



East Ridge Wrestling Parent & Student Handbook

Revised 11/7/23

Philosophy and Program Goals:

Our main goal is to teach, mentor, and grow our student athletes into young adults who strive for excellence in all aspects of their lives and aim to better themselves and the communities in which they live and work. East Ridge Wrestling is committed to educating and mentoring young athletes through knowledge, encouragement and a positive atmosphere which will prepare our wrestlers to face life's challenges. Through wrestling they will develop:

- Character
- Self-Confidence
- Discipline
- Mental Toughness
- Strong Work Ethics

Expectations of student athletes:

Student schooling and academic performance will always take priority over athletic performance.

- Student athletes are expected to maintain a C average (2.0) GPA.
- If a student has trouble in school and cannot hold that GPA, the student will be asked to sit out to focus on school work until all missing assignments, quizzes, exams, and retakes have been completed, or until the GPA has reached at or above a C average.
- Academic misconduct may result in suspension from competition include:
 - Teacher write ups
 - Detention
 - Suspension
 - Misconduct outside of school

THE MAIN RULE Do not do anything to embarrass:

YOURSELF, YOUR FAMILY OR EAST RIDGE HIGH SCHOOL.

Coaches reserve the right to remove any student on the team from competition and possibly from the team due to any behavioral misconduct in violation of East Ridge High School, District 833, Suburban East Conference, and MSHSL policies, and ERHS wrestling handbook agreements listed above.

Expectations of parents and guardians:

Parent/guardian support is integral to the wrestling community. You are your student's #1 supporter on and off the mat. It is the parent/guardian responsibility to be respectful during competition regardless of good or bad calls. Please ensure our coaches are trained to handle these situations.

Parents/guardians will be expected to volunteer at home-hosted events throughout the season. Each family will contribute **10 hours volunteer time** to the Wrestling program. Parents/guardians will be given a calendar and advanced notice so they may plan what works best for themselves/families.

Expectations of coaches:

At East Ridge Wrestling, we hold our coaches to the highest standards for the mentorship and safety of the student athletes. All coaches must be registered with the Minnesota State High School League (MSHSL) with completed background checks and various MSHSL training courses in coaching, standards and concussion protocols.

Criteria for Team selection, roster assignments and goals of each level

Tryouts will not be held for East Ridge Wrestling, everyone regardless of experience or skill makes the team. Our team competes in three tiers:

1. Varsity
2. Junior Varsity (JV)
3. 9th Grade

Over the course of the season student athletes will "wrestle off" to determine roster placement as needed depending on weight class. Wrestlers who win their wrestle off will compete at the varsity level, all others will compete at the JV level. Varsity lineups are subject to change according to coach discretion, injuries, etc. Students may move weight classes based on eligibility to fill varsity slots or create junior varsity matches for experience.

Example: Team A has 2, 170# JV wrestlers and 1, 182# JV wrestler. Team B has 1, 170# wrestler and 2 182# wrestlers. One of the wrestlers from Team A can be moved from 170# to 182 to give all students the opportunity to wrestle.

Lettering Procedure/Policy:

The varsity lettering policy is as follows, students must meet **ALL** criteria

- Must wrestle at least 15 varsity matches
- Volunteer for at least 3 youth practices
- Be in good Academic standing (at least 2.0 GPA cumulative weighted or unweighted OR tri 2, 2.0 GPA weighted or unweighted)
- Remain with the team through the completion of the season

Team Captain Policy:

A captain is defined as a leader of a team. Captains are voted on by their peers. The number of captains for any given year will vary based on team size, diversity of votes and senior class size. Coaches reserve the right to demote captains who exhibit behavior that does not align with the program philosophy and goals or if they are caught in misconduct of school or league policies.

2023-2024 Captains: Cael Viesselman, Tyler Fuelling, Jackson Meyer

Practice Expectations & Unexcused Absences:

Practice will be held Monday-Friday from 3:30-5:30pm. Practice will also be held Saturdays from 9-11am if there is no tournament that day. Sunday's are OFF with no mandatory practices, competitions or workouts.

Attendance at practice is mandatory. If a student does not practice the day before a meet, they do **NOT** compete in that meet, unless previously agreed upon by the head coach.

