

# **LAKEVILLE SOUTH WRESTLING** **GO COUGARS!**

## **Program Goals**

\* Academic Success- Keep working hard. You have support from your parents, coaches and teachers.

\* Personal Growth- Wrestling will help you become a better person in all aspects of your life and prepare you for future challenges.

\*Wrestling Success- Your wrestling success is an outcome of committing to excellence and a positive attitude on and off the mat.

## **Team Expectations**

1.) Wrestlers will respect yourself and those around you and stay positive.

2.) Wrestlers will maintain academic and athletic standards or be prepared to leave the team.

3.) Wrestlers will listen to your parents, teachers and coaches, we've been through all of this before.

4.) Wrestlers will attend all practices, WORK HARD and MAKE WEIGHT-----ESPECIALLY on the days you don't feel like it. Excused absences will work the same as school and must be communicated to Coach English by a parent. Contact info. can be found on our website. Failure to comply will result in loss of wrestling privileges.

5.) Wrestlers will represent Lakeville South in a positive manner on and off the mat.

6.) Wrestlers will shower and wash your practice gear regularly.

7.) Wrestlers will identify and write goals regularly.

8.) Wrestlers will recognize that the LSHS coaching staff reserves the right to dismiss or suspend wrestlers from the team.

## **Captains' Roles**

Captains are chosen by teammates and coaches based on academic and athletic performance. Captains must have the ability and willingness to serve as an extension of the coaching staff. Qualified candidates will possess the leadership qualities that help LSHS promote academic and athletic excellence. Responsibilities include but are not limited to: communicating with coaching staff, coordinating warm-ups, leading practices, planning pre-match routines, assigning co-captains, organizing team meetings, promoting drug-free environments, assisting the coaching staff with various other day-to-day duties.....all while maintaining appropriate grades in the classroom. LSHS coaches reserve the right to dismiss or suspend a team captain for inadequate leadership.

## **How to Achieve These Goals and Expectations**

\* **Character:** Be more concerned with your character than your reputation because your character is what you REALLY are, while your reputation is only what others think you are. (John Wooden)..... Have the courage to say NO to drugs and alcohol. Have the self-discipline to make good choices when the pressure is on.

\* **Class:** Class is being honest---both with others and yourself. Class is treating others the way you would like them to treat you. (Jack Nicholas) If it feels good to have someone come up to you and say "good job" or "nice match, be prepared to return the favor. Furthermore, know how to be a good winner and a good loser. Accept victory in a sensible manner; HATE getting beat, but make no poor display of it. (Dan Gable)... Represent Lakeville South in a positive manner at all times.

\* **Commitment:** The all important thing in life is to try to do your best. Be honest with yourself, your family, your friends and your school. An honest commitment means 100 % effort on and off the mat. It means being loyal, and it means others can count on you! (Joe Paterno)

## Challenge Match Rules

- 1.) Satisfy ALL team expectations listed above.
- 2.) Sign up and alert the coaching staff.
- 3.) Challenges matches allowed for only 1 weight class
- 4.) Coaches have the final decision, especially for cases involving injury, sickness, etc..

## Lettering Requirements

A varsity letter will be awarded to any wrestler who meets one of the three qualifications listed below and finishes the year in good standing with the coaches, activities director and the school administration.

- 1.) A wrestler will earn 100 points using the following

system.

A.) Wrestle in a varsity match	2 points
B.) Varsity victory by decision	3 points
C.) Varsity victory by pin	6 points
D.) Varsity victory by tech. fall	5 points
E.) Varsity victory by major decision	4 points
F.) Make weight for a competition	4 points
G.) Perfect practice attendance	50 points
H.) J.V. victory by decision	2 point
I.) J.V. victory by pin	5 points
J.) J.V. victory by tech. fall	4 points
K.) J.V. victory by major decision	3 points
L.) Victory by forfeit or bye	1 point

***OTHER WAYS TO EARN OR LOSE LETTER POINTS  
(COACHING STAFF DECISION)***

**The LSHS coaching staff reserves the right to modify accumulated lettering points based on individual performances, behaviors and ability to effectively carry out ALL team expectations mentioned in the South Wrestling Handbook.**

2.) A senior wrestler who has been a member of the wrestling team for 4 seasons and has not met the lettering requirements will letter.

