



BROOKWOOD

WRESTLING



Bronco Wrestling



PARENT MEETING

2022-2023

- Welcome
- Coaching Staff
- The Program
- Tradition
- Participation
- Registration
- Weight Certification
- Schedule
- Athlete Safety
- Expectations: Wrestlers & Parents
- Takedown Club
- Board Members
- Sponsorships
- Fundraising
- Volunteers
- Team Communication
- Off Season Training & Youth Development
- New Parents

COACHING STAFF

Chris Cicora Varsity Wrestling, Head Coach (2005-Present)

- 338-117 varsity dual record
- 7 Region Traditional & Dual Championships.
- Team State placement Top 10 at state 8x times, Highest Finish 3rd
- Coached 3 All Americans, 8 State Champions and 49 state medalist.
- Wrestled at Carson-Newman College

Joe Daniels Assistant Coach (2015-Present)

- Wrestled at Central Minnesota University
- Coached multiple state placers, All Americans, & collegiate athletes

Scott Tomlinson 9th & JV grade Coach (2018-Present)

- Grew up wrestling in Connecticut
- Trainer at the Bullock Wrestling Academy

Volunteer Coaches:

- **Gabriel Lee** State Champion, 4x State Placer, All American



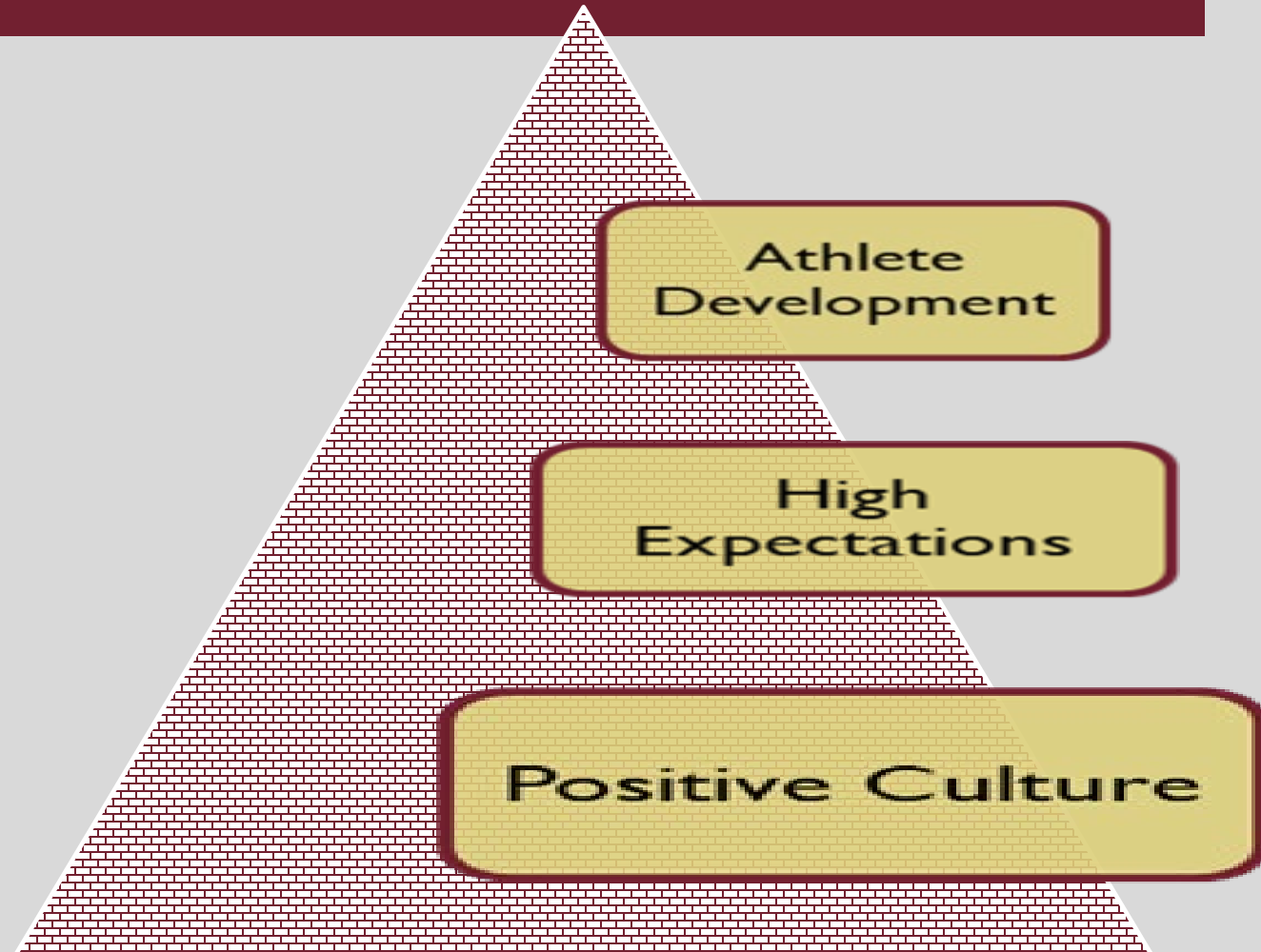
THE PROGRAM

The Process...

Our Vision is to instill in each student athlete the physical and mental capacity to successfully compete in the world outside of athletics through the pursuit of optimal performance & wrestling excellence.

We Value...

Faith, Family, & Wrestling
The Student Athlete
Honor, Accountability, Teamwork, Leadership



BROOKWOOD HIGHSCHOOL

WRESTLING



TEAMS

- 9th, JV, Varsity

SEASON

- Oct 24 - Jan 28 (9th & JV)
- Oct 24 - Feb 18 (V)

WEIGHT CLASSES

- 106-113-120-126-132-138-144-150-157, 175-190, 215-285

GOALS

- **Individual**- To be the best in your weight @ BHS, Region, Section, & State
- **Team**- come together under common purpose to achieve at a optimal level. Targeting County, Region, Sectional, & State Success.

BROOKWOOD HIGH SCHOOL

WRESTLING



COMPETITIONS

- Begin Nov 12
- Traditional Tournaments** = A match between 2 competitors in the same weight usually placed in tournament bracket.
- Dual Meet** = 2 Teams competing head-to-head. Individual match results from each weight class earn team points
- Ind. Match Points:** A wrestler wins a match by scoring more points or pinning opponent. A match is three 2-minute periods.
Here are some moves that earn points... Takedown – 2 points Escape – 1 point
Reversal – 2 points Near fall – 2-3 points
- Dual Meet Team Points**-Team points are awarded based on match results.
Decision (wrestler wins by fewer than 8 points) - 3 points
