

PIONEER WRESTLING TEAM GUIDE



GENTRY HIGH SCHOOL

HOME OF THE PIONEERS

www.gentrypioneers.com

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Our Philosophy

“Whether one wrestles to earn a team berth or to become a world champion, he enlists in a proud community of athletes known for their courage and dedication. In the most demanding of all athletics, the wrestler is commanded to condition his body to the very limit of his endurance, habitually denies himself of normal pleasures, and proves himself time and again in grueling competition, frequently under pressure. A nobility becomes the sport. There is no mat space for malcontents or dissipaters. One must neither celebrate insanely when he wins nor sulk when he loses. He accepts victory professionally, humbly; he hates defeat, but makes no poor display of it. More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill; none have wrestled without pride.” -- Unknown Author

Program Outline

The young men and women who decide to join the wrestling program at Gentry High School will be instructed in the fundamentals of the sport. They will learn proper techniques, strategies, conditioning, good nutrition, goal setting and discipline. Whether they may be a beginning wrestler or one who has been involved in the sport for many years, he/she can expect to excel in our program. A strong work ethic, high commitment level and good sportsmanship will all be emphasized by the coaches and will be expected of each wrestler. Each day should be an opportunity to improve oneself with the ultimate goal in mind of being the best **YOU** can be. We do not expect every wrestler to be a state champion.

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What we do expect – and demand – is that each wrestler strives to be the very best that he/she can be with the tools that they have at hand. That success level will be measured differently for each wrestler and will be based on individual athletic ability, experience and desire. The level of commitment and discipline required to be successful at the sport of wrestling will be carried by these young people for the remainder of their lives.

Keep in mind that we are at a level of competition where a certain amount of dedication and sacrifice is expected. We all want to win matches, state titles being major goals. We will set team and individual goals based on the experience level of team members and will do everything we can to achieve those goals. What we will not do though, is sacrifice good sportsmanship and ethics to achieve it. We want to develop character along with a well-trained athlete.

Items needed PRIOR to first day of practice!!!!!!

The Monday after the last football game!!!!!!

- Physicals – Each athlete must have one before beginning practices
- Drug Consent Form – Must be signed and turned in.
- Team Rules Form - Must be signed and turned in.

Equipment:

Personal equipment required by participant:

1. Wrestling shoes

The team has a few pairs of used shoes that have been donated by past members. If the cost of shoes is an issue, please see the coaching staff about a used pair. Also, if you are a senior, please consider donating your shoes at the end of the season if you will not be using them.

2. Workout shorts

3. Workout shirts – T-shirts or sweat shirt, whichever is preferred by the wrestler.

4. Kneepads (optional)

Equipment issued by the team:

1. One pair of headgear (to protect the ears) – This is required every day at practice and matches.

2. One warm-up set – This is **ONLY** to be worn on game days and to/from matches.

3. One singlet (uniform) – either varsity or JV.

Season outline

The high school wrestling season runs from the second Monday in November through the state championship tournament on the second Saturday in February.

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Facilities

Practices are held in the middle school P.E. gym and home competitions will be held in either the high school gymnasium or at the Carl Gym.

Practices

The first day of regular practice begins on the Monday after the last football game. Practices run Monday thru Friday from 3:30pm – 5:30 pm except on match days.

- We will be on the mat promptly at 3:30pm for practice – Technique instruction, drilling, live wrestling, conditioning, and strength building exercises.
- Each day for practice, wrestlers should bring their own practice clothing and wrestling shoes.
- The headgear is required gear at practice. It must be worn at all times when doing live drills or live wrestling.
- Everyone is expected to help keep the wrestling room and the locker rooms clean and orderly.

Competitions

Competitions begin in late November. Competitions are made up from a combination of dual meets (a match against another school) and tournaments.

- Tournaments occur mostly on Saturdays with a few occurring on a Friday/Saturday. Not every athlete will participate on every weekend as some weekends will be varsity competitions and some will be JV competitions.
- Athletes are expected to participate in those tournaments for which he is eligible unless previously cleared by a coach.

