



Columbia High School
Wrestling



Parent's Informational
Packet

2009 - 2010

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Required Paperwork

Required before November 16 – the first day of practice

1. *Illness/Accident and Insurance Waiver*
2. *Sports Physical*
(Physicals are valid for 24 months. Freshmen need a physical dated after June 1st, 2009)
3. *Athletic Handbook*
Covers athletic code of conduct. Needs to be read and signed by athlete and parent.
4. *Concussion Release Form*

Required before November 30th – before the first meet

1. *ASB Card* – \$25
2. *User Fee* – \$60
If you participate in the free or reduced lunch program, your user's fee will be adjusted accordingly, contact the CHS main office for details.
3. *Pay Your Fines*
If you have outstanding fines, you must take care of them.
4. *Grades*
The student shall have passing grades in their current courses at each grading period. Check the athletic handbook for further information.

Coach's Goals and Objectives

1. Develop student athletes of character.
2. Develop champions on and off the mat with values such as commitment, fortitude, community, comradery, dedication, and sacrifice that will produce success in high school and for the rest of their lives at whatever they should choose to do.
3. Experience the satisfaction and fulfillment of working hard and being part of something bigger than themselves, being a contributing and integral part of a team/wrestling family.
4. Develop good basic skills in all wrestlers.
5. Keep the team conditioned at a highly competitive level.
6. Get each wrestler as close to 33 regular season matches as possible.
7. Keep 90% of freshman and new wrestlers in the program for the whole season.
8. Implement a new "JV/Freshman" league in the Gorge.
9. Qualify entire team for the Sub-Regional (District) Tournament.
10. Qualify at least eight wrestlers for the Regional Tournament.
11. Qualify at least three wrestlers for the State Tournament.

Characteristics of Wrestling

1. Tough Sport
 - a. Injurious – Bloody noses and lips, black eyes, mat burns, cauliflower ear, sprains, dislocated joints, and torn muscles.
 - b. Exhausting– Each match is like performing a 800 meter sprint while arm wrestling a person that you carry on your back.
 - c. Weight Management - practice self-control in the area of diet and nutrition.
 - d. Mental Endurance and Toughness – going out and wrestling your best match even after you have been beaten, owned, or injured
2. Individual
 - a. Your success is primarily based on your work ethic, your skill level, your physical shape, and your drive to win.
3. Dedication
 - a. Weekend Sport – 8-man tournaments take about 6 hours to run. A 16-man tournament takes about 8 hours. Travel time is additional. Because of this, most tournaments are wrestled on the weekends and this is where the wrestlers get a majority of there mat time experience. Therefore, wrestlers give up most of their weekends during the sports season.
 - b. Holiday Sport - You cannot maintain your weight descension plan without attending practices over the holidays. You will start gaining weight. You cannot wrestle competitively in January (will not be in good enough shape) without attending practices over the Winter Break.
4. Physical
 - a. To compete competitively at the higher levels within this sport, you will need to be strong, in condition, and able to perform injured and with pain.
 - b. Practices are hard and exhausting. Many wrestlers will loose 5 to 8 lbs of water weight during a typical practice.

Uniforms and Spirit Wear

Singlets	Issued by the school to each wrestler
Shoes	Each wrestler must provide his/her own shoes, though some may be available for borrow – ask the coach if you need shoes.
Headgear	Can be issued by the school. However, the school does not own enough headgear for every wrestler and many wrestlers choose to purchase their own.
Mouthguard	Every wrestler who has braces must wear a mouth guard to participate. If you have both upper and lower braces, you will need a double mouth guard. If you have trouble finding one for purchase, please talk to the coach.
Beanies	Available for \$10 each
Warm-ups	\$70 each (Wrestlers not purchasing warm-ups will be issued warm-ups for participation in varsity meets and tournaments.)
Spirit Pack	\$30 Includes a team t-shirt, beanie, and mesh shorts. (Add sweatshirt for \$20)
Mesh Bag	\$15 for carrying shoes and headgear

Fundraiser

Wrestlers can raise money for both personal purchase of wrestling uniform and spirit wear as described above and for the team by participating in our “Fresh Apple and Pears” sale. Sales forms are available from the coach. Wrestlers who sell five boxes will get credit for a base Spirit Pack. Wrestlers who sell ten boxes will also get credit for his/her warm-ups. Wrestlers who already have warm-ups can use credit for a mesh bag or can help support the team by earning team supplies and gear. Wrestlers may opt to purchase the spirit pack directly if they do not sell any fruit

