



2020-2021
Warrior Wrestling
Survival Guide

WARRIOR WRESTLING

Survival Guide

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Wahoo Wrestling 2020-19

Mission Statement

The Wahoo wrestling program shares in the educational mission of Wahoo high school by offering an opportunity to experience interpersonal growth, social development, and to improve physical and mental health for our student athletes. All student athletes shall act with honesty and sportsmanship at all times representing the honor and dignity of fair play.

The Warrior wrestling program is dedicated to a belief that athletic participation promotes the development of sportsmanship, good character, and a strong work ethic. The overall physical and mental well being of student athletes is a top priority of our coaching staff.

The Wahoo wrestling team is a member of the Trailblazer Conference and District B-3 for the 2020-21 season

Trailblazer Conference Teams Include:

Beatrice
Nebraska City
Plattview
Plattsmouth
Ralston
Wahoo

District B-3 Teams include:

Subdistrict Teams
Ashland-Greenwood
Aurora
Beatrice
Crete
Elkhorn
Fairbury
Mount Michael
Norris
Northwest
Omaha Skutt Catholic
Plattsmouth
Wahoo



WARRIOR CODE OF CONDUCT

- I can always be heard saying **PLEASE** when asking for something.
- When given something, I will always say **THANK YOU**.
- Likewise when someone says thank you, I will say **YOU'RE WELCOME**.
- To politely interrupt, I will say **EXCUSE ME**.
- I can always be heard saying, **YES SIR, NO SIR, or YES MA'AM, NO MA'AM** to my parents, teachers, coaches, trainers, Para-professionals, school secretaries, lunch staff, custodial staff, etc.
- Phrases such as: **GOOD MORNING, BE SAFE, HOW ARE YOU** and **HAVE A GREAT DAY** are all part of who I am.

I AM THE RESPECTFUL WARRIOR!

Warrior Wrestling Starting Position Policy

Final starting roster positions on the wrestling team will be determined by the following criteria

1. Wrestle-offs: A best of 3 wrestle off will be conducted at the beginning of the season to determine initial depth chart.
 - a. Other wrestle-offs will be conducted at scheduled times through out the season if an athlete chooses to challenge for a varsity spot.
 - b. Wrestle offs may be called at any time at the coaches discretion
2. Practice Performance: Daily work ethic and Participation
3. Competition Performance
4. Consistency
5. Attitude and Work Ethic

In case where an individual would be challenging a starter that has already earned the starting position, the challenger must win the first match of the three to continue the series.

You determine who wrestles!

Competition shall be in the following weight classes as determined by the NFHS:

106 lbs.	113 lbs.	120 lbs.	126 lbs.	132 lbs.	138 lbs.
145 lbs.	152 lbs.	160 lbs.	170 lbs.	182 lbs.	195 lbs.
220 lbs.	285 lbs.				

2020-2021 Warrior Wrestling Lettering Criteria

Varsity letters will be earned based on the following criteria:

1. Must end season in Good standing with team.
2. All equipment must be returned or paid for.
3. Must serve a minimum of 5 hours with the Wahoo Wrestling Club.
4. Must earn a minimum of 925 points.
5. Additional points may be added for Awards earned (MVW, wrestler of week etc..)
6. Coaches Discretion I.E. Injury Consideration

Letter Points can be earned in the following manner:

Practice Attendance	+ 10 for attendance to practices +50 for perfect attendance @ end of season - 20 for unexcused Absence - 5 for tardiness to practice (inc. homework room)
Competition Attendance	+20 for each Varsity Competition + 10 for each JV Competition -40 Unexcused Abs. from Competition or Missed Weight
Varsity Team points	Full value of Varsity team points
JV Team Points	½ value of JV team points
Fundraising	+2 pts for each box sold (goal 35)= 70 pts.
GPA	4.0 +150 3.5 +100 3.0 +50
Additional Hrs. with Club (Over required 5 hrs.)	+5 per hr. (Practice = 2 hrs)

Warrior Practice Room Rules

1. **Wear your Mask When Not Wrestling**
2. **Respect the Facilities**
 - a. **Keep the room clean, put back materials when done**
 - b. **Use the Trash Cans!!!!**
3. **Be on time!**
 - a. **Be in the room, taped, fully equipped & ready to wrestle by the designated start time**
4. **Short and T-Shirts Only**
 - a. **No Sweats unless Ok'd by Coach**
 - b. **T-Shirts must have Sleeves (No Tank tops or Cut offs)**
5. **Show Respect to all Coaches, Managers & Guests**
 - a. **No backtalk or negative comments**
 - b. **Keep room positive**
 - c. **No Foul language**
6. **Give your best effort at all times everyday**
 - a. **Don't go through the Motion**
 - b. **Remember your effort affects your teammates**
7. **Keep "I Can't" out of your vocabulary**
8. **Accept and Apply Constructive Criticism**
 - a. **Coaches are here to help you- let them!**
 - b. **Understand that we are here to help you reach your goals!!**

Give 100% every day- you are always getting better or getting worse, there is no in-between. At the end of the day ask yourself "Did I get better today?"

