross Country Football Golf - Boys Golf - Girls More +



Brug
Head Wrestling Coach
Phone: (262) 859-2595





Shoreland Pacers
SLPacers

SLPacers The boys' hoops team tips off their season tonight at Christian Life! God's blessings on a great season!
about 1 hour ago · reply · retweet · favorite

SLPacers What a great game last night!
<https://t.co/VQb96Pg8Nb>
about 9 hours ago · reply · retweet · favorite


SLPacers On a historic night, the Pacers beat Park 70 to 52. Chelby gets 41 to lead the Pacers!


Join the conversation


MAXPREPS


TRACKWRESTLING


WISCONSIN INTERSCOLASTIC ATHLETIC ASSOCIATION


 Nutrition Diary


 Beginners Guide for Wrestling

 "The Wrestler's Diet" Booklet

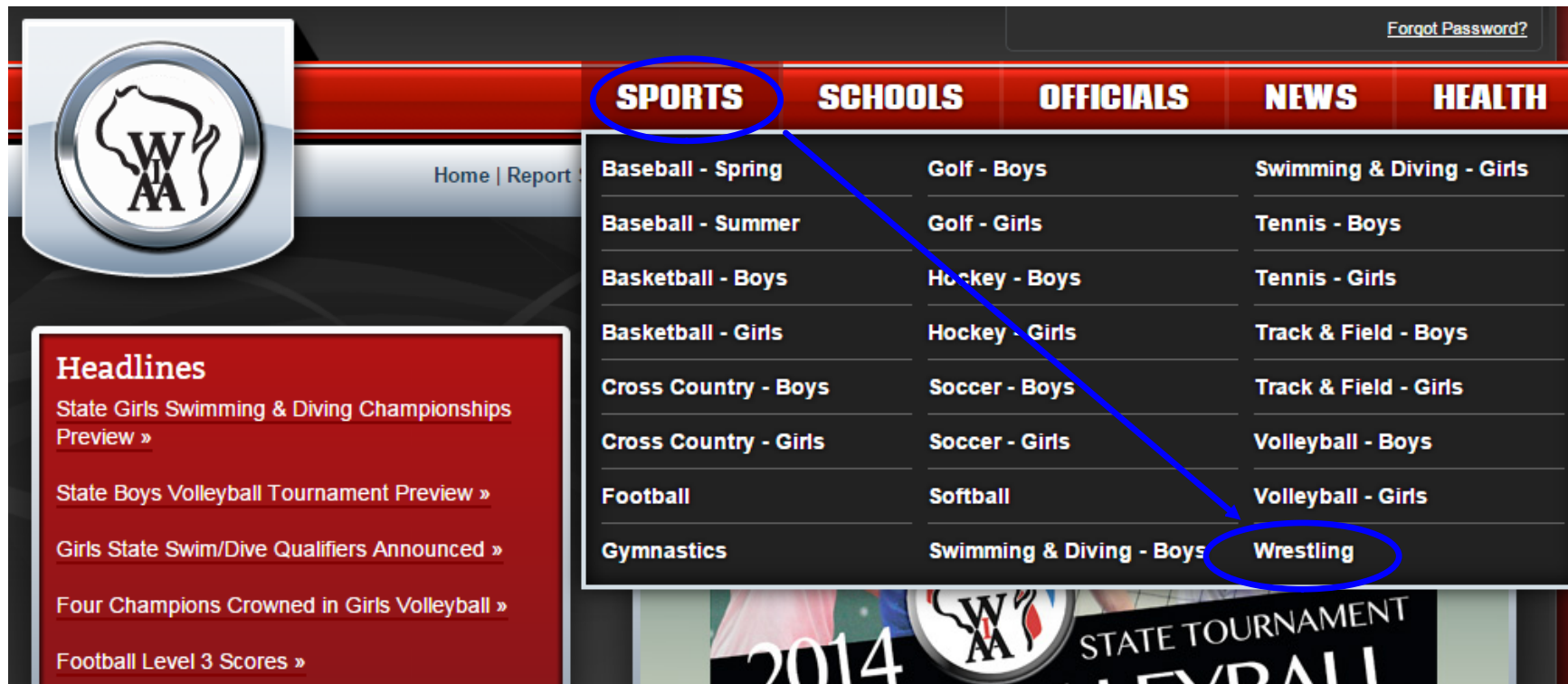
 Uniform Care

 Hydration Info

 Skin Release Form - For Doctor

 Parent Permission for Weight Loss

www.wiaawi.org



The screenshot shows the WIAA website interface. On the left is a sidebar with the WIAA logo and a "Headlines" section containing links to various state championship previews and scores. The main content area features a red navigation bar with tabs for "SPORTS", "SCHOOLS", "OFFICIALS", "NEWS", and "HEALTH". The "SPORTS" tab is selected and circled in blue. Below this tab is a grid of sports categories. A blue arrow points from the "SPORTS" tab to the "Wrestling" link in the bottom right of the grid, which is also circled in blue.