Wrestling Team Rules

“Setting the Tone for the Season”

General Rules

- Everything we do affects our team: Everyone is expected to understand that everything we do each day affects us negatively or positively.
- As a member of the Columbia High Bruin Wrestling Team you must represent your family, your team, your coaches, your school, and most of all yourself in a positive way everyday.
- Ability determines only what is God-given. Attitude determines how well you will do. Our athletes are required to have the attitude of a champion each day. We want our athletes to represent themselves as champions at all times. We want the kids to have fun, work hard, and do their best.
- We want to develop our kids in three ways: First, we want them to be good people. Second, we want them to be good students. Third, we want them to be good athletes.
- Showers with antibacterial SOAP are MANDATORY after every practice each day (at school or at home). Keep your gear clean. Always disinfect any cut, scratch, or mat burn immediately. The sooner you shower after practice, the less likely you are to contract a skin condition.
- You are expected to attend practice everyday.
- Snow Days: If school is cancelled, there is no practice per school district policy. For morning practices: if school is delayed one hour, then morning practice is delayed one hour; if school is delayed two hours, then practice is delayed two hours.
- Making Weight: A scale will be made available before weigh-ins for athletes to pre-weigh in before home meets. We will arrive at away meets 45 minutes before weigh-ins to allow weight checks and if necessary weight loss. Athletes who are overweight are expected to run until they are at weight. If an athlete does not make weight he will forfeit his Varsity position and be expected to continue to run during the meet until he has made weight. A coach, team captain, or manager will verify the weight before the athlete is allowed to quit running.
- Curfew: Rest is important. You need 8-10 hours of sleep everyday. Getting the right amount of rest is very important.
- **No street shoes are allowed in the wrestling room.** Please take them off at the door before entering the room. This is mandatory for hygienic and health reasons. **Also, please keep your fingernails trimmed.** This will reduce the number of cuts and abrasions our team will incur during practices and help to minimize risk of infectious skin disease.

Practice Policy

“Perfect Practice Makes Perfect Performance”

Practice Attire

Please wear clean work out clothes EVERY DAY!

- Gym shorts or athletic shorts. No cut offs, Bermudas or clam diggers!
- T-shirts, long sleeve shirts, or sweatshirts may be worn.
- If showering at the school, have a clean shirt to wear.
- Female wrestlers must wear a sports bra and compression shorts under normal gym wear for all practices.
- Always wear a pair of clean socks to practice every day.
- Head Gear – You will be issued headgear and it must be worn for both practice and matches. Your headgear should be cleaned with rubbing alcohol at least twice a week.

Attendance Expectations

Every wrestler is expected to be on time and attend every practice - including holidays. Holiday practices will only be excused for family events with a parent’s note. Arriving 15 minutes earlier than the scheduled time for practice will allow each wrestler time to properly stretch and take care of any necessary paper work.

Practices run between 2 ½ and 3 hours in length. Generally, practices will shorten as the season progresses. It is recommended that the wrestler call for his ride before showering so he will be ready to go when you arrive.

Missed practices

Eligibility to Wrestle – A wrestler must attend the practice before a meet to be eligible to wrestle in the meet or tournament. In addition, in general, a wrestler must attend two practices within the week to be eligible to wrestle in a following meet or tournament. Excused absences will not satisfy this requirement, so make sure to schedule around these requirements.

Teacher’s Meeting – If a wrestler stays after school with a teacher and will be late to practice, he should bring a signed note from that teacher with the time he arrived for help and the time he left the classroom. It would be wise to let me know ahead of time! The time missed from practice will be excused.

Detention – Practices or practice time missed because of detention are not excused and must be made up before the next wrestling match in order to compete.

Medical Appointments – If you are planning a dentist and/or doctor appointment between 11/16 and 2/23 please try to minimize the time missed from practice. If you bring a parent’s note or doctor’s note, the time missed from practice will be excused.

Schedule Conflicts – If you know of any possible conflicts that could arise, I expect to be notified well in advance. This will help minimize the impact on our team. We cannot have wrestlers in and out of the line-up because of attendance issues. I want to encourage our wrestlers to be responsible and communicate. The wrestler should be the primary vehicle for communicating. It is also wise to email as a back up, if necessary (stonerbell@belldesigncompany.com) .