Major Decision (wrestler wins by 8-14 points) - 4 points
Technical Fall - 5 points
Fall (pin) - 6 points

FOR MORE INFORMATION about How wrestling works, Rules, Scoring criteria, Tournament(s), Officiating
Visit www.brookwoodwrestling.com

WHY WRESTLE

1. Foundation Sport

Wrestling is the perfect foundation for all other sports. Wrestling is balance, agility, hand-eye coordination, flexibility, positioning, strength, speed, explosiveness, footwork, hustle, mental focus, mental toughness, core strength, concentration, competition, and endurance. Wrestling will make our youth better at all other sports.

2. Mental Toughness

Wrestling is defined as “struggle” we train to overcome and adapt and continuously work without giving up. Our athletes will learn how to persevere through failure and will develop the mental fortitude to always compete on the mats and in life.

3. Self-Confidence

Very little is accomplished without self-confidence. Wrestling teaches self-confidence like nothing else I know outside of religion and knowing that you are a child of God. Insecure people have the most difficult time learning from others and make progress even more difficult than it already is. Wrestling teaches hard work, self-improvement, sense of accomplishment, camaraderie of team, I on I aspect, and self-defense to name a few. These promote self-worth, respect and confidence.

4. Humility

Nothing teaches humility better than a I-on-I sport. Winning and losing in a I-on-I setting brings humility. There is nowhere to hide and no one to blame but yourself. All wrestlers will lose at some point and doing so in these conditions teaches humility. Hard work and discipline are

WHY WRESTLE

5. Respect

The challenges of being a wrestler teach you to respect yourself. After you learn to respect yourself you will learn to respect others. You learn to respect your team mates as well as your opponents. You learn to listen to and respect your coach. After you learn to respect others you are able to learn from them, a life lesson.

6. Self-discipline

Wrestling is discipline. Repetition of drills, hard work, weight management, and continually doing the best thing instead of the easiest thing is discipline. Wrestling requires postponing instant “wants” to gain something more valuable long term. It takes discipline and focus to reach goals.

7. Toughness

Wrestling is a physical, contact sport. You learn that sometimes you just get poked in the eye. Physical and mental toughness go hand in hand. You learn that a little pain or struggle is part of the process of doing great things.