SPORTS		
Baseball - Spring	Golf - Boys	Swimming & Diving - Girls
Baseball - Summer	Golf - Girls	Tennis - Boys
Basketball - Boys	Hockey - Boys	Tennis - Girls
Basketball - Girls	Hockey - Girls	Track & Field - Boys
Cross Country - Boys	Soccer - Boys	Track & Field - Girls
Cross Country - Girls	Soccer - Girls	Volleyball - Boys
Football	Softball	Volleyball - Girls
Gymnastics	Swimming & Diving - Boys	Wrestling

2014 STATE TOURNAMENT

Attendance

On the day of a scheduled activity or practice, participants are to **be in attendance at school**. They must have a valid **parent or guardian signed excuse** for the **partial day absence** to be eligible to participate in practice or an activity. Students who are **not in attendance** will **not be permitted to participate in any athletic practice or contest that day**. **Appeals** concerning special situations can be made to the Assistant Principal or Athletic Director. (e.g. funeral).

You must be in Edit Mode to enter content, and then you can use the Module Action Menu or Module Action Buttons to manage content

SPORTS **SCHOOLS** **OFFICIALS** **NEWS** **HEALTH**

Home | Report Scores | About WIAA | Games Wanted | Calendars | Contact Us

Wrestling

Click here

[Wrestling](#)
[Rules & Regulations](#)
[Dates & Schedules](#)
[News](#)
[History](#)
[State Results Archive](#)

Individual State **Team State**

72nd Annual WIAA Individual Wrestling Championship Tournament

2015 State Individual Wrestling Championships

Kohl Center, Madison, Wis.

Finals Match-ups - Saturday, Feb 28 - 6 p.m.

Online Tickets: [Click Here](#) [Kohl Center Ticket Window Hours](#)