Remember: You will compete the same way you Practice!

2020-21 Schedule

	Date	Location/ Event	Level	Leave	arrival	Weigh time	Start time
Sat.	28-Nov	Wrestle-Off Tourney @ Wahoo Elem.	V/JV		6:30AM	7:00 AM	8:00 AM
Thurs.	3-Dec	Ashland/ Waverly @ Waverly	V/JV		4:30	5:00 PM	6:00 PM
Sat.	5-Dec	Cozad Invite Duals- Cozad HS	V/JV	Friday	6:30	7:00	9:00
Tues.	8-Dec	Norris Dual @ Home	V/JV			5:30 PM	6:30 PM
Friday	11-Dec	Crete Invite (Girls)	Girls			TBD	TBD
Friday	11-Dec	Bellevue West Dual Tournament	V		1:30	2:00 PM	3:00 PM
Sat.	12-Dec	Boys Town Invite- BT HS	V	6:25	7:00	7:30 AM	9:00 AM
Mon.	14-Dec	Nebraska City JV Tourney @ NCHS	JV	2:05	3:30	Home 7:45	4:30 PM
Tues.	15-Dec	Neb. City/ Blair Triangular-@ Home	V/JV	2:20	3:20	4:00 PM	5:00 PM
Thur.	17-Dec	Fairbury Girls Tournament	Girls			TBD	TBD
Sat.	19-Dec	Wahoo Invitational @ Home	V/JV		6:30	7:00 AM	9:00 AM
Sat.	2-Jan	Bennington Dual Tournament @ BHS	V	6:40	7:20 AM	8:00	9:00 AM
Sat.	9-Jan	Beatrice Invite (Girls)	Girls			TBD	TBD
Sat.	9-Jan	Oakland-Craig Duals		7:30 AM	8:30 AM	9:00 AM	10:00 AM
Mon.	13-Jan	Oakland-Craig JV Tournament @ OC	JV	2:17	3:15	Home 7:45	4:00 PM
Friday	15-Jan	Schuyler Girls Invite	Girls			TBD	TBD
Sat.	16-Jan	Nebraska City Duals @ NCHS	V	7:00 AM	8:30 AM	9:00 AM	10:00 AM
Tues.	19-Jan	Lincoln Pius JV Tourney. @ LPX HS	JV	2:30	3:15	Home 7:45	4:00 PM
Tues.	19-Jan	David City Dual @ Home	V/JV			5:00 PM	6:00 PM
Thurs.	26-Jan	Conestoga Dual @ CHS	V/JV			5:00 PM	6:00 PM
Friday	24-Jan	Plattsmouth JV Tourney. @ PLS HS	JV	2:35	3:45	Home 7:45	4:30 PM
Friday	29- Jan	Trailblazer Conference @ Neb. City	V		2:30	3:00 PM	4:00 PM
F-S	29-30	Girls State Tournament	Girls			TBD	TBD
Tues.	4-Feb	Bishop Neumann Dual @ BNHS	V/JV	4:45 pm	4:30 PM	5:00 PM	6:00 PM
Sat.	6-Feb	Sub-District Tournament @ Aurora	V				
Tues.	11-Feb	Lincoln JV Tourney. @ Lincoln HS	JV	2:05	2:45	Home 7:45	3:30 AM
Sat.	13-Feb	B-3 Districts @ GI Northwest	V			8:30 AM	10:00 AM
Friday	19-Feb	State Tourney. @ CHI Center- Omaha	V			8:00 AM	9:30 AM
Sat.	20-Feb	State Tourney. @ CHI Center- Omaha	V			7:00 AM	8:30

2019-20 End of Season Varsity Statistics

	Wins	Loses	Fall	T2	R2	E1	N3	N2	TF	MD	Team Points	SW
Malachi Bordovsky	43	10	21	104	16	44	24	23	4	3	233.5	4
Kole Bordovsky	38	6	20	85	8	32	11	7	0	1	223	7
Sebastian Lausterer	34	14	22	70	10	21	14	12	3	1	203	2
Peyten Walling	36	7	19	63	11	15	10	10	1	5	194	10
Trey Shanahan	40	9	25	60	22	21	20	15	0	7	230	3
Cooper Hancock	27	8	20	44	8	12	8	7	1	0	169	3
Kaleb Broome	4	21	0	24	3	32	0	1	0	0	19	1
Gavin Pokorny	10	7	4	8	0	12	0	2	0	0	57	1
Elijah Rummel	6	13	1	6	4	4	2	2	1	0	35	3
Dominek Rohleder	4	14	3	6	0	6	0	2	0	0	22	0
Griffin Lausterer	11	11	5	5	9	8	3	4	0	1	58	2
Totals	253	120	140	475	91	207	92	85	10	18	1443.5	36

Set Your Goals to Surpass what we have Done!