Unexcused Absences – If a wrestler misses practice without a valid reason (Coach’s discretion) then he will make up the practice time lost by staying after practice for conditioning an additional 20 minutes, along with one or several of the following duties: cleaning the mats, cleaning the locker room, cleaning up the bleachers after a match, carrying team equipment or writing a paper (theme on subject to be determined by the coach). A team captain will conduct conditioning.

Late for Practice – If a wrestler is late to practice, then the amount of time he was late will be doubled and that time will be spent conditioning after practice, as conducted by a team captain.

Pay Attention – Wrestlers must pay attention in practice; those deemed a disruption to the rest of the team will be subject to remaining after practice for additional conditioning with the captains.

Varsity Letter Requirements

To earn your Varsity Letter in Wrestling, you need to accumulate at least 25 points during one wrestling season. Points may be earned or taken away in the following ways:

EARNED POINTS (added to total)

1 Point – PARTICIPATION in a Varsity Tournament or Dual Meet
5 Points – PARTICIPATION in the Regional Tournament

Team Points scored by the individual in a Varsity Tournament or Dual Meet
Team Points scored in the Washougal JV Tournament

MINUS POINTS (taken away from total)

-1 Point – each unexcused PRACTICE absence

-3 Points – each unexcused TOURNAMENT or DUAL meet absence

Care of Team Equipment and Clothing

SINGLETS – Wrestlers will be issued a singlet for the duration of the season. Please take good care of this gear as it will be inventoried when it is returned at the end of the season and will be used by future teams. Singlets should be washed after each tournament and dual meet. Singlets **MUST** be hand washed separately (i.e. not be washed with any other items). Singlets will be numbered. Failure to turn in the issued singlet will result in the student being charged for the singlet.

WARM-UPS – If you elect to not purchase a warm-up top and bottom, one set will be issued to varsity wrestlers prior to each meet and tournament. These warm-ups will be numbered. The warm-ups will be collected after each meet. Failure to return the warm-up will result in the student being charged for the cost of the warm-up.

HEADGEAR – Students without personal headgear will be issued headgear at the beginning of the season. The headgear will be numbered. The student will be responsible to turn in his issued headgear at the end of the season. If the student does not turn in the headgear issued to him, the

student will be charged for the replacement of the headgear. Headgear should not be shared and should be disinfected at least twice a week. (Sanitary wipes will be available for disinfection of wrestling gear).

Wrestle-Off Procedures

1. A wrestler **does not automatically** receive the right to wrestle-off for a varsity or junior varsity team position. It is always the coach's discretion as to which wrestler will compete and represent Columbia High School. This decision will be based on a team first policy - simply stated: "What is best for our team?"
2. In order for a wrestler to earn the privilege of a wrestle-off or challenge, the wrestler must be in good standing academically and consistently following team rules.

Wrestling for Columbia High School is a privilege not a right!

3. In order to wrestle off you must be within two pounds of the actual weight class. (EX.-For the 103 class, that would be 105). There will be a weigh in just prior to each wrestle off.
4. A challenge to wrestle off another wrestler for a spot must be given to the Head Coach or assistant by the challenging wrestler for approval, or challengers may sign up on a challenge sheet hanging in the practice room. The coaches will decide whether a challenger merits a wrestle-off and what ultimately is best to do for the wrestler and the overall team. The challenge will either be approved or denied by the Head Coach, Assistants, and/or Athletic Director.
5. After the initial wrestle-off has taken place and each weight class has been determined, then a **ladder system** will be used for all subsequent wrestle-offs for the remainder of the season.
6. ***What is a ladder system?*** A ladder system means that you must climb the ladder to reach the top. Each rung of the ladder constitutes a step closer to the Varsity Spot. If there are 3 wrestlers at a weight class and the initial wrestle-off has already been determined then the challenge process will occur as follows:

A = Varsity (#1 wrestler)	Top Spot
B = JV (#2 wrestler)	2 nd rung
C = #3 wrestler	3 rd rung

If wrestler C wants to challenge wrestler A then he must ask for a challenge match and go through wrestler B to get there. Challengers move up the ladder by a simple win. However to move from JV to Varsity (position A to B), the **challenger must win the best two out of three with the Varsity wrestler already having one win automatically given to him**. If the challenger loses his first challenge match then the wrestle-off is over. (There will not be a best of three).