2015 Tournament Series Information

[Tournament Assignments](#) - **Sites Needed**

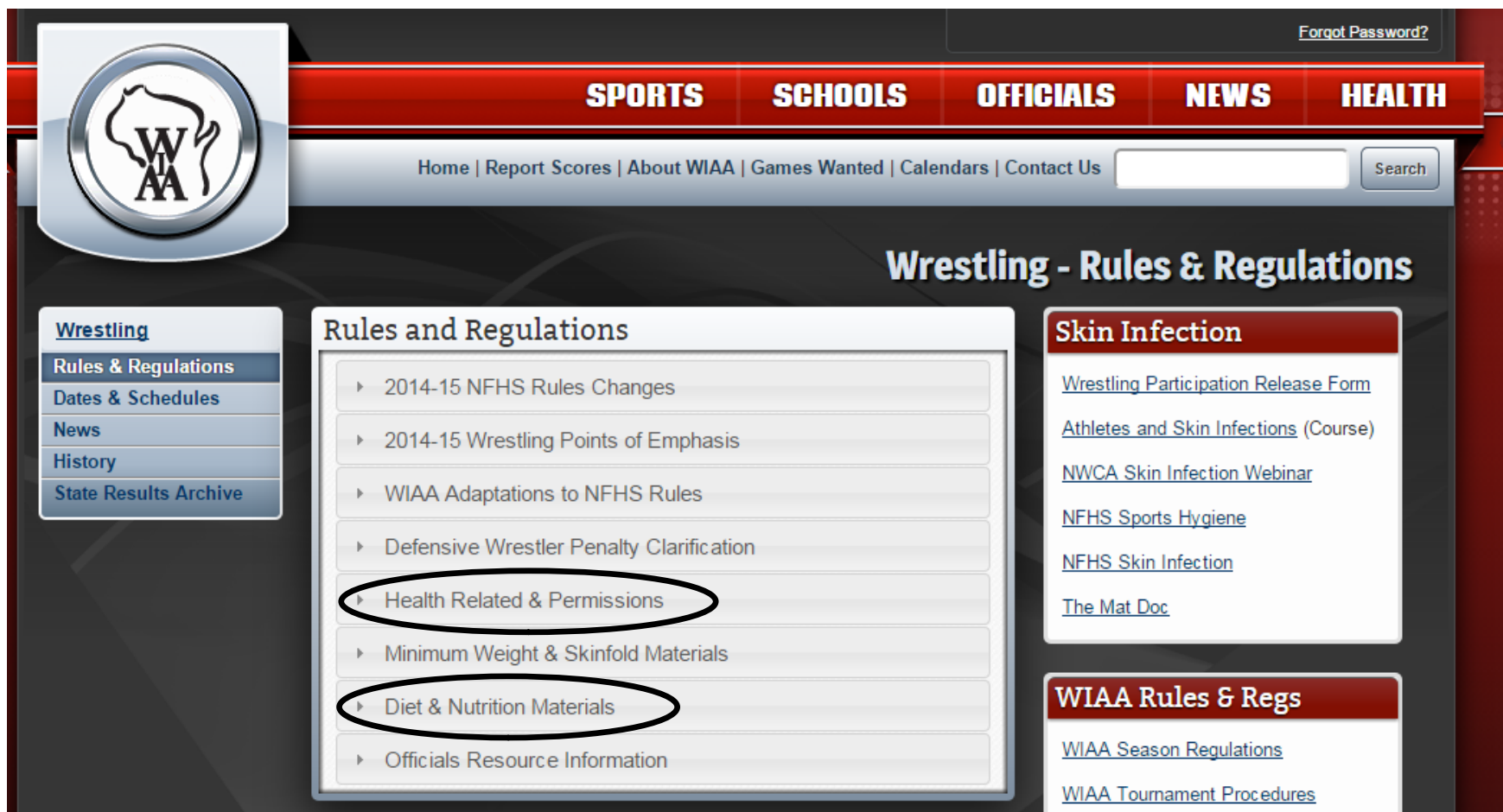
Regional & Sectional Time Schedules

Individual State Teams & Number of Qualifiers

[Div. 1 State Brackets](#) - 2014

[Div. 2-3 State Brackets](#) - 2014

www.wiaawi.org



[Forgot Password?](#)

SPORTS **SCHOOLS** **OFFICIALS** **NEWS** **HEALTH**

Home | Report Scores | About WIAA | Games Wanted | Calendars | Contact Us

Wrestling - Rules & Regulations

Wrestling
Rules & Regulations
Dates & Schedules
News
History
State Results Archive

Rules and Regulations

- ▶ [2014-15 NFHS Rules Changes](#)
- ▶ [2014-15 Wrestling Points of Emphasis](#)
- ▶ [WIAA Adaptations to NFHS Rules](#)
- ▶ [Defensive Wrestler Penalty Clarification](#)
- ▶ [Health Related & Permissions](#)
- ▶ [Minimum Weight & Skinfold Materials](#)
- ▶ [Diet & Nutrition Materials](#)
- ▶ [Officials Resource Information](#)

Skin Infection

- [Wrestling Participation Release Form](#)
- [Athletes and Skin Infections \(Course\)](#)
- [NWCA Skin Infection Webinar](#)
- [NFHS Sports Hygiene](#)
- [NFHS Skin Infection](#)
- [The Mat Doc](#)

WIAA Rules & Regs

- [WIAA Season Regulations](#)
- [WIAA Tournament Procedures](#)

www.wiaawi.org

SLHS Code of Conduct

We need to realize from the outset that bringing the student to the cross of Christ is the only power and strength that can change the heart. Secondly, God has placed parents in the role of authority for nurturing and disciplining His children.

Since these sins adversely affect the praise that is due God alone and are sins of our society currently receiving much attention, Christ-centered disciplinary measures may need to be administered in order to point out the seriousness of the sin. **Truthfulness and confession play a role in determining the amount of time that a student may miss from any particular season(s).**

A key to any athletic code is enforcement. If these rules and penalties are to serve their intended purpose, it is imperative that we have full cooperation from our parents and student body in reporting violations.

We are fellow Christians working together to bring a sinner to repentance. We need to follow Christian principles in reporting violations.

It is certainly according to scriptural principles that we would first confront the violator and try to get him/her to report him/herself.

Self-referral would be ideal and certainly a sign of true repentance.

As tough as it may be, a parent should report his or her own child.

Honesty, loyalty, and good citizenship are certainly traits with which we want our children to grow. They are far more important than any benefits athletes or managers would receive from participating in interscholastic athletics.

Purchase, possession or consumption of alcohol, tobacco, any illegal drugs, or serious vandalism, assault, theft and sexual activity are violations of the code of conduct. The code of conduct is in effect all year. Offenses are cumulative over a career and are not removed at the start of a season or year.

