

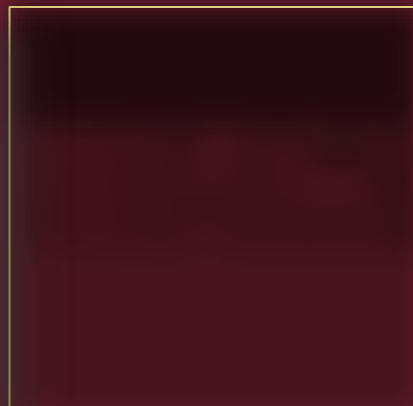
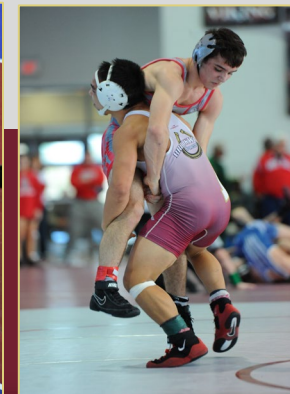


# BROOKWOOD

## WRESTLING



**Bronco Wrestling**



# PARENT MEETING

## 2025-2026

- 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

# PROGRAM MISSION

It is our mission to provide all student athletes with a positive experience that develops the physical and mental capacity to successfully compete in the world outside of athletics through the pursuit of optimal personal performance & wrestling excellence.

We Value...

Faith, Family, & Wrestling

The Student Athlete

Honor, Accountability, Teamwork, Leadership

# THE PROCESS



Athlete Development

High Expectations

Positive Culture

Parent Involvement





# 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 – Jeff Chan

Secretary – Brandy Rogers

Treasurer – Thomas Cash

### Committees:

Team Communication – B. Rogers

Concession Stand Manager – K. Jones

Hospitality Manager- S. Chan

Fundraising Coordinator – V. Heath

# 2026 BROOKWOOD WRESTLING TEAM

## MENS PROGRAM

- We return 14 letterman, 10 of 14 Starters, 9 Sectional Qualifiers, 6 State Qualifiers, 1 State placer
- Red Elephant Duals Champions
- Craig Cothorn Duals Runner-Up
- Jefferson Minion Mania Runner-Up
- Smoky Mountain Grapple Runner-Up
- Region 7 Duals Champions
- Region 7 Traditional Champions
- 4<sup>th</sup> State Duals (15-3 Duals Record)

## ADDING

- 23 Freshman
- 30 New Wrestlers

## WOMENS PROGRAM

- We return 6 letterman, 6 starters, 4 Sectional Qualifiers
- Gwinnett County Championships 4<sup>th</sup>
- Gwinnett Games Champions
- 3<sup>rd</sup> Region 4 Traditional
- 3<sup>rd</sup> Region 4 Duals
- 6 Sectional Qualifiers
- 1 State Qualifier

## ADDING

- 8 New Wrestlers
- 7 Freshman

# COACHING STAFF: MENS & WOMENS PROGRAMS

Head Varsity Coach: Chris Cicora (2005-Present)

Asst. Varsity Coach: Gabriel Lee (2020-Present)

Asst. Varsity Coach: Joe Daniels (2015-Present)

Head Junior Varsity Coach: Scott Tomlinson (2018-Present)

Head 9th Grade Coach/JV Asst: Colin Torres (2023-Present)



# PROGRAM CONTACTS

All parent communication regarding wrestling should be directed to the following team contacts...

- **Varsity Men:** Coach Cicora - [Chris.Cicora@gcpsk12.org](mailto:Chris.Cicora@gcpsk12.org)
- **Women's Team:** April Axton (Team Liason) - [April.Axton@gcpsk12.org](mailto:April.Axton@gcpsk12.org)
- **9th/JV Team:** Coach Torres - [Colin.Torres@gcpsk12.org](mailto:Colin.Torres@gcpsk12.org)  
Coach Tomlinson - [Scott.Tomlinson@gcpsk12.org](mailto:Scott.Tomlinson@gcpsk12.org)

# PARTICIPATION

## I. 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](http://www.studentinsurance-kk.com)

## II- REGISTER FOR 23-24 BHS WRESTLING

- ❑ Found at [www.brookwoodwrestling.com](http://www.brookwoodwrestling.com)
  - \* Students participating in fall sports do not start wrestling until their season is over.



# 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.



# PLAYER EXPECTATIONS

## COMMITTMENT

Review Team Calendar. Wrestling is a serious commitment.

Attendance to practice and events is mandatory.