Warrior Wrestling Career Stats

NAME	Fr			SO			JR			SR			Career		W %	Falls	TD	R	E	N3	TP	Letterman	Bold
	W	L	SQ	W	L	SQ	W	L	SQ	W	L	SQ	W	L								State Place	#
Kole Bordovsky	1	0		30	18	SQ	37	10	SQ	38	6	4th	106	34	0.76	60	207	35	100	41	617.0	School Rec.	
Nathan Mather							2	11					2	11	0.15	0	0	1	7	0	12.0	Acc. All St.	
Trey Shanahan	14	18		13	5		11	8	SQ	40	9	SQ	78	40	0.66	51	96	31	58	26	427.0		
Brandon Swahn				27	11	SQ	5	6					32	17	0.65	23	33	4	11	5	187.0		
Callen Phillips										4	2		4	2	0.67	3	10	1	6	0	26.0		
Peyten Walling	20	20		38	17	SQ	35	12	SQ	36	7	3rd	129	56	0.70	86	222	45	108	33	672.0		
Evan Divis	2	0		0	1								2	1	0.67	29	75	38	83	16	233.0		
Cooper Hancock	14	16		31	11	SQ	27	8	SQ				72	35	0.67	53	104	19	34	28	435.5		
Sebastian Lausterer	19	13		30	17	SQ	34	14	SQ				83	44	0.65	48	138	25	59	40	463.0		
Malachi Bordovsky	34	13	SQ	43	10	6th							77	23	0.77	43	153	31	71	39	430.5		
Brandon Hasenkamp	8	5											8	5	0.62	2	9	7	3	5	36.0		
Gavin Pokorny	4	14		10	7								14	21	0.40	5	11	3	29	2	73.0		
Griffin Lausterer	11	11											11	11	0.50	5	5	9	8	3	58.0		
Kaleb Broome	4	21											4	21	0.16	0	24	3	32	0	19.0		
Dominiq Rolander	4	14											4	14	0.22	3	6	0	6	0	22.0		
Eli Rummel	6	13											6	13	0.32	1	6	4	4	2	35.0		
William Nielson	0	0											0	0	DIV/C	0	0	0	0	0	0.0		
Jacob Andresen	0	0											0	0	DIV/C	0	0	0	0	0	0.0		

	Falls				TD				R				E				N3				Team pts				
	FR	SO	JR	SR	FR	SO	JR	SR	FR	SO	JR	SR	FR	SO	JR	SR	FR	SO	JR	SR	FR	SO	JR	SR	
Kole Bordovsky	0	17	23	20	0	60	62	85	0	13	14	8	0	36	32	32	0	13	17	11	6.0	168.0	220.0	223.0	
Nathan Mather			0				0				1				7				0					12.0	
Trey Shanahan	9	10	7	25	12	13	11	60	3	2	4	22	14	12	11	21	1	1	4	20	70.0	65.0	62.0	230.0	
Brandon Swahn		19	4			26	7			3	1			5	6			4	1			159.0	28		
Callen Phillips				3				10				1				6				0				26	
Peyten Walling	14	28	25	19	29	62	68	63	11	17	6	11	37	29	27	15	2	11	10	10	87.0	204.0	187.0	194.0	
Evan Divis	0				1				1				1				1				12.0			12.0	
Cooper Hancock	8	25	20		27	33	44		4	7	8		12	10	12		6	14	8		80.5	186.0	169.0		
Sebastian Lausterer	9	17	22		19	49	70		7	8	10		21	17	21		9	17	14		97.0	163.0	203.0		
Malachi Bordovsky	22	21			49	104			15	16			27	44			15	24			197.0	233.5			
Brandon Hasenkamp	2				9				7				3				5				36.0				
Gavin Pokorny	1	4			3	8			3	0			17	12			2	0			16.0	57.0			
Griffin Lausterer	5				5				9				8				3				58.0				
Kaleb Broome	0				24				3				32				0				19.0				
Dominiq Rolander	3				6				0				6				0				22.0				
Eli Rummel	1				6				4				4				2				35.0				
William Nielson	0				0				0				0				0				0.0				
Jacob Andresen	0				0				0				0				0				0.0				

Wahoo Wrestling Records

Career Records

150 Career Wins

Samuel Kolterman	173	15-'19'
Jack Sutton	162	15-'18'

100 Career Wins

Zane Bennett	136	15-'18'
Paul Sutton	131	01-'04
Peyten Walling	129	16-20
Mark Sutton	117	81-'84
Tucker Hancock	117	15-'18
Bill Hoppe	111	76-'79
Rusty Andresen	111	00-03
Josh Akerson	109	95-'98
Josh Nuckolls	109	15-'18
Dusty Noha	108	92-95
Jake Akerson	107	97-00
Cole Krecklow	107	16-17
Kole Bordovsky	106	16-20
Tom Hrdlicka	104	70-'73
Mark Smith	103	76-'79
Tim Laudenback	102	99-'02
Jamie Collins	100	86-'89