7. A regular varsity starter being challenged has the right to be notified by the Coaches and will have a minimum of a one day notice.
8. A regular varsity starter will accept no more than one challenge per week.
9. The challenging wrestler must win 2 consecutive matches over the wrestler being challenged for. The two matches will not happen on the same day. A wrestle off can take place on consecutive days. The time and place of wrestle offs will be determined by the coaches and may or may not occur during practice time. Wrestle offs will not take place on Match or Tournament days and will usually not occur on the day before.
10. The challenging wrestler who vacates his spot to challenge at another weight class will lose his regular spot he once held. He will have to re-earn it should he not win the wrestle off for the desired spot or not be able to make weight at a later date.
11. All wrestle offs will be closed to the public and a team captain will officiate the match. Wrestlers may wrestle in practice gear, but a tight fitting shirt is required. Singlets are preferred.
12. If Columbia JV Coaches or Assistant Coaches are available they may coach wrestlers during wrestle-offs. Wrestlers may ask fellow teammates to be their coaches. Both wrestlers will have a coach or they will both have no coaches; it will be a fair situation for each wrestler. No wrestler will have a coaching advantage, if one wrestler has a coach, so will the other.
13. If the wrestle-off outcome is favorable for the challenging wrestler he must make weight for all dual meets and tournaments and retain that weight for the remainder of the season. If the wrestler goes over the weight class by five pounds at any time the spot will be lost. It will also be lost if a wrestler fails to make weight at morning honor weigh-in, mat side dual meet weigh-in, or tournament weigh-in. This will be strictly enforced by the coaching staff. The coaches will have the right to weigh the wrestlers on a daily basis to monitor their weight control.
14. ***If a wrestler is not fulfilling his academic or athletic expectations for the team then he may be removed from his Varsity or JV position.*** If a wrestler continues to struggle with our team expectations then further time off from team competition and possible removal from the team may occur.
15. ***Some or all of the Varsity positions may become sealed by mid-January, by decision of the Columbia High Wrestling Coaching Staff, and wrestle offs will not be allowed after this date.***
16. Regardless of the outcome of the wrestle-off, the head coaches of the JV and Varsity team will have the final say in who will wrestle in a particular weight class.

Weight Management

Purpose

The purpose of the Washington Weight Management Program is to help young wrestlers make good decisions about diet, nutrition, and weight control by avoiding potentially harmful rapid weight reduction practices. A wrestler is **NOT REQUIRED** to wrestle at his minimum weight.

Regulation

A wrestler's minimum weight class is based on 7% body fat for males and 12% body fat for females. The wrestler's established minimum wrestling weight is not necessarily the athlete's best weight; it merely indicates the minimum weight class at which the athlete will be allowed to compete throughout the season.

Bruin Weight Assessment

Columbia Bruin wrestlers will be assessed for body fat composition on Friday, November 20. All varsity wrestlers who may qualify for state may be tested in the morning. All other wrestlers will be tested during regular practice times.

- Required attire: gym shorts and bare feet for males; gym shorts and sports bra with bare feet for females
- Percent body fat is determined by a caliper test where skin thickness is measured at several parts of the body.
- Coaches are not allowed to be present during the test.
- A certified assessor will perform the weight assessment and will enter the data into the National Wrestling Coaches Association's Optimal Performance Calculator. This program will determine lowest allowable wrestling weights for each competition throughout the season.
- Wrestlers must be completely hydrated to be eligible to have the body fat test performed. This is determined by a urine test. If the wrestler is not completely hydrated, he or she cannot have the body fat test performed and are not eligible to compete until their percent body fat is determined, approved, and published.
- Reassessments are allowed under certain conditions, but these are generally not desirable or necessary.

Preparation for Assessment – Two Days Prior to Test (November 18-20)

- Drink plenty of fluids throughout the day; athletes should be drinking at least 8-10 glasses of water during the day.
- Increase intake of foods high in fiber; this will assist with the removal of excess waste from body. (Salads, high grain cereals, vegetables, fruits)
- Eat smaller, more frequent meals
- AVOID food high in fat (fried foods, meat, French fries, pizza, nuts, salad dressing, etc)

- AVOID salty foods (chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)

Preparation for Assessment – Day of Test (November 20)

- Eat small portions; eat a very light lunch if afternoon testing
- Eat lighter foods such as fruit and grains.
- Continue to drink water; 2 hours prior to testing, drink 24 ounces of water.
- Do not drink salty drinks such as sports drinks or carbonated beverages and caffeinated beverages. This may cause you to retain fluids.
- Urinate as frequently as possible until one to two hours prior to the test time.
- Avoid vigorous physical activities that cause excessive sweating