8. Roadmap to success

Wrestling is the perfect example of what it takes to be successful in life. Goal setting, hard work, determination, focus, love of challenges, love of competition, confidence, being coachable, mental toughness, discipline, creativity, team work and

PARTICIPATION

I- SIGN UP ELIGIBILITY REVIEW

- ❑ Google form on website
- ❑ GHSA determines season eligibility regarding Academic & Transfer status

II. COMPLETE RANK ONE PROFILE

- ❑ Physical and Rank One Profile must be complete before participation
- ❑ Rank One directions and GHSA Physical forms can be found on Brookwood Athletics website
- ❑ School Insurance can be purchased at www.studentinsurance-kk.com



PARTICIPATION

REGISTER @
www.BrookwoodWrestling.com

Player Registration Fees = \$400 or \$250

- 1-2 payments
- **\$300** Participant Package: Wrestler receives competition warm up top & bottom, practice gear, transportation, entry fees, banquet,
- **\$100** prepay for raffle fundraiser
 - *You get 15 Raffle Tix (Totaling \$150)
 - * As you sell them you keep the money. Return tickets stubs for drawing
 - * Lowers Player Fee \$250



6X BACK-TO-BACK
2017-2018-2019-2020-2021-2022

EQUIPMENT

SHOES



The following equipment is required for practice and competition and does not come in the player package.

- Headgear
- Wrestling shoes
- Mouthpiece (only if wrestler has braces)
- *Weight Scale

HEADGEAR



Cliff Keen E58 Signature Wre...

*HIGHLY RECCOMENDED TO HAVE A
SCALE AT HOME

PARTICIPATION

WEIGHT CERTIFICATION

The GHSA requires that all wrestlers participate in the weight certification process prior to competition.

The test determines the lowest allowable weight class for each wrestler based on their BMI at 7% body fat. This does not mean the wrestler must wrestle the weight determined, but rather it determines weight class eligibility. If a wrestler chooses to go to a lower weight class, they must adhere to a weekly diet plan provided by the certification program or the OPC.

The goal of the program is to prevent unhealthy weight loss practices. Please make every effort to attend on your team's appointment date. Make ups can conflict with practice and or school. The wrestler must bring \$10 cash for the exam and the profile form. If a wrestler needs to meet us at the site to expedite the process, they can but must notify the Head Coach.



SCHEDULE & PRACTICE

Oct 17-21 Pre Season Conditioning 2:30-3:45

- Meet in Gold gym with Workout clothes and Running Shoes

Oct 24 Practice Begins

- 2:30 - 4:30 Practice Daily
- 4:30 – 4:45 Weigh outs, skin checks, locker clean out

Reminders:

- Bring water bottle/H2o
- Clip Nails
- Bring Head Gear, Wrestling Shoes, Running Shoes, Mouthpiece
- Long Sleeve Shirts

Encouraged to bring:

- Sanitizer Wipes-Antibacterial Soap-

*Daily Schedule & Holiday Schedule on website

*Download Sports engine App for Schedule Notifications

* Students participating in fall sports do not start wrestling until their season is over.

PLAYER EXPECTATIONS

COMMITTMENT

Review Team Calendar. Wrestling is a serious commitment.

Attendance to practice and events are mandatory.

2 unexcused absence from practice can result in dismissal from the team

Responsible for communicating Absences with Coach

STUDENT ATHLETES

Academic Intervention:

Should a wrestler class average fall to 73 or below they may get additional help after school from 2:30-3:30.

Afterwards they report to practice from 3:30-4:30 with a note from their teacher.

CHARACTER

Respect All

At all times Represent your family and ours with pride and humility.

Handle yourself with class. When you win say little when you lose say less. No excuses.

Conduct detrimental to the team/program will lead to an indefinite suspension and/or dismissal from the team

WHAT ARE WE MADE OF

“HARD WORK” “PAYS OFF”

The belief that there is no substitute for intentional effort and preparation

DEDICATION

“EMBRACE the GRIND”

The mental fortitude to adapt, overcome, and persevere.

DISCIPLINE

“ATTITUDE of EXCELLENCE”

The competitiveness to be the best and give our best in all we do. Not accepting mediocrity

DETERMINATION

CONFIDENCE

COURAGE

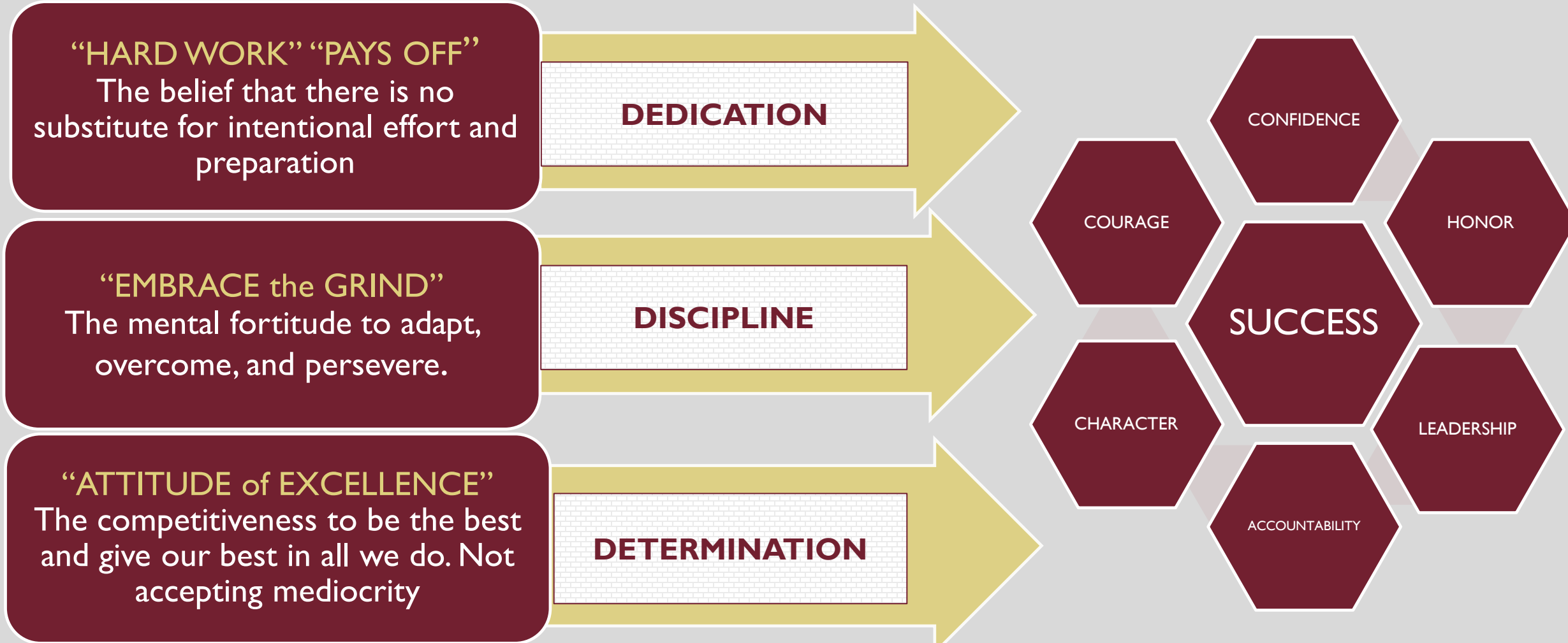
HONOR

SUCCESS

CHARACTER

LEADERSHIP

ACCOUNTABILITY



ATHLETE HEALTH & SAFETY

COVID GUIDELINES

- GHSA & NHSCA
- Event Capacity
- Screenings
- Sanitizing
- Face coverings
- Social Distancing
- Tracing
- Transparency

PROTECT THE HOUSE

- Communicate with Coach
- Fever, Cold & Flu Symptoms Stay home
- Hygiene Healthy Habits
- Gear Taken Home Nightly
- Sanitize Headgear and Equipment

RECCOMENDATIONS

- Take Vitamins: Multi Vitamin - Vitamin C – Echinacea - Zinc – Iron
- Stay Hydrated
- Personal Sanitizer Wipes
- Defense Soap

ATHLETE HEALTH & SAFETY

NUTRITION

- Optimal performance
- Training and resources provided
- Meal plans provided
- Unhealthy weight practices
- Guidelines of Weight Cert must be followed
- Coach and parent permission and plan must be followed

INJURY PROTOCOLS

- I. Notify Coach Immediately
- II. Trainer Evaluation
- III. Form Treatment Plan and/or Further Recommendation

SKIN CONDITIONS

- Skin Checks
- Practice good hygiene
- Report potential skin lesions to coach.
- Treatment plan
- GHSA Medical form to return to play.
- Skin issues reported to coach
- Preventions

PARENT EXPECTATIONS

SUPPORT

- Your Wrestler
- Your Team
- Your Coaches
- *Communication
- Sportsmanship

Your participation ensures that we have the necessary resources to have enjoyable, successful season for all.