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

Responsible for communicating Absences with Head 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

BROOKWOOD HIGH SCHOOL

# WRESTLING PROGRAM



## TEAMS

- 9<sup>th</sup>, JV, Varsity
- Men's & Women's
- Youth

## SEASON

- Oct 23 - Jan 31 (9<sup>th</sup>&JV)
- Oct 23- Feb 18 (V)

## PERSONAL GOALS

- **Focus** on Development not Outcomes
- **Intentional** effort each day.

## PERFORMANCE 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.



# TEAMS

## BOYS

106 LBS.  
113 LBS.  
120 LBS.  
126 LBS.  
132 LBS.  
138 LBS.  
144 LBS.  
150 LBS.  
157 LBS.  
165 LBS.  
175 LBS.  
190 LBS.  
215 LBS.  
285 LBS.

## GIRLS

100 LBS.  
105 LBS.  
110 LBS.  
115 LBS.  
120 LBS.  
125 LBS.  
130 LBS.  
135 LBS.  
140 LBS.  
145 LBS.  
155 LBS.  
170 LBS.  
190 LBS.  
235 LBS.

# 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

# PRACTICE EXPECTATIONS

- Bring water bottle/H<sub>2</sub>O
- Clip Nails
- Bring Head Gear, Wrestling Shoes, Running Shoes, Mouthpiece
- Long Sleeve Shirts

Encouraged to bring...

- Sanitizer Wipes-Antibacterial Soap-
- Clean clothes and a ventilated gear bag

# 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 RECOMMENDED TO HAVE A  
**SCALE** AT HOME

# COMPETITIONS

- Declare Weights On Mondays for Tournaments that week
- Wrestle Offs When Needed or Requested and take place by Wednesday
- JV Entries Duals: 2 wrestlers per weight; Traditional/Round Robin: Multiple entry
- V Entries & Ladies entries
- Weight Allowance 106=109 & Making Weight
- Transportation provided by GCPS



## WHAT TO EXPECT...

### **DAY OF COMPETITION...**

- Communication Through Band
- Check in at BHS 30 min prior to departure to check weight, gear, etc.
- Depart for Weigh-ins
- Weight Allowance 106=109
- Pack food and drink for after weigh-ins and throughout the day. Food that digest easily and provides good energy for competition day.

# BRONCO STAMPEDE

Nov 7 Set Up 2:30-4:30pm All Wrestlers

Nov 8 Bronco Stampede: All returning wrestlers and anyone with previous experience will wrestle

- Experienced wrestlers will report at 6:45 for weigh ins.
- Beginners will report at 7:30 am for Table Worker Meeting

Tournament Format: Round Robin Scramble-Groups of 4. Wrestle everyone in your pool. Undefeated receives Gold medal.

Wrestlers report 7:00am

Weigh ins start 7:30am

Wrestling Starts at 9am

Concludes 2:00

Breakdown 4:00

# WRESTLE OFFS PARENT MEETING

**MAT1**

Bout #	Grade	Name	Wt.		Grade	Name	Wt.
1	10th	Maxwell Monroe	111.8	<b>Vs</b>	11th	Zarif Sefat	114.4
2	9th	Zayan Sefat	115.8	<b>Vs</b>	9th	Cruse Griffith	116
3	11th	Sakin monger	126.6	<b>Vs</b>	10th	Cael Blount	128
4	11th	Tahir, Charles	133.8	<b>Vs</b>	11th	Dazhon Williams	133.6
5	11th	Daniel toro	134.4	<b>Vs</b>	11th	Owen Cash	136
6	9th	Angelo Litsey	135.6	<b>Vs</b>	10th	Will Hummer	136.2
7	9th	Obi Ezeokon	140	<b>Vs</b>	9th	Leon Clement	137.8
8	11th	Anphongso Nguyen	145.4	<b>Vs</b>	11th	Thanh Le	147.6
9	11th	Evan Burnette	147.8	<b>Vs</b>	11th	Harrison Burns	148
10	11th	Kaden Beatty	149.4	<b>Vs</b>	12th	Philip Nguyen	154
11	11th	Max, Petraglia	154.4	<b>Vs</b>	11th	Judea, Haden	154.2
12	9th	Jonathan Bryant	152	<b>Vs</b>	9th	Jordan Wood	154.8
13	10th	Hayden Fudurich	152.8	<b>Vs</b>	9th	Dante Trujillo Pastor	156
14	11th	Aidan, Coleman	120.2	<b>Vs</b>	9th	Zayan Sefat	115.8
15	10th	Maxwell Monroe	111.8	<b>Vs</b>	9th	Cruse Griffith	116
16	11th	Dazhon Williams	133.6	<b>Vs</b>	11th	Daniel toro	134.4
17	11th	Tahir, Charles	133.8	<b>Vs</b>	11th	Owen Cash	136
18	12th	Jacob Chan	135	<b>Vs</b>			

