



JON HANNAM

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Wrestling

Program Goals, Philosophies, and Procedures

Head Coach:	Bryce Karban	Email: bkarban@cedarburg.k12.wi.us
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PROGRAM PHILOSOPHIES	Program Vision
<p>It is our desire to develop not only great wrestlers, but great students and kids who demonstrate outstanding character. We will teach athletes skills and techniques that will work at the highest levels of wrestling along with lifelong lessons and skills that will go far beyond athletics. These are the core principles upon which our program is established: Hard Work, Discipline, Dedication, Creativity, Teamwork, and Having Fun. We aim to have our athletes enjoy the sport and hopefully give back or contribute to the sport in some way later in life.</p>	<p>We want to become a respected team in the North Shore Conference and strive to consistently place in the top half of the conference. We aim to be a respected program throughout the state by wrestling hard at all competitions, pushing some of the top teams in the state, and pushing to qualify for Team Sectionals and State more consistently. We want our athletes to excel in the classroom by not doing the bare minimum to just stay eligible but to achieve Academic All-State Honors if in reach and achieve their academic goals upon graduation to provide the best future opportunities. We break down each practice by saying “champs”. This is because we hope to instill a championship mindset in every aspect of our athletes lives from the mat, to the classroom, to whatever other endeavors they might pursue.</p>



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TEAM PHILOSOPHIES

VARSITY	JV
<p>Varsity teams are intended to be competitive. Coaches of varsity teams will select wrestlers who can compete at the varsity level. Not all wrestlers will have the opportunity to compete in every event. There are a certain number of weight classes and each athlete will have at least 3 opportunities to wrestle off for the varsity spot at that weight class. After the first wrestle off if an athlete loses and challenges again at that weight to the same person they must win the series of the wrestle offs. The wrestle offs determine the varsity athlete for tournaments ONLY. Coaches reserve the right to wrestle the athletes at the weight class they feel best to win duals.</p>	<p>JV will even further emphasize ensuring adequate playing time for all student-athletes. At conference duals coaches make their best effort to get each athlete at least 1 match but usually at least 2. There will be JV wrestling tournaments as well. The goal of our JV team is to get our athletes quality mat time to prepare them for future varsity competition later in their athletic careers. Sometimes a coach can enter multiple athletes per weight class at some varsity tournaments. If we feel we have a JV athlete that can compete well on varsity we will give them the option to wrestle at some varsity events.</p>

TEAM SELECTION

The four criteria below are the main areas upon which decisions are made when selecting team members.

<i>Skills & Talent</i>	<i>Attitude & Work Ethic</i>	<i>Potential</i>	<i>Team & Program Needs</i>
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WRESTLER RESPONSIBILITIES	PARENT RESPONSIBILITIES	COACH RESPONSIBILITIES
<ul style="list-style-type: none"> - Be on time to practices/events. - Always give your best effort. Be coachable. - Be respectful, represent Cedarburg well. - Grades come first, keep them up. If you are having issues and need more time communicate with coach. - Communicate any issues with me. - Always have Groupme notifications on 	<ul style="list-style-type: none"> - Support your athlete in a positive manner. - Be respectful, represent the Cedarburg community well. - Communicate any issues, questions, or concerns with coach Karban respectfully. 	<ul style="list-style-type: none"> - Communicate effectively with fans, parents, and wrestlers. - Teach athletes the skills/techniques that lead them to reaching their potentials athletically. - Teach athletes rules/regulations of the sport - Encourage athletes to use proper sportsmanship - Create a fun team culture where every athlete feels valued and enjoys the sport - Organize/promote team events and competition schedules. - Encourage athletes to reach their academic potential.

CEDARBURG



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PLAYER & COACH COMMUNICATION	COMMUNICATION EXPECTATIONS
<p>Primary communications through the Groupme app. Please make sure athletes have notifications or they may miss important updates.</p>	<p>(for parents, wrestlers, etc) Please make sure athletes have notifications or they may miss important updates. Parents I will email weekly with updates/expectations on who will be competing when and where. Feel free to email me with any questions.</p>

VARSITY LETTER CRITERIA	CAPTAIN CRITERIA
<p>12 Varsity matches or 100% of matches wrestled are on varsity if less than 12 (in case of injury, etc)</p>	<p>Captains are not necessarily named in the wrestling program. We expect all of our athletes to be leaders not based on being called to do so. We will send out “captains/leaders” for the coin flip. These will generally be athletes who have demonstrated strong work ethics, coachability and leadership attributes mentioned earlier.</p>

MISSED GAME & PRACTICE POLICY
<p>Missed matches and practices need to be communicated with Coach Karban immediately as soon as it is known. If an athlete has multiple occurrences of unexcused absences and their weight class has another athlete on JV their varsity spot will be temporarily taken until the issue has proven to be resolved.</p>



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STRENGTH & CONDITIONING EXPECTATIONS

All athletes are required to lift 2 days a week during our allotted time (½ hour). If an athlete cannot make these because of other obligations they will be required to make up the missed workout session. Please communicate any issues with this with Coach Karban. Additionally, it is highly encouraged that athletes stay active in the offseason and continue to lift weights preferably 3 times at least especially if not in another sport or activity.