In-Season Weight Loss

- Each wrestler will be given a recommended “descent” plan that will show the initial assessment with alpha weight and the minimum competition weight allowed per week.
- A wrestler may lose up to 1.5% of originally assessed body weight per week throughout the season. This “descent” plan will determine which weight classes a wrestler may weigh-in and participate at each week.
- A wrestler may weigh-in only one weight class above the weekly “descent” plan and may also wrestle up one weight class from the weigh-in weight.
- A wrestler who chooses to not follow his weight plan DOES NOT lose the right to wrestle. He merely “locks in” at any weigh-in weight that is more than one weight class above his “descent” plan weight. He will not be allowed to wrestle at a lower weight for the remainder of the season. A wrestler may avoid “lock-in” by choosing not wrestle on a day when he is overweight.
- A wrestler is not eligible to wrestle at a weight class lower than the one indicated by his “descent” plan at any time during the season.
- Some wrestlers may not be allowed to achieve their minimum recommended weight by the end of the season if the required weight loss is too great.
- During post-season tournament wrestling, all wrestlers will be given a two-pound weight allowance, with an additional one-pound weight allowance for each day of consecutive wrestling.

Wrestling Weight Class

- After the wrestler’s minimum weight has been determined, the Columbia High Wrestling Coaches will work with each wrestler to determine what weight class the wrestler should try to wrestle. This will be based on the wrestler’s current weight, wrestling ability, and the needs of the team.

Sample Alpha Weight Report

Skin Infection Brochure

(Pleasant Grove High School)

Preventing Skin Infections

Keeping wrestlers healthy by avoiding skin infections is a concern of every wrestler, wrestling parent, and coach. While skin infections such as ringworm (*Tinea* fungus), impetigo (bacterial infection), herpes (virus), and pink eye (conjunctivitis) are not uncommon in contact sports, wrestlers need to take specific precautions to avoid infection.

1. Apply a skin protectant. Your team must follow the directions on how the skin protectant should be applied. Kennedy Industries recommends the application of KS Skin Protection before every practice and every match to all external skin surfaces from the waist up and the singlet down, including the stomach and back areas covered by clothing.

2. Showers should be taken immediately following all practices and competitions. The quicker the wrestler gets to the shower, the better. A great number of today's athletes prefer to shower at home. If this is the case, the shower must be the first thing the athlete does when he gets home. The use of a shower mesh or washcloth in conjunction with an antibacterial cleanser is strongly recommended. Using a shower mesh removes dirt and grime from the body better than just using the hands and the mesh dries quickly to prevent the growth of bacteria and fungi than can build up in a damp washcloth.

3. Do not re-use unwashed towels. Do not share towels. Many skin infections are contagious. Re-using towels or the sharing of towels with others may lead to greater opportunity for contamination.

4. Do not practice in clothing that has not been washed and dried. This includes pads and sleeves. If an athlete re-uses clothing or towels from a previous practice, that clothing could be contaminated with harmful bacteria and fungi that could have multiplied, especially if they've been left in a dark, damp locker or gym bag. Clothes and towels taken home for laundering should be placed in disposable, plastic bags, never directly into a gym bag. This helps prevent germs from being transferred to the inside of the gym bag.

5. Prior to the wrestlers entering the wrestling room for practice or on to the mat for a match, their shoe soles need to be cleaned. The easiest way to accomplish this is by using a device like the Sole Mat, that uses a soap and friction method to clean.

6. Clean all mats before each use and read the label on your mat cleaner. Just because a disinfectant/cleaner says it's for wrestling mats does not mean it kills all the organisms that plague the sport. Another vital step in correctly using your disinfectant/cleaner is to know the proper ratio of disinfectant/cleaner to water. The final important aspect of a disinfectant is called dwell or contact time. You should not mop the surface of your mats and then quickly wipe them dry with towels or mops prior to the dwell time listed on the label of your disinfectant. If this is done, your mats may not be properly disinfected. Dwell time allows time for the cleaner to effectively kill bacteria, fungi and viruses. Dry mops immediately after each use. Never allow mops to sit in dirty water over night.

Skin Infections and the Wrestler

By Cynthia DiLaura Devore, MD, FAAP©

Wrestling is a sport with direct body contact including rubbing, scraping and occasional breaking or abrading of the skin. As a result, each year bacterial, viral, and fungal skin infections can occur and spread from athlete to athlete, sometimes infecting large numbers of wrestlers within and between schools. Once infection is widespread among teams, it is not uncommon that control measures have to be instituted at regional tournaments that eliminate would-be winners from competition. Officials have the right to disqualify an athlete with a suspected skin lesion. Delays in getting a proper diagnosis and treatment on your part could result in disqualification. Let's work to keep skin infections to a minimum. (Control measures should not be thought of as a cure for or as a guarantee against getting a full-blown infection.)

PART I: COMMON TYPES OF SKIN INFECTIONS

IMPETIGO is a skin infection with small sores, red bumps, or blisters that may spread, become wet and weepy, crusted with a honey colored scab, or will not heal. The germs that cause impetigo are staph and strep, and are found normally in humans. As long as sores are present and untreated, the infection can spread to yourself or others. The only way to get rid of the germs is by antibiotic therapy. In milder cases, your doctor may prescribe a topical antibiotic. In more serious cases or in cases where topical antibiotics fail, an oral antibiotic may be prescribed and must be taken to completion, even if the lesions heal beforehand. In some cases, the staph or strep may be resistant to traditional antibiotics. If a lesion is not getting better after 48-hours of therapy, your physician must re-evaluate it. Keep your entire body clean by washing with soap once daily, dry thoroughly with a clean, dry towel, and wear clean dry clothes. An athlete who spots an unusual sore should alert his parents and coach. If you are diagnosed with a case of impetigo, you may not wrestle until 48 HOURS AFTER THERAPY, and if you return to play, the lesions must be covered with a dry bandage. Do not wrestle with someone who has sores. Alert your coach or an official.

HERPES SIMPLEX can cause one or more sores with blisters usually around the mouth (e.g. cold sores). This is a viral infection. Virus may shed for at least a week after the infection and sometimes for months, making it contagious to those who come in direct contact. While doctors sometimes use some oral anti-viral agents, often the lesions run their course without treatment. Topical creams and ointments don't usually work. Because herpes can spread rapidly among wrestlers, anyone with a cold sore may not wrestle UNTIL THE LESION IS COMPLETELY HEALED, since accidental breaking of the scab could result in viral shedding. It's important to understand that you do not want to catch or spread a Herpes infection. Once infected with Herpes, always infected with Herpes. It will lay dormant and re-emerge on and off over the course of a lifetime. Do not wrestle with someone who has cold sores. Alert your coach or an official.

RINGWORM, or tinea, is caused usually by a fungus, and occasionally by yeast, not by a worm. These are organisms that grow best in a warm, moist, dark place. It is an infection, which

can attack hair follicles and nails as well as skin. The crotch (jock itch, crotch or jungle rot), the feet (athlete's foot), armpits and the skin (ringworm) are at most risk in your age group. The fungi and yeast occur everywhere in the environment and are transmitted by direct contact with infected humans. The skin lesion is usually rounded and red within a clear edge. It may have a scaly, blistering or pus filled pimples border. Sometimes the center appears clearer than the margins, so a ring is formed. It may be very itchy. Untreated, it will often spread, not only on the person who has it, but also to others who rub against an infected person. A fungus or yeast reproduces by spore formation. In a heavily involved individual, or when numerous individuals in the same space, like a locker room, have lesions, the spore count in the air may be high. Spores may be released in the air, on locker room floors, in showers or on wrestling mats waiting for the next warm, wet, and dark place to grow. Treatment for mild cases of ringworm when hair or nails are not involved may be topical anti-fungal creams, such as over the counter (OTC) preparations such as Tinactin, Lotrimon, or Mycostatin. However, the more widespread use of these OTC creams has resulted in some resistance to treatment. Also, when hair or nails are involved, topical therapy is of little use. In instances of hair and nail involvement, and if lesions have not responded to OTC medications used according to package instructions, or if the infection is widespread, it is necessary for an individual to seek care from their physician, so that either stronger topical agents and/or oral anti-fungal drugs can be prescribed. Keep your body clean, dry your body well, especially in the crotch, armpits, and between fingers and toes, and use only CLEAN, DRY CLOTHES, TOWELS AND SNEAKERS DAILY help to prevent infection. Discuss with your parents and physician other preventive measures such as the use of a selenium body wash (such as Selsun Blue shampoo) instead of soap, or protective anti-fungal foam rubs. These are not cures, but are used as a means of keeping down spore formation, which may help to contain the spread of infection. Daily inspection of the skin is essential. Any athlete with a known or suspected case of ringworm on the skin **MAY NOT WRESTLE UNTIL TREATMENT HAS BEEN UNDERWAY FOR 72 HOURS**. For hair involvement, treatment is required for one week before an athlete may return. Any remaining lesion after treatment must be completely covered. Do not wrestle with someone if you suspect he has untreated ringworm. Alert your coach or an official.