**MAT 2**

Bout #	Grade	Name	Wt.		Grade	Name	Wt.
1	11th	Donna Vazquez	128.4	<b>Vs</b>	10th	Shanon Sun	133
2	9th	Carly Quintanilla	117	<b>Vs</b>	9th	Laila, Rhodes	123
3	9th	Elizabeth Mize	128.2	<b>Vs</b>	9th	Isla Socree	126
4	9th	Levi Clark	194	<b>Vs</b>	9th	Royce Willis III	198.2
5	9th	Thomas Buckley	216	<b>Vs</b>	9th	Jayce Lewis	234.6
6	12th	Etigel Masheev	215	<b>Vs</b>	11th	Terrin Jones	242
7	9th	Luca Tran	159.4	<b>Vs</b>	9th	Travis Harris	158.8
8	9th	Gabe Malouf	158.8	<b>Vs</b>	9th	Felix, Garcia	163.8
9	12th	Jackson Fenchak	158.7	<b>Vs</b>	11th	Chayse Donald	163
10	11th	Jackson Rogers	165.8	<b>Vs</b>	11th	Darnyll White	166
11	9th	Ayden Campbell	174.4	<b>Vs</b>	9th	Kobi Okeke	176.1
12	9th	David Miller	180.8	<b>Vs</b>	9th	Julius Cruz Oseiwe	185
13	11th	Lia Erin Axton	105.8	<b>Vs</b>	9th	Carly Quintanilla	117
14	9th	Laila, Rhodes	123	<b>Vs</b>	9th	Elizabeth Mize	128.2
15	11th	Donna Vazquez	128.4	<b>Vs</b>	9th	Isla Socree	126
16	11th	Anita Ortiz	138	<b>Vs</b>	10th	Shanon Sun	133
13	10th	Brandon Delgado	236.6	<b>Vs</b>	9th	Jayce Lewis	234.6
14	11th	Preston Nguyen	174	<b>Vs</b>	11th	Chayse Donald	163
15	12th	Jackson Fenchak	158.7	<b>Vs</b>	11th	Jackson Rogers	165.8
16	11th	Darnyll White	166	<b>Vs</b>	9th	Felix, Garcia	163.8
17	11th	Crystal Fragoso	154	<b>Vs</b>			

# 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

### VIRTUAL POPCORN FUNDRAISER

### SPONSORSHIPS

### TOURNAMENT HOST

Bronco Stampede Nov 8  
North Metro Jan 24

## VOLUNTEER

- Concession Stand Duty  
Two shifts required  
2hr shift
- Board and Committee  
Members needed...  
  
Mat Transportation  
  
Help us be the best we can be.

# VIRTUAL FUNDRAISING: Double Good Popcorn Sales

## HOW TO GET STARTED

---

Before the fundraiser begins:

1. Download the Double Good app
2. Sign in with your mobile phone #
3. Enter validation code
4. Enter e-mail address
5. Enter our event code AHWPMO in the app
6. Create your Pop-Up Store

## FUND RAISER

---

- Team goal \$10,000
- Each family goal \$500
- Each family that sells \$600 will receive wrestling bag
- Each family that sells \$750 will receive wrestling bag plus Brookwood hoodie
- Each family that sells \$1,000 will receive wrestling bag plus Brookwood hoodie plus \$75 Amazon gift card
- Number one seller who exceeds \$1,000 will receive wrestling bag plus Brookwood hoodie \$150 Amazon gift card