1st - 25% of season

2nd - entire season

3rd - may forfeit all co-curricular activities for the remainder of the student's high school career

Coaches have the right to enforce consequences above and beyond what the school enforces

D. Other Code of Conduct Reminders

1. Any student who has committed a code of conduct violation, and self reports (either they self report or their parents self report them) within 24 hours of the offense, will receive a 1 game suspension rather than a 25% (of games) suspension. This self reporting policy holds true only for first time offenses regarding the code of conduct policy.
2. Individual coaches/advisors are allowed and encouraged to tailor additional sanctions deemed appropriate for the circumstances. This policy is not intended to be a "cookie-cutter" approach, but rather one, which allows coaches/advisors to adjust appropriately beyond the base line.
3. Depending on the situation, students who violate the code of conduct may also be suspended from school for a period of time. One critical reason for a suspension is to allow time for the young Christian to reflect on his/her actions and for Christian adults to intervene with counseling.
4. The coach/advisor's discretion shall determine a violator's participation and attendance at practices and team functions.
5. Any additional infractions may lead to forfeiture of participation in all co-curricular activities for the remainder of the student's high school career and to participate in a second program of assessment, instruction, and rehabilitation.
6. The school administration will communicate these base line sanctions to the violating student and his/her family. The coach/advisor will communicate any additional sanctions directly to the participant, his/her family, and the administration.
7. Each coach/advisor shall review this policy with all participants at the beginning of the season.

General Conduct

Students at Shoreland Lutheran High School are **expected to conduct themselves in a manner which is a credit to their Lord and serves the best interests of the school and its students along with the welfare of the athletic activities in which they are participating.** Students to whom much has been given through their participation in athletic activities will be expected to reflect their highest standards of Christian conduct in and out of school.

Any form of hazing or bullying is not allowed and should be reported to the head coach.

"In recent weeks, there have been a number of media reports on behaviors within interscholastic sports programs that have dominated the headlines in other parts of the country. **Two high school football programs on the East Coast abruptly cancelled the remaining portion of their football seasons amid reports of hazing and bullying.**

"Behaviors that may have once been considered traditions in sports programs are under increased scrutiny today. Some may attempt to describe these behaviors as traditions, initiations, or rights-of-passage, and may have been considered to be playful, harmless “fun” in the confines of the locker room. However, we too frequently see that **these types of behaviors take on an entirely different appearance when reported on by the media and/or are presented in a courtroom.**"

<http://www.wiaawi.org/Health/Hazing.aspx>

Weight Control

It is common for wrestlers to think that the lower the weight class they get into, the easier it will be. This is not necessarily true. It is our policy not to encourage major weight loss. A wrestler may choose to try for a lower weight class, but there are limitations.

Wrestlers may not lose weight beyond a minimum of 7% body fat.

At the beginning of the year, each wrestler takes a skinfold test to measure body fat and determine the lowest weight class he is eligible for.

A wrestler may wrestle at a 5% body fat level ***only with a signed parental permission form.***

Wrestlers are also required to lose weight gradually — only ½ pound per day. Sudden, rapid weight loss is not allowed.

See handouts:

"Health and Nutrition" (back of cover)

"Wisconsin Wrestling Minimum Weight Project"



Health

— The chances of catching germs in wrestling is low. Wrestling is a contact sport, though, and we want to make the chances as low as possible. So the following rules are enforced during practice:

Wrestling **mats will be cleaned** and disinfected before practice.

Wrestlers should **wash hands with soap** and water before and after practice (and throughout the day). All wrestlers should shower with soap after every practice.

Open wounds must be securely covered.

Any wrestler who has a **skin infection** must consult with the coach and may be prevented from practicing with the group. (**It is considered unsportsmanlike conduct in wrestling to hide a skin infection.**)

Practice clothes should be taken home and washed each day.

Suggestion: Keep an *extra set of clean clothes* in your locker so if you forget to bring clean clothes, you have some available.

Protective gear like knee pads should be washed weekly.

Please **do not share** unwashed, previously-used clothes or personal care items.

Wrestling rules also require that **hair** be no longer than collar-length and that wrestlers be **clean-shaven**. No full-body shaving.



Nutrition

- Wrestlers are encouraged to pursue healthy eating habits.
- The Wrestler's Diet booklet is distributed as a guideline.
- Dehydration, fasting, yo-yo dieting and diet pills are not allowed as methods of weight control.
- Alcohol and illegal drugs are strictly forbidden. They are not only against Shoreland's conduct policy, they are destructive to your wrestling career.

Handouts:

- "The Wrestler's Diet"
- Nutrition Diary
- www.wiaawi.org/Sports/Wrestling/RulesRegulations.aspx



(or go to wiaawi.org and follow the links to sports, then wrestling, then rules & regulations)

See also: BFS Flexibility Program

See the card “Performance-Enhancing and Banned Substances” for a list of banned substances and discouraged substances.