FUNDRAISING

RAFFLE each member receives 15 tix. Member keeps money returns tickets for the drawing of 3 prizes.

SPONSORSHIPS members who bring in a sponsorship of \$250 or more by Nov 13 receive a special team hoodie/jacket/or pullover

TOURNAMENT HOST

Bronco Stampede Nov 12
North Metro Jan 28

VOLUNTEER

- Concession Stand Duty 1 2hr shift
- Board and Committee Members needed...
 - Banquet
 - Senior Night
 - Mat Transporter

Help us be the best we can be

TEAM COMMUNICATION

REMIND

Sign up for Remind me 101 to receive text Alerts for last minute changes and quick reminders. Text the message @34dhg to the number 81010. If you're having trouble with 81010, try texting @34dhg to (404) 620-2212

WEBSITE / EMAIL/ SPORTS ENGINE

www.brookwoodwrestling.com

Download Sports Engine APP to receive mobile calendar, competition schedule, and website updates. Search & Select Brookwood Wrestling . Then Sign up to receive Text Alerts & Push Notifications.

SOCIAL MEDIA

Follow us on Facebook and Twitter to see results, share success, upload videos/pictures, and promote our program!

SPONSORSHIPS

GOLD LEVEL SPONSORSHIP: \$ 250.00

- Advertisement on the Brookwood wrestling website/sponsors page for one year.
- Company name on single color sign board for one year in the Brookwood High School Gold Gym

PLATINUM LEVEL SPONSORSHIP: \$ 350.00

- Advertisement on the Brookwood wrestling website/sponsors page for one year.
- Diamond Level Sponsorship plaque or BHS Wrestling Shirt
- Company Name/ logo on Large multi color Sign Board for one year in the Brookwood High School Gold Gym
- Sponsor name on end of season shirt handed out to wrestlers at the banquet

DIAMOND LEVEL SPONSORSHIP: \$500.00

- Advertisement on the Brookwood wrestling website/sponsors page & Home page for one year.
- Diamond Level Sponsorship plaque or BHS wrestling shirt
Company Name/ logo on Large multi color Sign Board for one year in the Brookwood High School Gold Gym
- Sponsor name on end of season shirt handed out to wrestlers at the banquet
- Entry to the end of year Banquet
- Sponsor announcement at all home meets during season.

***ADDITIONAL INFORMATION ABOUT WRESTLING SPONSORSHIPS:**

- The Brookwood Takedown Club is a 501-C Non-Profit Organization.
- Each Corporate Partner will receive a contribution letter for their tax purposes
- Advertising in our Gold Gym not only reaches sports fans in our community, but also fans from across the state.
- Sponsors can design their own sign board or we will design it for you.
- Advertising on our website & our social Media reaches many patrons in our community as well as patrons all over GA and the Southeast

IMPORTANT DATES

- Important dates to be aware of...Review the calendar and understand that joining the Brookwood wrestling program is a serious commitment.
- 9/27 - 23 Registration Open www.Brookwoodwrestling.com
- 10/11 6pm Information meeting for New members and interested prospects in Chorus room
- 10/ 17-20 Pre-Season Conditioning: Meet in Gold Gym 2:30-3:45
- 10/ 24 Official Practice Starts: 2:30-4:30 M-F
- TBD Weight Certifications @ Sports Med South: Required by GHSA and must be completed before participant is eligible for competition.
- 11/6 Live Maroon & Gold Wrestle offs, Cookout, Parent Meeting 3:00-5:00pm Gold Gym.
- Nov 12 Season Opener @ Home. The Bronco Stampede 9th, JV, & V

See www.BrookwoodWrestling.com for more information and links to all requirements