Most Victories

Sam Kolterman	173	15-19
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Undefeated Seasons

Samuel Kolterman	50-0	2018
Jack Sutton	46-0	2019
Mark Smith	28-0	1976
Mark Sutton	32-0	1984
Bill Hoppe	31-0	1978

Career Records

Most Consecutive Victories

Jack Sutton	96	17-19
Samuel Kolterm	93	17-19

Best winning percentage

Jack Sutton	0.925
Sam Kolterman	0.91

Most Pins Career

Sam Kolterman	135	15-'19
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Most Takedowns Career

Jack Sutton	536	15-'19'
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3X District Champion

Mark Smith	76-79
Sam Kolterman	17-19
Jack Sutton	17-19

4 X State Qualifiers

Tom Hrdlicka	70-73
Bill Hoppe	76-79
Mark Smith	76-79
Shawn Abbott	85-88
Jamie Collins	86-89
Doug Chisholm	96-99
Jake Akerson	97-00
Zane Bennett	16-19
Sam Kolterman	16-19
Jack Sutton	16-19

Career Records

3x State Placers

Bill Hoppe	77-79	4th, 1st, 2nd
Mike Lindley	78-80	6th, 1st, 5th
Jake Akerson	97-99	4th, 6th, 1st
Paul Sutton	02-04	4th, 3rd, 2nd
Cole Krecklow	15-17	6th, 4th, 1st
Sam Kolterman	17-19	2nd, 1st, 2nd
Jack Sutton	17-19	4th, 1st, 1st

Season Records

Victories

Jack Sutton	52	2018
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Most Pins Season

Sam Kolterman	39	2018
Jack Sutton	39	2018

Most Takedowns

Jack Sutton	203	2017
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Team Records

Top 10 Team Finishes

2nd	1979	Class B
4th	2019	Class B
6th	1978, 2017	Class B
7th	1997	Class B
9th	2018	Class B
10th	1984, 1987	Class C

Best Dual Team Record

9-0	1979
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Most Dual Team Wins

21-5	2018
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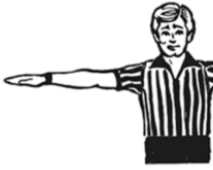




State Dual Qualification

2018	5th
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REFEREES' WRESTLING SIGNALS HIGH SCHOOL

1  Starting the Match	2  Stopping the Match	3  Time Out	4  Start Injury Time	5  Start Blood Time Out
6  Start Recovery Time	7  Stop Blood/Injury/Recovery Time	8  Neutral Position	9  Indicates No Control	10  Out-of-Bounds
11  Indicates Wrestler in Control Left/Right Hand	12  Defer Choice	13  Potentially Dangerous Left/Right Hand	14  Stalemate	15  Caution - False Start or Incorrect Starting Procedure
16  Stalling Left/Right Hand	17  Interlocking Hands or Grasping Clothing	18  Reversal	19  Technical Violation	
20  Illegal Hold	21  Near-Fall	22  Awarding Points Left/Right Hand	23  Unsportsmanlike Conduct Left/Right Hand	
24  Flagrant Misconduct Left/Right Hand	25  Coach Misconduct Left/Right Hand	26  Unnecessary Roughness Left/Right Hand	27  Default Technical Fall Disqualification	

NSAA Weight Management System

The Wahoo Wrestling program follows the NFHS/NSAA weight management program as outlined in the wrestling manual.

Weight Management Procedure:

1. All wrestlers will conduct a 3 step hydration and weight assessment Alpha test by a school certified school official (Athletic Trainer)
 - a. Urine analysis to determine if wrestler is properly hydrated to continue assessment. Urine sample will be collected under supervision of school official not associated with the wrestling program.
 - b. Weigh-in: wrestlers will weigh-in with athletic trainer to establish a base weight for assessment and decent plan.
 - c. Body Fat Calculation: Wrestlers will undergo a body fat assessment via Skin Fold Calipers by the athletic trainer that will establish a body fat percentage that will be used to determine the wrestlers lowest weight class.
2. Weight-loss per week-
 - a. An average of 1.5% of body weight at the time of initial body fat test per week will begin immediately after initial testing.
3. Growth Allowance;
 - a. The NSAA awards a two-pound growth allowance on December 25th for all wrestlers who have completed the initial alpha testing.
 - b. Two-pound allowance cannot be used to utilize a lower weight class than the decent plan.
4. Further NSAA/NFHS weight management information can be obtained at the following website:
 - a. <https://nsaahome.org/wrestling/>

Injury and Concussion Protocol:

1. Wahoo Athletics follows the Nebraska State law and NFHS/NSAA guidelines as outlined in the Wrestling Manual.
2. Athletes should notify coaches of any injury suffered during season
3. Wahoo's Athletic Trainer should be notified of any injury and Medical Professionals orders or advice.
4. All Decisions by the Medical Professionals and Athletic training staff will be followed in regards to return to play.

Wahoo High School – Athletic Department

Concussion Management Plan

The following plan on neurocognitive baseline testing, management of concussions and return to play criteria has been developed in accordance with Nebraska’s LB 260.