MOLLUSCUM CONTAGIOSUM, is a benign viral infection of the skin usually without significant symptoms. Small, flesh-colored, dome-shaped bumps commonly occur on the trunk, face, or extremities. They are usually few in number, but can be more widespread, especially in people with eczema or immune compromise. It is spread by direct contact and can be transmitted in towels. Skin lesions usually go away by themselves without treatment, but in extensive cases, treatment may be helpful to shorten the course, which can last in some cases for years, though normally the course is weeks to months. Since infectivity tends to be low, in general students with molluscum are not restricted from wrestling unless there is a major outbreak. However, an official could exclude a student for lesions observed at mat side, so if you think you have it, remember to alert your coach and try to keep the lesions covered.

PART II: WHAT TO DO

1. **Report** any sores, blisters, itchy red spots, or other skin lesions on yourself to your coach and see your doctor as soon as possible. Don't forget to check between your fingers and toes, under arms, and in your crotch area.

2. Only wrestle on a mat that has been disinfected and dried between wrestlers.
3. Change and **wash your clothes DAILY**. Use a clean, dry towel DAILY. Dry well. Do not share clothes, towels, or equipment with anyone. Every wrestler should have his own antibacterial soap for showering. Do not share soap with other wrestlers
4. Use shower flip-flops in the locker room.
5. Do not wrestle with someone who has visible sores or lesions without first checking with your coach or an official, but do so while being respectful of the other person's feelings.
6. Discuss with your parents and physician whether to use an anti-fungal body wash or protective spray. Remember, even using preventive measures does not guarantee you won't be infected by a skin infection.
7. **Check your skin daily** during the season and seek help as soon as you spot something.
8. Use the included form, **“Physician Release for Wrestler to Participate with Skin Lesion,”** when visiting a doctor for treatment or evaluation of skin lesions. It will be required to wrestle in a meet if you have visible skin lesions. **Remember the wrestler must be under treatment by a doctor for at least three days and the infected area dry and fading for a wrestler to be allowed to wrestle even with the official WIAA “Physician Release for Wrestler to Participate with Skin Lesion” form filled out by your physician.**

Physician's Release for Skin Lesion

Team Captains

WHY A GOOD CAPTAIN IS IMPORTANT

Perhaps nowhere is the importance of good leadership as apparent as in a sports team. An analysis done by various coaches showed that although there are a variety of reasons why teams do not achieve their potential – such as injuries, insufficient skill, poor conditioning, or poor officiating – the main reason is lack of good internal leadership. And, while leadership does come from coaches, the real leaders come from within the team itself, making the selection of a good team captain vitally important. A good captain can lead his team to success and recognition, whereas, a weak captain with poor leadership skills can hinder a team's chances of competing and bonding successfully. This document articulates what the Bruin wrestling coaches would like to see from their team captains. One person who is committed, focused, and on a mission can spark an entire team into believing in themselves.

SELECTING THE CAPTAIN

The team will be allowed to vote on team captains after one week of practice. The team is encouraged to consider all the aspects of this document when selecting a team captain. The coaches will consider the choices of the team when finalizing the selection of team captains for the season.

RESPONSIBILITIES AND TRAITS OF A GOOD TEAM CAPTAIN

Leadership is not a position that someone gives you; it is ultimately a privilege that you must earn and maintain.

BE A TEAM LEADER

- Take charge – don't just rely on the coaches. For example, start practice on time, even if the coaches are still getting ready or temporarily occupied elsewhere.
- Lead the entire team in daily warm-ups, stretches, and cool downs, making sure the team does them effectively, efficiently, and together
- Be a role model and gather entire team for warm up and cool down at meets
- Lead drills during practice – work to improve everyone's skills, not just your own
- Set the mental and emotional tone of the team
- Be loyal to the coaches and support their decisions
- Be one of the hardest workers on the team
- Be first to arrive at practice and last to leave
- Care passionately about the team's success
- Be a competitive person who wants to win
- Be confident in yourself as a person and your ability to lead
- Stay calm and composed and want to perform in pressure situations
- Bounce back quickly following mistakes and errors
- Stay focused when faced with distractions, obstacles, and adversity
- Keep anger and frustration under control
- Consistently do the right thing on and off the court/field
- Be first to confront violations of team standards and be last to ignore problems
- Keep coaches informed about team issues Always do more than is expected – stay longer, run farther, and wrestle harder.