3.) Due to injury, illness, or other circumstances, a wrestler was prevented from lettering. (coaching staff decision)

## **LETTERING GUIDELINES FOR MANAGERS**

\*Attend all assigned practices.

\*Attend all assigned competitions.

\*Wear a Cougar or LSHS sweatshirt, jacket or shirt for all competitions.

\*Represent LSHS in a respectable manner at all times, especially when interacting with opposing team managers and coaches.

- \*Prepare and take responsibility for medical kit and supplies.
- \*Time practice matches and drilling sessions.
- \*Assist with home meet set-up.
- \*Create “Good Luck” posters and signs for wrestlers.
- \*Design and update a wrestling display case.
- \*Post current statistics in wrestling room and or on the South wrestling website.
- \*Assist coaches and run errands.
- \*Distribute and collect uniforms, warm-ups and any paperwork necessary for wrestlers and parents.

### **Cougars Wrestling**

#### **Looking Like a Team On and Off the Mat**

- 1.) Wear your letter jackets. You earned it!
- 2.) If you don't have a letter jacket, wear something that says Cougars or Lakeville South. (sweatshirts, jackets, hats, etc.) We want to look like a TEAM and represent LSHS in a positive manner at all times.
- 3.) No slippers or sandals!
- 4.) A school color hooded sweatshirt may be worn under the team warm-ups. Acceptable colors will be red, gold, grey, white or black.
- 5.) WHITE socks that rise above the wrestling shoe will be worn for all matches. (stripes are OK as long as they are not vertical)
- 6.) Winter stocking hats are OK with the warm-ups as long as they say Cougars or Lakeville South. No baseball caps will be allowed with the uniforms.
- 7.) T-shirts and shorts worn under the team warm-ups should be appropriate school colors. (red, gold, grey, white or black) Print should be limited to logos, words and slogans that promote wrestling.
- 8.) The TEAM bench area should reflect the meaning of TEAM at all times.
- 9.) LSHS Coaches reserve the right to suspend, dismiss or discipline wrestlers for failing to comply with TEAM expectations.

## **Points to Remember**

- 1.) Be on time and on weight for practices and competitions.
- 2.) Extra drilling and conditioning means an extra edge over your competition.
- 3.) NO live wrestling until a coach is present.
- 4.) NEVER miss a practice. If you must miss, a parent must inform the coaching staff.
- 5.) Head gear should be worn in practice during live wrestling.
- 6.) Check and monitor your weight every day.
- 7.) Shower every day after practice, and keep your gear clean.
- 8.) Remember, your actions BEFORE, DURING, and AFTER the meet directly reflect Lakeville South.
- 9.) Strive for excellence and believe in yourself.
- 10.) Alert coaches or trainer of ALL skin conditions.
- 11.) Drink water regularly!
- 12.) LSHS coaches reserve the right to dismiss or suspend wrestlers from the team.

**\*\*\*Parents-**The purpose of this handbook is to serve as a guideline for success both on and off the mat at LSHS. It is not intended to replace the rules and principles of the MSHSL or School District 194. Please help us promote these goals and expectations in a positive manner.  
Thank You!

Sincerely,

Mike English  
Head Wrestling Coach  
Lakeville South Cougars  
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mdenglish@isd194.k12.mn.us

"It's never too soon for kindness because you never know how soon it will be too late."  
-Ralph Waldo Emerson

Dear Parents and Athletes:

Please keep in mind a couple of important points as you read through the LSHS Wrestling Handbook.

1.) The purpose of this handbook is to serve as a guideline for success both on and off the mat at LSHS. It is not intended to replace the rules and principles of the MSHSL or School District 194. Please help us promote these goals and expectations in a positive manner.

2.) Our intent is to use the Cougar Wrestling website as our main source of communication. Please check the site regularly for information regarding schedule, weigh-in times, start times, bus times, upcoming events, ETC.  
[www.cougarboosters.org](http://www.cougarboosters.org)

**GO COUGARS!**