PURPOSE:

The Athletic Department recognizes that sport-induced concussions pose a significant health risk for those student-athletes participating in Wahoo School District sponsored athletic events. With this in mind, the Athletic Department has implemented a plan to assess and identify those student-athletes who have suffered a concussion. Baseline neurocognitive testing will be performed by all incoming student-athletes who are participating at the High School level, in Middle School Football or have been identified with a history of concussions. This testing will provide significant data for return to play decisions. The baseline data, physical examination, and/or further diagnostic testing will be used in conjunction in determining when it is safe for a student-athlete to return to play.

CONCUSSION DEFINITION:

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. Concussions can result from striking a hard surface such as the ground, ice or floor, from players colliding with each other or being hit by sporting equipment.

A violent shaking or jarring action to the brain, usually as a result of impact with an object or ground resulting in immediate, partial or complete impairment of neurological function.

SIGNS AND SYMPTOMS OF CONCUSSION:

Athletic trainers, coaches, administrators and student-athletes all need to be aware of the signs and symptoms of concussion to properly recognize and intervene on behalf of the student-athlete.

Physical Symptoms	Cognitive Symptoms	Emotional Symptoms
Headache	Memory Loss or Difficulties	Irritability
Vision Difficulties Double Vision Blurred Vision	Attention or Concentration Difficulties	Sadness
Nausea	Reasoning Difficulty	Nervousness
Dizziness	Confusion	Sleep Difficulties
Balance Difficulties	Slowed Reaction Time	
Light Sensitivity		
Noise Sensitivity		
Fatigue		
Sluggish or Groggy		
Loss of Consciousness		

Communicable Disease Information:

1. Wahoo wrestling team does its very best to avoid communicable diseases common to wrestling which include the following:
 - a. Mopping Mats before and after every practice
 - b. Providing disinfectant wipes for wiping down headgear & equipment
 - c. Allowing time to shower at away competitions before travel
 - d. Following medical recommendations for any contacted communicable diseases.
 - e. Frequent reminders to wrestlers about proper hygiene & care.
 - f. Weekly skin checks by athletic training staff
2. Wrestlers should take the following precautions:
 - a. Shower immediately after every practice and competition
 - b. Frequently wipe down headgear
 - c. Change and Wash all clothing after practice & competition
 - i. Never wear unwashed clothes multiple days
 - d. Wash knee pads & braces weekly
 - e. Do not share towels, bar soap or razors
3. More information on Communicable disease care, precautions & identification can be found at
 - a. <https://nsaahome.org/wrestling/>
 - i. Under the Sports Medicine tab

Wrestling Websites of Interest:

1. NSAA (Nebraska Schools Activities Association)- Information on District and State competitions, Skin forms etc...
 - i. <https://nsaahome.org/wrestling>
2. NWCA (National Wrestling Coaches Association) Weight management info and nutrition Skin infection prevention, -
 - i. <http://www.nwcaonline.com/nwcaonline/default.aspx>
3. Trackwrestling- Tournament and dual results
 - i. <http://www.trackwrestling.com/tw/Login.jsp>
4. Huskermat- Covering High school and College wrestling in Nebraska
 - i. <http://huskermat.hoop.la/>



2021 NSAA Wrestling State Championship Schedule CHI-Omaha-February 17-20, 2021

All classes separated until the finals.
Only two classes competing during finals.

Wednesday-6 mats

Class A - 1st session (4 rounds of competition)-9 am – 2 pm

- **Class A-Championship Round 1—Quarterfinals—Consolations (Round 1 & 2)**
Clear facility

Class D - 2nd session (4 rounds of competition)-4 pm – 9 pm

- **Class D-Championship Round 1—Quarterfinals—Consolations (Round 1 & 2)**

Thursday-4 mats

Class A - 3rd session (Semi-finals – all placing matches)-9 am – Noon

- **Class A-Semifinals, Consolations Round 3, Consolation Semifinals, 3rd & 5th Place matches**

Class D - 4th session (Semi-finals – all placing matches)-1 pm – 5 pm

- **Class D-Semifinals, Consolations Round 3, Consolation Semifinals, 3rd & 5th Place matches**

Clear facility

Classes A & D - 5th session (FINALS on 2 mats)-7 pm - TELEvised

Friday-6 mats

Class B - 1st session (4 rounds of competition) 9 am – 2 pm

- **Class B-Championship Round 1 & Quarterfinals, Consolations Round 1 & 2**
Clear facility

Class C - 2nd session (4 rounds of competition) 4 pm – 9 pm

- **Class C-Championship Round 1 & Quarterfinals, Consolations Round 1 & 2**

Saturday-4 mats

Class B - 3rd session (Semi-finals – all placing matches) 9 am – Noon

- **Class B-Semifinals, Consolations Round 3, Consolation Semifinals, 3rd & 5th Place matches**

Class C - 4th session (Semi-finals – all placing matches) 1 pm – 5 pm

- **Class C-Semifinals, Consolations Round 3, Consolation Semifinals, 3rd & 5th Place matches**

Clear facility

Classes B & C - 5th session (FINALS on 2 mats)-7 pm - TELEvised

1. Tickets will not be sold in team packages to accommodate social distancing requirements.
2. All tickets will be electronic (even at the ticket window).
3. Tickets will go on sale to the public in January.