Challenge matches

• Varsity and JV spots are determined by a series of “challenge matches” between all wrestlers in a particular weight class. The winner of the challenge series will be the varsity wrestler; the next in line will be the first JV wrestler and so on. Everyone is on an equal standing at the beginning of the season. No one has a varsity spot until earned.

- You can lose a spot or be moved to the back of the ladder due to poor attendance, inappropriate behavior and not following team rules.
- Challenges occur on a regular basis and some athletes can and will fluctuate between varsity and junior varsity competitions.
- A varsity letter is determined mostly by the number of varsity matches wrestled. Other factors can be included to determine whether a student will achieve a varsity block (such as coach’s discretion)

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What is expected of the athlete

- Participating in a high school sport requires a big commitment of your time and energy and as such, you must budget these things accordingly.
- **RULES:** Follow all team and school rules.
- **ACADEMICS:** Stay on top of your school work. You must maintain a 2.0 GPA (grade point average). This is only a “C” average. You should not be satisfied with that. You **CAN** and **SHOULD** do better! Communicate with teachers and coaches so you will be aware should a problem arise. Don’t wait until grades come out and it’s too late.
- **COMMITMENT:** High school sports in general and wrestling in particular require an incredible amount of dedication and commitment.
 1. Be at practice on time each day with all gear ready to go.
 2. Eat right and get plenty of sleep. Wrestling is possibly **THE** most demanding sport - both physically and mentally. It takes a lot of energy to get through practice each day and wrestle several matches each week, besides keeping up on school work. Budget your time so that you can get 8 hours sleep every night. Eat healthy meals to insure that you have the sufficient “fuel in the gas tank” to get through the day with the proper energy and attitude.
 3. Be dedicated to improving yourself **EACH** day. Work hard and listen to the coaches.
- **ATTITUDE:** Wrestling is a contact sport. It takes a certain toughness to make it through each day. We realize that not everyone possesses the same amount of athletic ability, but everyone has the ability to improve themselves.

Parent Support

- We are not a “win at all costs” program. We want to be successful and have a winning program but we want achieve this through teaching proper technique, a good work ethic and good values. A certain amount of understanding and sacrifice must be made by the parents for each athlete to achieve the most of their experience.
- We expect a certain level of commitment from each wrestler. Without that commitment, he/she cannot succeed. We would like your help to insist and encourage your son or daughter to make and follow through on that commitment.
- Please communicate any concerns, problems or questions to the coaching staff. We want to help.
- Support your child (and support the team) by attending as many competitions as possible.
- Please volunteer to help support the program when possible.

Nutrition

Proper nutrition is an integral part of a successful wrestling program. The demands that wrestling places on the body, mind and emotions are incredible; from the sheer physical exertion, to the emotional demands of competition and the required weight management, along with keeping up on school work, it is imperative that one pays close attention to the body’s nutritional requirements if you wish to be successful.

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Gentry Pioneer Wrestling Team Rules

1. I **will not** do anything that will embarrass my family, my team, my school, or my community.
2. I **will not** lie, cheat, or steal. My team can trust me to be on this team. We are family!
3. I will be at **every** practice and wrestling event unless excused by a coach 1 day in advance for practice and 1 week in advance for a wrestling event.
4. I will treat myself and other people with the **utmost respect**.
5. I will **be on time** for class, practices, meets, and tournaments.
Pioneer Time: 30 minutes before actual time!
6. I will stay **eligible** for my team and most importantly for myself.
7. I will report **ALL** injuries, no matter how small, to a coach and trainer as soon as it happens.
8. I **will not** be selfish! This is a team effort and I must do my part to help this team be successful!
9. I **will not** be immature! I will get along with my teammates; I will create good work habits; I will be a good drill partner.
10. I have **read** the Tem Guide and **will** follow all rules and directions of my coaches.
11. I **will not** let my team down!

Athlete's Name _____ Athlete's Phone _____

Athlete's Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Coach's Signature _____ Date _____