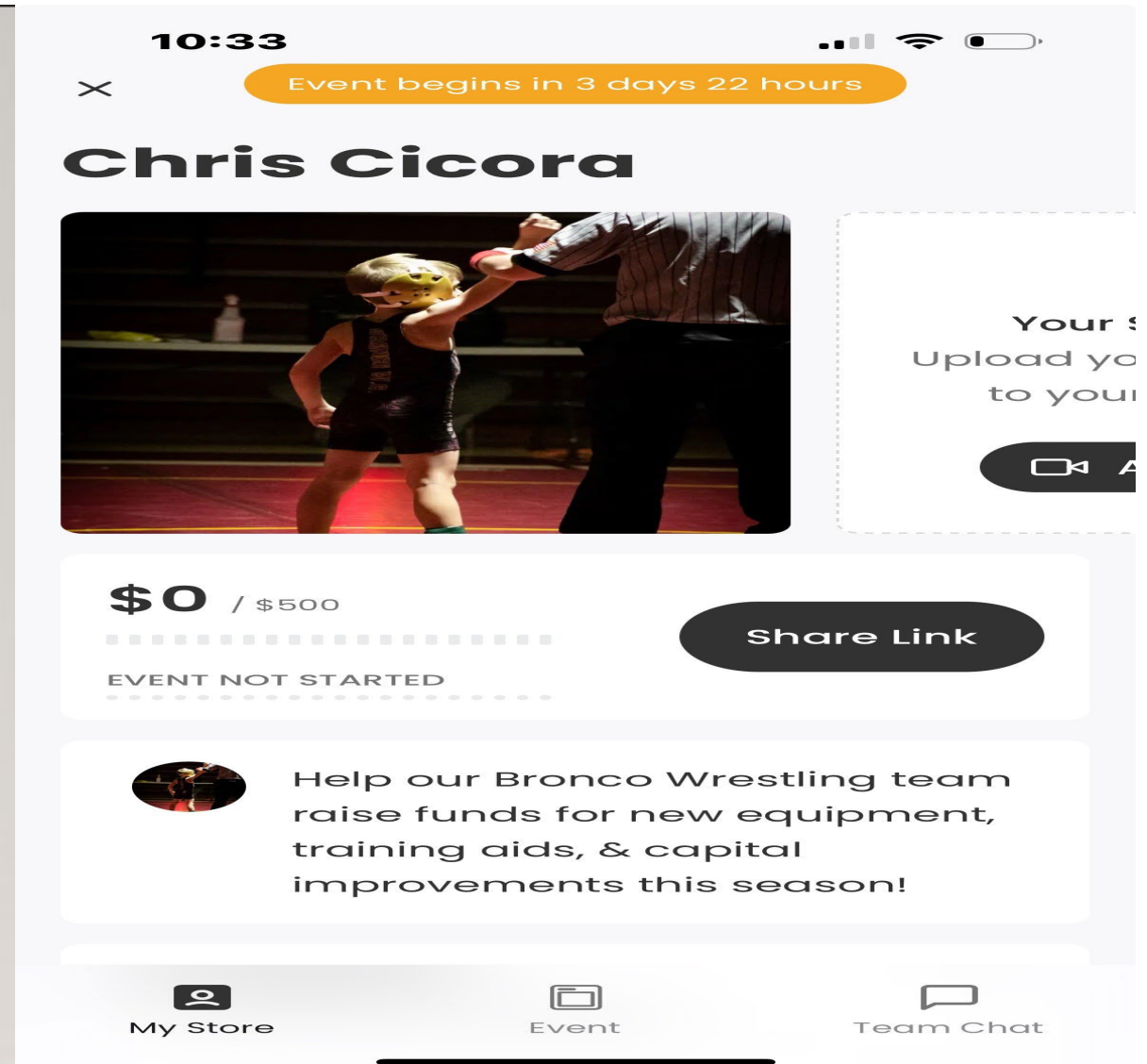
# VIRTUAL FUNDRAISING: Double Good Popcorn Sales

## CREATE YOUR POP-UP STORE

- Enter picture of wrestler
- Set your goal. Default is \$500
- Start sending out links/e-mail...

When Store Opens start sharing Link  
For more information visit

<https://www.doublegood.com/popup/>



# TEAM COMMUNICATION

JOIN OUR  
COMMUNICATIONS  
APP  
**BAND**



Download the Band App

iPhone



Google Play



## Benefits:

- Stay on top of schedule changes.
- Communicate directly with coaches and board using @ to tag people.
- Sign up for volunteer needs.
- All team communications in one place!