2020-21 NSAA Winter Season Guidelines

Circumstances related to the COVID-19 pandemic are constantly changing and vary from community to community. Difficult decisions will have to be made from week to week or even day to day. The health and safety of students, staff, and local communities remain the priority of the NSAA as we provide opportunities to participate in the winter sports season.

Each school has the authority to determine if it will participate in the 2020-21 Winter Season. During the season it will be the responsibility of the host school to provide administrative oversight and compliance with established COVID-19 guidelines in accordance with their local health departments and facilities.

FOR ALL WINTER ACTIVITIES:

The NSAA is requiring the following of schools, officials and spectators for all winter season contests:

- Active participants are permitted, but not required, to wear face coverings during competition/performance.
- Coaches and non-active participants (those not currently on the court, mat or stage) are required to wear face coverings at all times. Cheer and dance are considered non-active participants.
- Spectators are required to wear face coverings at all times while attending indoor events.
- Face coverings must cover the nose and mouth.
- The host school may establish additional requirements in consultation with local health departments. Additional requirements implemented by the host school must be the same for all schools, officials, judges, and spectators.

The host school shall comply with the current directed health measure (DHM), mitigate risk and provide adequate opportunities for physical distancing procedures for the visiting schools, officials, judges and all spectators.

Recommended protocols for winter contest hosts:

- Restricted attendance/seating areas based on current DHM
- Require 6 feet of physical distance between household groups in stands and spectator areas
- Create separate points of entry and seating for home and visitor teams/spectators
- Provide no concession stands or separate/multiple concession stands for home and visitor spectators
- Provide separate/multiple restrooms for home and visitor spectators
- Use signage, stanchions or floor markings to ensure physical distancing of 6 feet at concession stands and restrooms
- Communicate availability of locker room space for the opposing team and officials to maintain 6 feet of physical distance
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces

PROGRAM NORMS FOR ALL ACTIVITIES:

Symptom Monitoring:

- Participants, coaches, judges, officials and staff must perform a self-screening prior to arriving at school sites or participating in NSAA activities.
- Symptomatic participants, coaches, judges, officials and staff may not attend until:
 1. Visiting a healthcare provider, being given an alternate diagnosis, are fever-free for 24 hours and symptoms have improvedOR
 2. Testing negative for COVID-19

Distancing:

- During practice/rehearsals, coaches and staff shall ensure physical distancing whenever possible. Provide at least 6 feet of distance when participating in warm-up, stretching, instructional time and drills.
- During competition, the team, bench, and backstage areas should be restricted to essential personnel only. Coaches, officials, judges and participants must follow physical distancing guidelines maintaining 6 feet of distance when interacting before, during, and after contests/performances.
- Spectators should maintain at least 6 feet from other spectators who are not part of their household and be at least 12 feet from players and coaches during competition.

Groups:

- Coaches should utilize smaller training/rehearsal groups as much as possible.
- Limit group sizes as much and as often as possible.
- Groups should be kept consistent throughout the season as much as possible.
- A daily attendance record should be kept, including group information.

NSAA encourages schools to play their regularly scheduled competitions unless a COVID-19 issue prevents them from playing. Member schools, in consultation with their local health department, shall be responsible for determining whether a scheduled game, match, contest, or other activity is cancelled or postponed due to a COVID-19 related issue. Member schools shall notify the NSAA of any cancellation or postponement.

The NSAA has great appreciation for all its member schools and their tireless efforts to provide opportunities for learning and participation in NSAA activities. Communication, flexibility, and patience will be key in supporting our high school student participants as they participate in activities this winter season.



2020-21 Wrestling Rules Modifications & Considerations

These modifications are subject to change in response to COVID-19.

Participants, coaches, staff, judges, or spectators that have COVID-19 symptoms, feel sick or have been advised to quarantine or isolate by public health or school officials, shall not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Face coverings should cover the nose and mouth. Physical distancing of 6 feet should be maintained when possible.

