

POPE WRESTLING

3001 Hembree Rd. Marietta, Ga. 30062 Phone: (770) 578-7900

Team Guidelines:

1. PROGRAM PHILOSOPHY:

The Pope wrestling philosophy is to develop young people through the sport of wrestling. We will teach the fundamental skills of wrestling, instill discipline and work ethic and hold high moral standards for all of our wrestlers. Our goal will be achieved through the sacrifice, intensity, commitment and knowledge put forth by all of those involved in our program.

2. EXPECTATIONS:

Team members will be expected to attend all scheduled practices and matches. You must be involved to get better in all areas of our program. You must have good grades. Above a 3.0 as a team is expected. You must wrestle hard and act like a gentleman win or lose. We expect you to be a leader on and off the mat and set a good example for the up and coming wrestlers. This includes time spent with the junior wrestlers at practice or tournaments. You will always be POSITIVE and speak highly of our program. If you feel any negativity, find a coach and communicate the problem so we can address it immediately. Communication is paramount to our success. Never hesitate to confide in a coach as they will always do their best to steer you in the right direction. Practice times will be handed out on the monthly schedule. Be on time and do not miss practice. Finally, we expect your very best. We you give your very best, you always find success!

3. RESPECT OF COACHES/TEACHERS AND ADULTS:

Wrestlers will treat all of the above with the utmost of respect. All coaches will be addressed as "coach." Have faith in your coach, they are here for you.

4. LOCKER ROOM POLICY:

Respect our facilities and the facilities at other schools. Put your name on your locker with a piece of tape and keep it clean. Stay out of others lockers and do not destroy our lockers. No goofing around in the locker room! Keep it neat and tidy. Anything left on the floor is gone.

5. WRESTLING ROOM:

We have one of the finest wrestling rooms in the country. TAKE CARE OF IT!!!! If you see any garbage anywhere in our room, pick it up and throw it away. Any dirty clothes left in the room will be thrown away that day. Shoes, headgear, uniforms or any other gear left in the room will cost you a buck to get it back. No street shoes on the wrestling mat. They bring in the germs that cause skin problems.

6. PRACTICE ATTIRE:

Practice is for a time for a wrestler to focus on his technique and fitness. You will worry about you weight on you own time. Shorts and a T-shirt are the appropriate gear for practice. Long sleeves are fine. Doubling up on shirts and sweat clothes only exhausts you and weakens your ability to have a productive practice. Bring an extra shirt if you need to change during practice.

7. PRACTICE EXPECTATIONS:

Remember our acronym. S.I.C.K. This can sum up what is expected of you in practice. You are SACRIFICING your time to become a better wrestler and a better person. Make your sacrifice worth it. Work hard with INTENSITY and a positive attitude. COMMIT yourself to being on time and working throughout the whole practice with your teammates and coaches. Drill with intelligence and intensity to retain the KNOWLEDGE of what is being taught in our room. And remember, what happens in our room stays in our room. The "P" in the circle on the back of our shirts represents our inner circle.

8. WEIGHT MANAGEMENT PROGRAM:

Each wrestler will abide by the GHSA mandatory weight program. Each athlete will be put through the hydration and body fat test by the mandated doctors and will follow a specific program for safe weight gain or loss. No one is ever told to lose weight. That is the old days. If a wrestler is allowed by the program to go to a certain weight, the coach will discuss that with the wrestler and parents as that situation occurs. Unhealthy weight loss will not be tolerated.

9. WRESTLE-OFFS

Wrestle offs will be held every two to three weeks throughout the season. They will be posted the week before to insure proper weight management. 1. A wrestler must be within three pounds of scratch weight the morning of wrestle offs. 2. Once a wrestler loses, he must beat the man above him twice. The wrestle off will take place on consecutive days. 3. The last wrestle will be decided by the coaching staff. Rules 1 and 2 apply. 4. The coaching staff has the right to deny a wrestle off due to disciplinary problems, failing grades or past behavior.

10. MISSED PRACTICES:

Scheduled practices are mandatory. If you must miss practice for family or academic reasons, let a coach know ahead of time. Please make every effort to schedule appointments around practice time. UNEXCUSED absence from practice= one missed match to be chosen by the coaching staff. If we do not know where you are, we will call home immediately.

11. INJURIES:

All injuries will be dealt directly with Coach Haskin. Proper care and treatment will be closely monitored by Coach Haskin. All appropriate steps will be directly taken by Coach Haskin in any injury situation. If you are injured you are to see Coach Haskin first.

12. HYGIENE:

Wear clean clothes everyday, Shower in our locker room everyday after practice and a match, skin issues-see coach Haskin, do not leave dirty equipment in your locker overnight, use antibacterial soap and shampoo like selson blue or dial, bring a clean towel everyday to shower with, cover any open wound for practice, clean you headgear, knee pads, wrestling shoes and bags and no tape on your headgear.

13. HAZING:

Your teammates are your brothers. You should never embarrass, harass or treat them with anything but crazy respect for going through the things that we do as wrestlers!

14. MATCH CONDUCT:

In a dual match we always shake hand with our opponent regardless of the outcome and shake hands with the team after the match. In a tournament, it is sportsmanlike to shake the coach's hand after the match unless conditions are not right. A coach will make you aware if that does happen. Never leave the bench if you are not wrestling. Always cheer on your team.

15. UNIFORMS:

Any new wrestler must buy a sweat top and bottom for his uniform. This is his to keep forever. This year Varsity wrestlers will be required to give a check for \$100 to be kept until the uniform is turn in at the end of the season. JV will be \$50. Once all equipment is turned in the check will be returned.

16. VARSITY LETTER:

A wrestler will earn a varsity letter if they: wrestle 10 varsity matches, earn 36 team points, place top 3 in a varsity tournament, are a four year Pope wrestler or the coaches decide they have earned it.

17. AWARDS:

Varsity and JV- 1. Most Valuable 2. Most Improved 3. Fireball 4. Coaches Award
Varsity Only- 1. 3-D Award, HEART Award, Team Captain, SICK Award and Best Tournament Wrestler

18. INDIVIDUAL GOAL:

You are on this team for a reason. Everyone has a different reason for being a part of this program. My hope is that you will never give up, you will do well in school, you will act like a gentleman, you will develop a relentless work ethic, you will be a leader in your lifetime, you will care about your family, teammates, friends and coaches and you will become a successful productive person one day. Set your goal to do these things outlined in our program and you will find success in one way, shape or form.

19. PARTICIPATION: Everyone wrestles. That is how you get better. Quote. "Tell me and I forget. Teach me and I remember. Involve me and I learn." Congratulations on becoming a part of the Pope Wrestling family.

www.popewrestling.com

Keep the first three pages of the guidelines and turn in this page before the first day of practice.

Our signatures below state that we have read and agree with, and will follow the guidelines of the Pope Wrestling Team for the 2009-2010 season.

Wrestlers Signature _____

Parent Signature _____

* All Cobb County Drug and Alcohol policies will be followed.