For More Information  
[www.BrookwoodWrestling.com](http://www.BrookwoodWrestling.com)



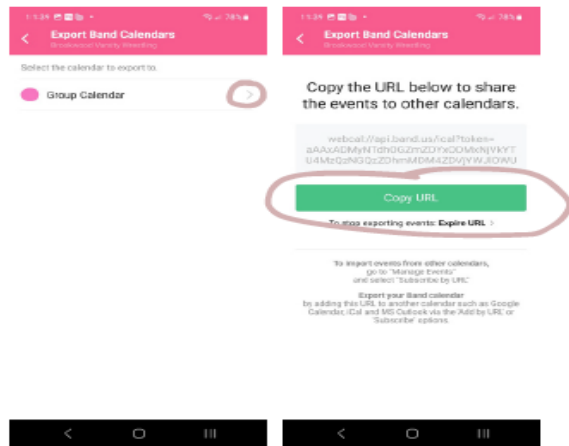
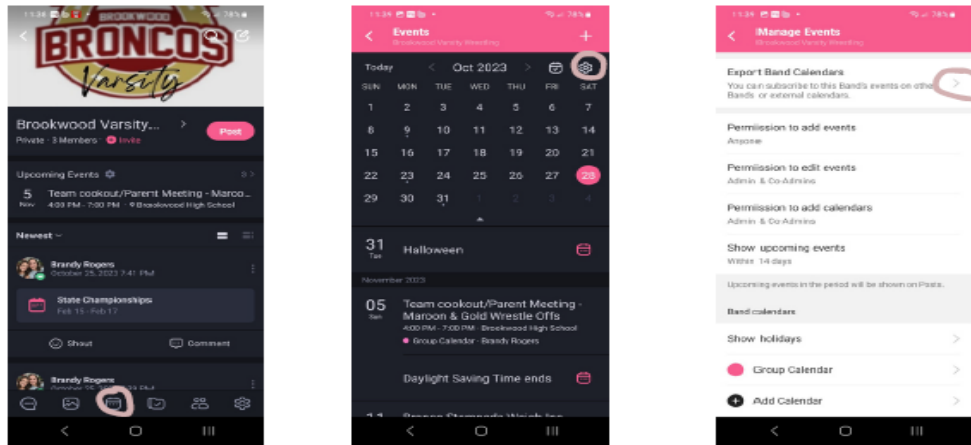
AFTER YOU DOWNLOAD THE APP  
NEXT JOIN YOUR TEAM IN THE APP!



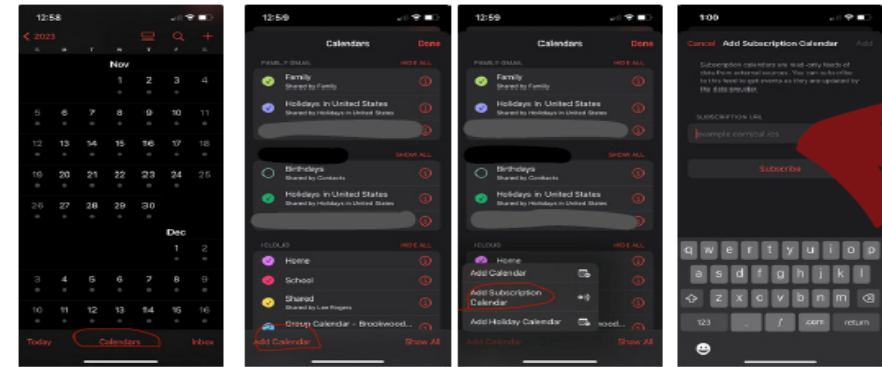
# TEAM COMMUNICATION

Add the Band calendar to your phone calendar.

OPTIONAL



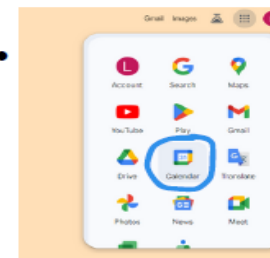
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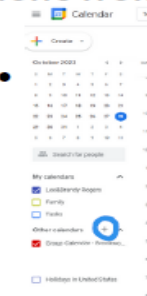
Add the URL from above

Google Calendar: had to be done from a desktop

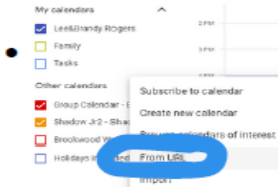
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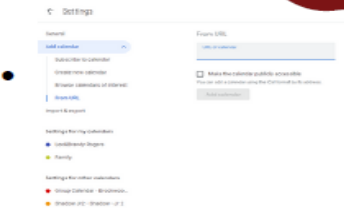
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# COACHING STAFF

## *Chris Cicora - Head Coach Men's & Women's Program, Youth Wrestling Director (2005-Present)*

- Career Record: 362-121 varsity dual record
- 7x Region Traditional & Dual Champions; 8x Region Traditional & Dual Runner-up
- Coached 1 NCAA All American, 3 HS All Americans, 8 Individual State Champions, and 53 state medalist
- Team State Placement: Top Ten 12x, Top five 6x
- Best Finish: State Runner-up 2019-2020
- Wrestled at Carson-Newman College 1998-2001

## *Joe Daniels Assistant Coach (2015-Present)*

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





# COACHING STAFF

## *Colin Tores 9<sup>th</sup> & JV Coach (2023-Present)*

- HS Football & Wrestling Athlete
- College Football Athlete & 9<sup>th</sup> Grade Football Coach

## *Gabriel Lee (2020-Present)*

- Wrestled at Brookwood State Champion
- 4x State Placer, All American

## *Chandler Mullis ( 2023- Present)*

- Brookwood Wrestler 2x State Placer

## *Joel Winters ( 2023- Present)*

- Brookwood Wrestler/ Current MMA

## *Nicola Phyper ( 2023- Present)*

- Brookwood Teacher





# 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

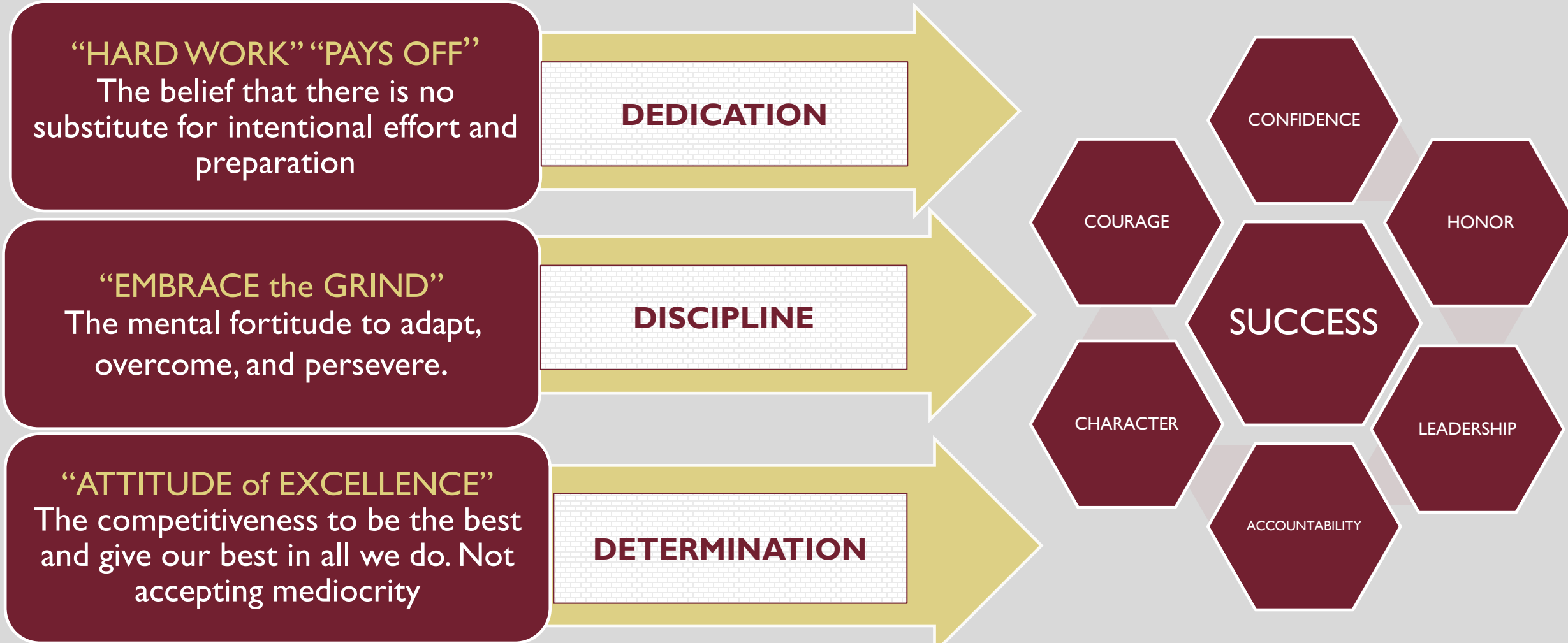
HONOR

**SUCCESS**

CHARACTER

LEADERSHIP

ACCOUNTABILITY



# 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





# REGISTER NOW

## *BROOKWOOD WRESTLING*

**[www.brookwoodwrestling.com](http://www.brookwoodwrestling.com)**

Scan Code or Visit For More Information