NSAA Approved Ruling Modifications:

- **Team/individual contest limitations will change from 10 tournament dates and 8 individual duals to – 18 total competition dates. Schedules will still need to be entered into Trackwrestling for purposes of weight management as weigh-in sheets will still be required for each competition.**
- **Teams will not be required to input schedules into the NSAA system to allow for necessary changes during the season.**
- **When possible, consider dual meet format for contests**
- **NSAA Wrestling Manual states that any contest that have more than 4 teams must be considered a tournament.**
- **Recommend that tournaments be limited to no more than eight teams or, for individual tournaments, 112 participants.**
- **When possible, multiple gyms or spaces also recommended when there are more than 4 teams competing – to minimize exposure.**
- **Attendance can be limited according to the respective DHM capacity restrictions**

Additional NFHS/NSAA Wrestling Rules Modification/Considerations

- Symptom and temperature checks conducted at weigh-ins (for coaches and athletes)
- Weigh-ins completed by team rather than shoulder-to-shoulder
- Wrestlers are required to wear a face covering when in the weigh-in area. Face coverings are required at all times except when competing
- Eliminate shaking hands with officials at any time
- Eliminate shaking hands with opposing coach
- Officials will not raise the winner's hand
- Officials should not go the table for a coach's meeting if the coach is not wearing a face covering
- Flip disc should be caught by the official instead of allowing it to hit the mat
- Officials can wear face coverings but are not required
- Reduce percentage of capacity allowance for spectators – follow respective DHM's for your area

ADDITIONAL CONSIDERATIONS

Practices

- Symptom and temperature checks prior to practice – all coaches and wrestlers
- Pods of no more than 4-5 to workout with daily, throughout season
- Mandatory disinfecting of mats and surfaces before and after every practice
- No shared towels, practice gear, headgear, etc.
- No shared drinking facilities (individual water bottles)
- Disinfecting wipes, spray or foam for wrestlers before and/or immediately after practice
- Utilize multiple practice sessions to limit group size

Competitions

- Symptom and temperature checks conducted at weigh-ins (for coaches, athletes and officials)
- Mandatory cleaning/disinfecting of mats before the start of each dual meet, at session breaks and at the conclusion of competition for each day
- Conduct weigh-ins in the competition area by team (larger than the locker room or wrestling room where they are typically held) Maintain physical distancing between teams
- Coaches need to wear face coverings at all times
- All staff/workers must wear face coverings
- Wrestlers are not allowed matside at any time except when they are on deck
- When not competing, wrestlers and need to wear face coverings and physical distance (designated space for respective teams and they should only sit in those areas) Utilize multiple gyms or classrooms if possible - Designate specific areas for teams to sit and keeps respective teams in their designated area when seated
- Spectators not allowed in the designated team areas
- Sanitizing wipes and hand sanitizer available at the scoring/head tables
- Reduce the traveling parties to essential personnel only (competitors and coaches, medical personnel)

Venues, Workers and Spectators

- All staff, workers, and spectators must wear a face covering
- Prepare gym/arena for physical distancing, where possible - follow respective DHM's for your area and follow capacity limitations
- Hand sanitizer and disinfectant wipes available at each scorer's table
- Writing utensils, when used, handled by one person or sanitized between uses by other workers
- Limit the number of workers at each table – only necessary personnel

Officials

- Officials are NOT responsible for monitoring activities on the sidelines, such as physical distancing, hand sanitizing, symptoms of illness and other such issues. This monitoring is the responsibility of the respective coaching staff and school personnel.
- Face coverings are required when arriving and departing and optional when actively officiating
- May wear disposable gloves
- Do not share equipment

Covid-19 Procedures/ Regulations

Practice- Before

- Temp and Symptom checks before entering room
- Mats mopped before every practice
- Use Skin foam before practice

Practice- During

- Only Wrestlers, Coaches, Managers & School personnel in Wrestling room during practice
- Water bottles required- no use of water fountains (Should already be shut off)
- Coaches, Managers, and non competing Wrestlers- Masks must be worn at all times.
- Practice grouping (3-5 people per group) - Wrestlers must stay within their assigned wrestling groups

Practice- After

- Leave headgear hanging on command hooks to be disinfected
- Mop/disinfect Mats
- Spray Wall mats, headgear & seating area
- All gear must be taken home and washed each day to include knee pads (Shoes may stay in locker)
- 15 min max in locker room
- Shower at school preferable

Travel/Bus

- Seating Chart- Family members must sit together
 - 2 per seat- fewer if room
- Masks on at all times on the bus
- Managers based on Bus Capacity
- No Food or Drink on the Bus at this time

Hotels-

- Max 2 People Per Room
- Coaches and Wrestlers on Active Roster- No Student Managers
- Wrestlers must stay in their own rooms

Competition

- Use Skin Shield before warm up and before Semi-Finals or 4 hours into day.
- Mask must be worn at all times when not competing in a match
- Stay in designated area for our team/ limit interaction with other teams
 - Parents need to stay out of the team area
- Ensure athletes bring their own food. No group food. Parents can only bring for their athlete or “adopt” one more athlete.
- Most events should be strived/ streamed somehow
- Duals- Bench seating chart based on Practice partners

Fans- extremely fluid right now

- Home Duals: Immediate family only 3 for Wahoo / 2 for visitors
 - Mom, Dad, siblings, Grandparents
- Home Tournament: no Fans
- Away competitions will follow host school’s procedures

Post Competition

- Shower as soon as possible (at host school preferable)
- Wash singlet, warm-ups etc...