Banned substances include steroids, HGH and other hormones, and street drugs. **Discouraged substances** include creatine, caffeine-enhanced products, and powder supplements.

Permissible substances include sports drinks and sports bars, vitamins and minerals. It is the athlete’s responsibility to read labels carefully.

***Medications prescribed by an MD**, if used as directed, are not viewed as violations of the code.

See hand-out: Performance-Enhancing and Banned Substances

What we expect from **parents**:

1. Parents will **encourage** their sons to do *their* best, but **not expect** them to be *the* best.
2. Parents will **model good sportsmanship**, let the coaches coach, and let the referees judge the contest.
3. Parents will **provide arrangements** for their sons to fully participate in practices and meets.
4. Parents will **speak to the coaches** if their son needs special considerations or if there is a problem.



CONFLICT RESOLUTION PROCEDURE

During the course of a family's time at Shoreland academic, disciplinary, or general conflicts may arise. God's Word in Matthew 18:15 commands that such conflicts are to be settled through proper communication between the people involved. The steps below outline the approved method for handling such conflicts:

- 1 The student or parent should make every effort to resolve the conflict with the person involved (teacher, staff, coach, director, or administrator).
- 2 - head coach
If the matter remains unresolved after personal conversations, the matter should be brought to the attention of the Shoreland administration:
- 3
 - **Dean of Students – Student Life/Discipline Issues**
 - **Dean of Academics – Academics as it relates to Instruction**
 - **Director of Guidance/Admissions – Scheduling/High School & College Planning**
 - **Director of Athletics – Athletic Related Concerns & Activities**

The administrative team member contacted will review the conflict with all parties involved and attempt to resolve the situation. This may involve meetings with the student/parent, teacher, and a member of the administrative team.
- 4 If the issue is not resolved, the parents should contact the principal. The principal will review the conflict with all parties involved and attempt to resolve the situation. This may involve meetings with the student/parent, teacher, administrative team member, and principal.
- 5 If the issue is still unresolved after working through the previous steps, the student/parent may present their case to the Executive Committee of Board of Directors where a final resolution of the matter will be determined. The Executive Committee will determine appropriate action needed to resolve the conflict.

What equipment do I need?

- Fresh T-shirt & shorts or sweats

A relatively tight-fitting shirt is ideal

- moisture wicking is nice

**** Note: no cut-off shirts, please**

- Wrestling shoes (**must have a cover** for laces)

(sources: sporting goods stores, online (suplay.com))

- Running shoes

**** Note: if you have braces, you need a mouthguard that fully covers your braces.**

- Have warm clothes & hat ready in your locker – when weather is above freezing, we may run outside

- Shoreland provides: uniforms / warm-ups, ear guards
- Optional: knee pads, wrestling polo, t-shirt, other?

How You Can Help:

— We may need help with scoring, timing, etc. for home matches. We will show you how to do it. Any parents who are willing to help, please contact Coach Brug. We have an exciting year ahead!

New this year: **We are hosting the conference tournament. To make this a successful event we will need volunteers to help with scoring, timing and food.**

— Apparel orders also available.

- **Pacer Patrons** also would like assistance running the concession stand and other projects. Pacer Patrons provides most of the funding for Shoreland athletics.

Service Project

Shoreland Craft Fair

- | | | |
|--------------------|-----------------------|----------------------|
| 1. Friday | 3:30 – 7:00pm | 12 students |
| 2. Saturday | 6:45 – 8:00am | 6 students |
| 3. Saturday | 2:45 – 5:00 pm | All Wrestlers |

All wrestlers should come to either session 1 or session 2.

All wrestlers should also come to session 3. Once we are done, we will practice until 5:00 PM.

The kids will be in and out of the building, so make sure you have coats and hats, etc.

This is an important opportunity for our wrestlers to give back to **Pacer Patrons**.

Pacer Patrons is a volunteer organization that provides the vast majority of our athletic equipment. For example, Pacer Patrons has supplied...

- A new competition mat!**
- New singlets**
- coaches' clinic ...**

Calendar, schedule and busing

- Arrive 10 minutes before bus departure - time listed on calendar is **arrival time**
- Study halls
- Note that some Saturdays, there is no bus -- host school is not far from Shoreland
- Calendars available online
- Weekly schedule available via email.

Typical week practice schedule

Monday - 3:12 - 5:25

Tuesday - 3:45 - 5:25 (study hall / time for teacher interaction)

Wednesday - 3:12 - 5:00 *4:30 end time during Advent and Lent

Thursday - 3:12 - 5:25

Friday - 3:12 - 5:00

Thank You!