SCHEDULE

A TRADITION OF EXCELLENCE

BROOKWOOD WRESTLING STATE PLACERS

Name	Place	Weight	Year
Mike Dagenhart	4th		1986
Brian Emerson	4th		1986
David Dodd	State Champ	UNL	1987
Mike Fox	4th	152	1988
Justin Hornsby	Runner-Up	103	1994
Justin Rannick	3rd	160	1994
Justin Hornsby	State Champ	125	1995
Justin Rannick	3rd	160	1995
Ashley Seat	6th	125	1996
Lacy Edwards	4th	160	1996
Justin Hornsby	3rd	145	1996
Ricky Watkins	6th	135	1998
Chad Leedekerkin	5th	112	1998
Chad Leedekerkin	Runner-Up	112	1999
Aaron Rhodes	5th	171	2001
Nick Thompson	5th	145	2003
Charlie Jackson	6th	215	2003
Nick Thompson	3rd	152	2004
Michael Clark	6th	140	2004
Chris Matyac	4th	189	2005
Michael Clark	6th	140	2005
Nick Thompson	Runner-Up	171	2005
Chris Matyac	5th	189	2006
John Matyac	5th	135	2006
John Matyac	3rd	140	2007
Chris Maclafferty	4th	145	2007
Jabril Hill	Runner-Up	215	2007
Chris Maclafferty	4th	145	2008
Joe Epps	5th	130	2009
Corbin Nilson	4th	215	2009
Wyatt Jozwowski	Runner-Up	113	2012
Blake Cunningham	State Champ	285	2012
Wyatt Jozwowski	5th	132	2013
Jeremy Quarshie	5th	285	2014
Stephen Solomon	3rd	182	2014

THE WALL

STATE CHAMPIONS

David Dodd 1987

Justin Hornsby 1995

Blake Cunningham 2012

David Key 2017, 2019

Gabriel Lee 2018

Chase Hornsby 2020

Landen Moss 2021

KJ Jett 2022

Who's Next...

Name	Place	Weight	Year
Thanh Nguyen	6th	113	2014
Jeremy Quarshie	3rd	285	2015
Stephen Solomon	Runner-Up	195	2015
Thomas Coltrain	6th	120	2016
Shane Defreitas	6th	285	2016
Miles Nolan	Runner-Up	170	2016
David Key	Runner-Up	152	2016
Alex Martin	5th	106	2017
David Key	State Champ	152	2017
Gabriel Lee	Runner-Up	160	2017
Matthew Key	Runner-up	195	2017
Alex Martin	5th	113	2018
Gabriel Lee	State Champ	170	2018
David Key	Runner-Up	182	2018
Matthew Key	4th	195	2018
Justin Oldknow	4th	220	2018
Vaughn Williams	6th	126	2019
Chandler Mullis	6th	145	2019
Camron Starks	6th	152	2019
Chase Hornsby	Runner-Up	160	2019
Gabriel Lee	3rd	170	2019
David Key	State Champ	182	2019
Justin Oldknow	3rd	220	2019
Xavier Bentley	3rd	113	2020
Camron Starks	4th	152	2020
Chandler Mullis	3rd	160	2020
Chase Hornsby	State Champ	170	2020
Landen Moss	6th	182	2020
Jojo Oldknow	3rd	195	2020
Jacob Cox	5th	106	2021
Landen Moss	State Champ	195	2021
Gilbert Balbuena	5th	113	2022
Xavier Bentley	3rd	132	2022
KJ Jett	State Champ	106	2022



BROOKWOOD

WRESTLING

TAKEDOWN CLUB

- The Brookwood Wrestling Takedown Club is a 501-c non-profit organization. Primary function is to support operations of wrestling program.
- **Executive Board Members** are elected and are dedicated to executing annual goals of the organization and to ensure operations & procedures are handled in the best interest of players, coaches and parents.
- **Takedown Club Members** are dedicated to supporting the Brookwood wrestling program as committee members, volunteers, and/or sponsors in an effort to help ensure an optimal environment for our stakeholders.



BROOKWOOD

WRESTLING

BOARD MEMBERS

President – Virgil Heath

Vice-President – David Horner

Secretary – Julie Horner

Treasurer –

Member at Large Parent Representatives:

Varsity Rep - Vacant

9th/JV Rep - Vacant

Concession Stand Manager - Vacant

Manager Sponsor - Vacant

Fundraising Coordinator – Vacant



BROOKWOOD

WRESTLING

TAKEDOWN CLUB MEMBERSHIPS

- \$250 Membership (Optional)
- Receive 3 Member Logo Spirit Wear Items
- BHS Wrestling License Plate
- Recognized Banquet & Website
- Fill Order at Registration



BRONCO WRESTLING CLUB



BRONCO

WRESTLING CLUB



Feeder Program
Youth Season
Nov-March

Extra Training
All Ages

**National
Tournament Prep**
All Ages

**Olympic Styles
Training**



BROOKWOOD

WRESTLING