Students who are sick will be required to sit out to adhere to a **24-hour symptom free policy** designed to minimize the spread of illness.

Students or a parent/guardian should notify the head coach at least 2 hours prior if a student is going to miss practice. If a student is going to miss a meet, please notify the head coach, 1 day in advance if it is planned (I.E. holiday, vacation, college visit, etc.)

Unexcused absences:

- 1 unexcused absence will result in a warning
- 2 unexcused absences will result in suspension from the upcoming competition
- 3 unexcused absences in one season will result in removal from the team.

School Holidays: No practice/optional:

- November 23rd Thanksgiving
- December 24th Christmas Eve
- December 25th Christmas Day
- December 31st New Year's Eve
- January 1st New Year's Day
- January 15th Martin Luther King Jr. Day
- Monday February 20th President's Day (**Varsity only**)

Uniforms:

Students will be provided singlets or 2-piece uniforms, warm up pants, a warm up jacket. Headgear is available to borrow for the season, or you may purchase your own so long as it is MSHSL and National Federation of State High School Associations (NFHS) approved. Equipment loaned to students by the school must be returned at the end of the Varsity season and per policy may not be worn or used outside of the varsity season in independent competition. If any part of the uniform is lost or damaged, the student athlete and family is responsible for a replacement fee.

Student athletes must provide their own wrestling shoes and will not be able to compete without them. Students with braces must wear a mouthguard that covers all braces (I.E. top and bottom braces need a top and bottom mouthguard)

Apparel – orders, refunds, expectations:

Each Student will receive one free East Ridge wrestling t-shirt for the year as a part of participation and registering in the program. There will also be an opportunity to purchase apparel and “player packs” through the booster club. East Ridge Wrestling Apparel will be available throughout the season and is the responsibility of the parent/student to contact the vendor for order refunds.

Special events:

East Ridge Wrestling hosts a handful of special events throughout the season. This includes alumni night, parent night, teacher night and senior night. All events can be seen on the schedule.

As community outreach is important, East Ridge Wrestling encourages student athletes and their families to be involved in the local community, and any special events the team participates in that supports the local community.

Transportation:

Bussing is provided for most away meets and competitions. Should a parent/guardian wish to take their student home from an away meet/competition, the parent must be present, and must sign the wrestler out with the head coach prior to leaving. It is for the safety of all students and parents that parent/guardians will not be allowed to drive other teammates home. A student may only be taken home by a parent/guardian listed as their emergency contact. If there is **no** bus available, students can drive themselves, with teammates, or with families driving to/from the meet.

Cancellation due to weather (mainly winter) & early dismissal:

Practices may be postponed or cancelled due to weather. The student’s emergency contact will be notified according to district policy. It is that person’s responsibility to notify the student.

If there is early dismissal for any reason (weather, staff planning days, etc.) Varsity level will still have practice at the scheduled time, other levels will go home on the bus. Emergency contacts will be notified.

Booster Club information:

Booster Club information can be found at either the East Ridge Wrestling Facebook, Twitter, and Instagram Pages, or the Raptor Takedown Club can be contacted directly at raptortakedownclub@gmail.com

Questions/Contacts

Please use the following contacts for any questions on about this handbook and policies.

Jon Balagot – Head Wrestling Coach: 651.724.5243, j.balagot_160@yahoo.com

John Askren – Assistant Wrestling Coach

Sam Christensen – Assistant Wrestling Coach

Sara Palodichuk – ERHS Athletic Director: 651.425.2348, spalodic@sowashco.org

Helpful links:

Important dates



MSHSL Policies



Ticketing for home meets



Volunteer



Directions to meets



Apparel Store



Practice schedule



RTC Signup



I have read and Understand the Policies and Procedures of the **“East Ridge Wrestling Parent & Student Handbook”** and understand and acknowledge that any violation of these written policies and procedures can lead to suspension and possible removal from the team of the student(s) acknowledged below.

Parent(s)/Guardian(s) Print Name:

Parent(s)/Guardian(s) Sign Name:

Student(s) Print name:

Student(s) Sign name:
