

Bellingham High School

Red Raider Wrestling

Program Goals

Goal Number One---Academic Success

That each wrestler would realize their academic success by aiming high, show constant improvement, and carry the work ethic learned from the mat into classroom.

Goal Number Two---Wrestling Success

That each wrestler would achieve their greatest potential in athletic performance, and by doing so, they would not only contribute to their own success as a high school wrestler, but to the overall success of their wrestling team as well. The team will be known as a prestigious winning program.

Goal Number Three---Personal Growth

That each wrestler would realize a continuing maturity and perfection in their personal virtues---character traits---attitudes and habits. Each wrestler should work hard, stay positive, and achieve. If this happens, we are all winners. We want everyone to mature, develop self-confidence, and become a better person through learning self-discipline, cooperation, integrity, and teamwork.

What does it take to be on the Red Raider wrestling team?

FIRST, you must be willing to pay the price for wrestling on a great wrestling team! To wrestle on this winning team, you must go all out in every practice session and match. Only good conditioning can give you the feeling of confidence and the physical ability necessary to go all out. Each and every rule plays a definite role in attempting to achieve standards of conduct and in producing winning teams. Our standard of excellence applies to all parts of your life:

**ALL OUT
ALL THE TIME
ALL THE WAY!**

SECOND, you as a wrestler cannot do some of the things other students do! To be on a championship team, you have to be a champion yourself and be willing to "pay the price" of keeping strict training rules. Wrestling is not compulsory but rather for those people who want to wrestle the match and abide by our rules. You are representing the city, the school, the coaching staff, your parents, and all of your peers with all of your victories, being their victories!

THIRD, the following qualities are desirable and worth striving for on the part of Bellingham Wrestlers:

- **CHARACTER:** Be more concerned with your character than your reputation, because your character is what you really are, while reputation is merely what others think you are. (John Wooden)
- A wrestler must be dependable and consistent, regardless of the time or place. Be it the opening whistle or the final 30 seconds. . *Character*, as much as physical ability, is vital. (Calvin Hill)

- **CLASS:** Class is being honest - both with others and with yourself. Class is treating others, as you would like them to treat you. (Jack Nicholas)
- There is no mat space for malcontents or dissenters. One must neither celebrate insanely when he wins, nor sulk when he loses. He accepts victory professionally and humbly; he hates defeat, but makes no poor display of it. (Dan Gable)
- **COMMITMENT:** The important thing in life is to try to be your best. Be honest with yourself, your family, your friends, and your community. An honest commitment means 100 percent. It means loyalty, and it means being able to be counted on in the clutch. (Joe Paterno)
- A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and, if you are willing, to sacrifice the little things that are worthwhile, it can be done. Once a man has made a commitment to a way of life, he puts the greatest strength in the world behind him. It's something we call heart power. Once a man has made his commitment, nothing will stop him short of success. (Vince Lombardi)
- **COURAGE:** Courage is not how a man stands or falls, but how he gets back up again. (Joe Lewis) Courage is the first of human qualities, because it is the quality, which guarantees all others. (Winston Churchill)

TEAM EXPECTATIONS: JUST DO RIGHT

Live an honorable life. Do what is right and avoid what is wrong. These rules are based on common sense and civility.

1. **Arrive promptly at team activities**
2. **Obey the coaches**
3. **Maintain academic standards**
4. **Behave with dignity**
5. **Be honest**

In other words, we ask you to behave like responsible adults. We are simply asking you to do things right the first time. We are not into guilt or huge amounts of discipline. Our discipline goal is to inflict short-term pain to lead you to a long-term gain. It is not our decision to discipline it is yours. The choice is simple; you need to choose to "**Do Right**". *Champions* don't complain about restrictions, they take pride in them. They understand their willingness to sacrifice, places them in that rare breed of individual who will do whatever is necessary to attain goals.

A *CHAMPION* is a person that gives every thing they have to fulfill a goal.

Notice it dos not say win!! Winning is simply the by-product of doing things right!

TEAM DESIGNATION

Determining the weekly starting line-up for all competing teams will be based on the following criteria:

1. Practice attendance
2. Work Ethic in Practice
3. Attitude
4. Citizenship
5. Challenge Matches

If a wrestler has satisfied the requirements listed above, he may challenge according to the challenge schedule.

CHALLENGE MATCH RULES

1. Early and Mid-Season Rankings will be determined by Challenge Matches.
Challenge matches are conducted on special designated days
(November 30, December 31)
2. After the first league match, a wrestler must be beaten twice, before he loses his spot on the varsity.
3. Only first-string J.V. wrestlers may challenge for the varsity spot.
4. Varsity challenges will be timed at 2 minutes per period (run continuously, no stopping of clock.)
5. J.V. challenges will be timed at 1 and a half minutes per period (run continuously, no stopping of clock)
6. Challenges may not take place before a match unless the challenge is within 3 pounds of the weight limit.
7. In special cases where sickness, absence, injury, attitude, weight problems, etc. present a problem, the coaches will determine who will wrestle.
8. If you expect to challenge, let the coaches know in advance so that special time will be allotted for the bouts. (Sign-up)
9. Varsity wrestlers are required to make lunch weigh-in checks supervised by the captains and must attend butterfly turn out after school on the day of the match.
10. Failure to make vacation turnouts will result in loss of varsity position.
11. Failure to make weight will result in the following:
 1. Wrestler must make weight that evening—first time.
 2. Can't challenge 1 match—second time.

LETTER AWARDS

Bellingham High School will issue one letter per student, per athletic career, which is only to be worn on an official letter jacket. Each additional time a wrestler letters, he will receive a certificate (second, third, or fourth year,) and a bar. All wrestlers must follow scholastic, citizenship, and training rules set forth by Bellingham High School and the wrestling program.

REQUIREMENTS USED TO LETTER ALL WRESTLERS:

A Varsity Wrestling letter will be awarded to any wrestler who meets one of the qualifications outlined below and finishes the year in good standing with the coaches, team, Athletic Director, and the School Administrations.

1. 80 POINTS NEEDED TO LETTER (30 OF THE 80 MUST BE VARSITY POINTS.)

A. WRESTLE IN A VARSITY MATCH	2 POINTS
B. VARSITY VICTORY BY DECISION	3 POINTS
C. VARSITY VICTORY BY PINS	6 POINTS
D. VARSITY VICTORY BY TECHNICAL FALL	5 POINTS
E. VARSITY VICTORY BY MAJOR DECISION	4 POINTS
F. MAKE WEIGHT FOR COMPETITION	1 POINT
G. PERFECT PRACTICE ATTENDANCE	20 POINTS
H. ATTENDING ALL HOLIDAY PRACTICES	10 POINTS
I. WEIGHT SIGN IN AND OUT EACH DAY	10 POINTS
J. JUNIOR VARSITY VICTORY	1 POINT
K. JUNIOR VARSITY VICTORY BY PIN OR TECH FALL	2 POINTS
L. WRESTLER OF THE WEEK	10 POINTS
M. ALL WRESTLERS MUST PRACTICE THROUGH REGIONALS	10 POINTS

2. A Senior Wrestler who has been a member of the program for 4 seasons and has not met varsity.

3. Due to injury, illness, or other circumstances, an athlete who in the coach's estimation would have lettered may receive a letter.

4. All wrestlers meeting lettering criteria are required to finish the season up to and including the last practice prior to **REGIONAL competition regardless of qualified status**. In addition, it is a good team member who wants to come to practice the last week regardless of qualified status to make his teammates better.

COMPETITION INFORMATION

1. Be at weigh-ins on time and on weight.
2. If it's an away dual, be on the bus on time and on weight. Make sure you have all of your equipment.
3. All wrestlers and managers will ride the bus to and from the dual. Special permission, although discouraged, is required to ride home with a parent. Wrestlers will only be released to a parent.
4. Be prepared for weigh-ins; haircut, clean-shaven, fingernails trimmed, jewelry off.
5. Warm-up as a team. Captains should prepare an organized warm-up.
6. Stand together as a team for the National Anthem and Introductions (varsity only.)
7. The 103-pounder should be warmed up and ready to wrestle. The 112-pounder should be warming up. There may be a dual or duals in which the normal order is not followed and the weights are wrestled out of order. Pay attention to the lineup and order.

DURING A MATCH

When the 103-pound match is finished, the 119-pounder should begin to warm up. This order should be followed throughout the dual unless the weights are in a different order as noted above.

Pay attention to the match in progress and only say words of encouragement. Leave the coaching to the coaches.

Stay at the bench with the team at all times.

At the conclusion of the dual, all wrestlers will form a line, shake hands with the opposing team, and meet with the coaches to discuss the meet.

If it is a home dual, all wrestlers will help clean up.

Nutrition

The competitive weight classes are designed to ensure the safety of the wrestler by matching athletes of relatively equal size, and provide competition on an equitable basis. The unique feature of competitive weight classes affords a wrestler the opportunity to learn healthy life-style habits. A working knowledge of body composition, weight control, nutrition, muscle strength and cardiovascular conditioning is beneficial to optimum wrestling performance.

Competitive weight classes present many nutritional challenges to the high school wrestler. To be effective, wrestlers must remain well nourished and properly hydrated while attempting to compete at a weight that supports a minimal body fat.

Weight classes reward a wrestler for properly achieving an optimal competitive wrestling weight. Well planned meals that include a variety of healthy food choices combined vigorous exercise frequently results in optimal competitive wrestling weight, a weight that has a maximum muscle mass, minimum body fat (6%-7%) and proper level of hydration.

An effective weight control program that is planned in advance, has clearly documented and reasonable goals, and is organized around a sound knowledge of nutrition and fitness will bring a wrestler to his optimal competitive wrestling weight with the greatest success.

Points to Remember:

1. Get to practice early. 15 minutes is plenty of time to dress and weigh-in. Practice starts 25 minutes after school ends. If all are here on time we all leave on time. Headgear should be worn during practice. **Practice starts at 2:40 p.m.**
2. **EXTRA DRILLING OF MOVES** should be done at least ever other day. **DRILL FOR PERFECTION. Extra efforts give you the edge over your competitors.**
3. **Practice of maneuvers is essential.** When you get in the wrestling room, work at something, which will make you better. Never go all out until the coach is present.
4. **Never miss practice.** If you are temporarily injured, go to the wrestling room anyway. If you must miss practice, inform the head coach.
5. Record weight daily.
6. **SHOWER EVERY DAY IMMEDIATELY AFTER PRACTICE.**
7. Keep your gear clean.
8. Keep your locker locked. You are responsible for all gear issued to you. Do not lend or trade without the coach knowing. Your complete gear costs over 150.00 dollars.
9. Remember your actions before, during and after wrestling matches are a direct reflection on our team.
10. Show up one half hour before departure time for any meets or Tournaments. Do not eat meats or sugared drinks prior to events.
11. Develop a desire for winning, strive for excellence, train faithfully and believe in yourself.