PROMOTE THE TEAM AND THE SPORT

- Be a spokesperson and ambassador for the team, both on and off the mat
- Be a conduit between the coaches and team concerning team issues
- Help articulate team goals for the team
- Participate in all practices, competitions, meetings, events, activities, fundraisers, etc.
- Attend summer camp
- Encourage others to participate in the sport

BE A GOOD ROLE MODEL

- Be on time everyday with all necessary equipment
- Help coaches focus the team during team meetings
- Bring disciplined work habits to practice daily
- Be knowledgeable about the sport, training, and equipment
- Be first to lead by example and last to violate team standards
- Understand the team goals and be the first to display the needed behavior to make them successful
- Be an example of positive attitude – “Understand and model the core covenants of the team. Be aggressive, enthusiastic, confident, disciplined and compete fearlessly. Be intelligent enough to listen and develop the ability to work and learn. Don’t let your teammates down and always put the team ahead of yourself. Maintain integrity and your sense of humor.”
- Be respectful of teammates, coaches, and officials

BE A TEAM BUILDER AND GENERATE TEAM SPIRIT

- Encourage by being mentally tough – leaders who want their teams to be mentally tough must be mentally tough themselves. They must be willing to accept and deal with challenges and to look at mistakes as learning tools. Do not let your spirit be broken.
- Encourage by being motivated yourself – Walk into practice excited and ready to go
- Encourage by keeping things in perspective – Learn to only worry about things that are in your control (your attitude, effort, preparation)
- Encourage by being positive – Teams move toward positive behavior. Stay away from a cynical attitude and self-pity.
- Develop a relationship with each team player. Know and support your team mates
- Reach out to teammates when they need help
- Communicate optimism and hope when the team is struggling
- Handle conflicts within the team
- Be approachable
- Cheer on the team at workouts and meets and encourage others to do so

Leadership Training Program

All wrestlers wishing to be considered as team captains must participate in a 2-hour leadership-development training program designed specifically for wrestlers. Date and time to be announced. All wrestlers are welcome and encouraged to participate.

Bruin Wrestling Managers

A wrestling manager is indispensable to both the team and the coach, providing vital assistance both in the practice room and at the meets. Because of this, a wrestling manager is expected to strive to attain to the following ideals:

1. A good manager should both understand and love the sport of wrestling. This is vital to the performance of their duties.
2. A good manager should commit to being at every practice and at every meet. They are an important member of the team and are expected to make the same commitment that all team members are required to make.
3. Because the team and coach are often dependent upon the manager for various tasks and duties before, during, and after matches, a good manager should develop positive, trust relationships with all team members and the coach.
4. At practices, the manager should be prepared to assist the coach and team with all administrative duties, using their time effectively. The more of these duties that the manager can perform, the more time the coach will have for coaching and the smoother and more efficiently the practice will be run. These duties can include, but are not limited to: taking attendance, organizing the mat room, disinfecting the mat, running for supplies or information, and locating and administering ice, tape, etc. A good manager should be looking for ways to be helpful and should be trying to anticipate the needs of the team and the coach.
5. At meets and tournaments, the manager is in charge of “managing” the administrative aspects of the team. In a global sense, this means being aware of the meet or tournament schedule, anticipating possible requirements of their time and accommodating for conflicts, and anticipating the needs of the team and coach. Specific examples could be getting the medical bag when needed or making sure the team has a scorebook, bout sheets, pens, etc.
6. At meets and tournaments, the manager is in charge of keeping meet/tournament records. This means properly filling out the scorebook with names, teams, weights, varsity or junior varsity designation, time of match, match scores, running team scores at meets, and final team scores at tournaments. It also means keeping the tournament brackets updated for use by the team and coach both during and after the tournament.
7. Most importantly, the manager needs to be confident in their understanding of scoring individual matches. The manager is responsible for supplying the coach with the ammunition for defending their wrestlers’ scores with both the referees and the scoring table. The manager needs to be able to keep the score independent of outside help. They cannot depend upon the coach, the score clock, or the scoring table because it is their duty to know if these sources are correct. They must monitor the clock and book during the match at all times and notify the coach immediately if there is a discrepancy between their records and the clock or the scoring table. A good manager can mean the difference between a loss and a win in a close match.

Calendar