November 2020

- Siri Suggestions
- US Holidays
- Competition
- School
- Wrestling

October 2020							November 2020							December 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2 3	1	2 3	4	5	6	7						1	2 3 4 5	
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time End	2	3 Election Day	4	5	6	7
8	9	10	11 Veterans Day	12	13 9:00 AM Wrestling Meeting 3:30 PM Fundraising Kick-off	14 Diwali
15 3:45 PM Wrestling Practice	16 3:45 PM Wrestling Practice	17 3:45 PM Wrestling Practice	18 3:45 PM Wrestling Practice	19 9:00 AM Calling Blitz 3:45 PM Wrestling Practice	20 9:00 AM New Event 3:45 PM Wrestling Practice	21 8:00 AM Wrestling Practice
22 3:45 PM Wrestling Practice	23 3:45 PM Wrestling Practice	24 9:00 AM Fundraising Blitz 3:45 PM Wrestling Practice	25 3:45 PM Wrestling Practice	26 Thanksgiving	27 8:00 AM Wrestling Practice	28 8:00 AM Wrestling Practice
29 3:45 PM Wrestling Practice	30 3:45 PM Wrestling Practice	1 3:45 PM Wrestling Practice	2 3:45 PM Wrestling Practice	3 6:00 PM Waverly/ A-G Triangular	4 3:45 PM Wrestling Practice	5 9:00 AM Cozad Tournament (V/JV)

December 2020

- Siri Suggestions
- US Holidays
- Competition
- School
- Wrestling

November 2020							December 2020							January 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	1	2							
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30	27	28	29	30	31	24	25	26	27	28	29	30							
							31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 3:45 PM Wrestling Practice	30 3:45 PM Wrestling Practice	1 3:45 PM Wrestling Practice	2 3:45 PM Wrestling Practice	3 6:00 PM Waverly/ A-G Triangular	4 3:45 PM Wrestling Practice	5 9:00 AM Cozad Tournament (V/JV)
6 3:30 PM Fundraiser Cookie Delivery 3:45 PM Wrestling Practice	7 6:00 PM Norris Dual-6 PM	8 3:45 PM Wrestling Practice	9 3:45 PM Wrestling Practice	10 3:45 PM Wrestling Practice	11 Hanukkah 3:00 PM Bellevue West Duals	12 9:00 AM Boys Town Invite
13 3:45 PM Wrestling Practice -Varsity 4:00 PM Neb. City JV Invite	14 5:00 PM Blair/Neb City Triangular	15 3:45 PM Wrestling Practice	16 3:45 PM Wrestling Practice	17 3:45 PM Wrestling Practice	18 3:45 PM Wrestling Practice	19 9:00 AM Wahoo Tournament
20 3:45 PM Wrestling Practice	21 3:45 PM Wrestling Practice	22 NSAA Moritorium No Practices	23 NSAA Moritorium No Practices	24 Christmas Eve	25 Christmas Day	26 Kwanzaa
27 NSAA Morito... mNoPractices	28 8:00 AM Wrestling Practice	29 8:00 AM Wrestling Practice	30 8:00 AM Wrestling Practice	31 New Year's Eve 8:00 AM Wrestling Practice	1 New Year's Day 8:00 AM Wrestling Practice	2 9:00 AM Bennington Duals

January 2021

- Siri Suggestions
- US Holidays
- Competition
- School
- Wrestling

December 2020							January 2021							February 2021								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
			1	2	3	4	5					1	2				1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13		
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20		
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27		
27	28	29	30	31	24	25	26	27	28	29	30	28										
					31																	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 NSAA Morito...rNdPractices	28 8:00 AM Wrestling Practice	29 8:00 AM Wrestling Practice	30 8:00 AM Wrestling Practice	31 New Year's Eve 8:00 AM Wrestling Practice	1 New Year's Day 8:00 AM Wrestling Practice	2 9:00 AM Bennington Duals
3 3:45 PM Wrestling Practice	4 3:45 PM Wrestling Practice	5 3:45 PM Wrestling Practice	6 3:45 PM Wrestling Practice	7 3:45 PM Wrestling Practice	8 3:45 PM Wrestling Practice	9
10 3:45 PM Varsity-Wrestling Practice 4:00 PM Oakland-Craig JV Tournament	11 3:45 PM Wrestling Practice	12 3:45 PM Wrestling Practice	13 3:45 PM Wrestling Practice	14 3:45 PM Wrestling Practice	15 3:45 PM Wrestling Practice	16 10:00 AM Neb. City Duals
17 MartinLutherKing,Jr.Day 3:45 PM Wrestling Practice	18 3:45 PM Varsity-Wrestling Practice 4:00 PM Lincoln Pius X JV Inv. 4:00	19 3:45 PM Wrestling Practice	20 Inauguration Day 3:45 PM Wrestling Practice	21 3:45 PM Wrestling Practice	22 3:45 PM Wrestling Practice	23 3:45 PM Wrestling Practice
24 3:45 PM Wrestling Practice	25 7:00 PM Conestoga Dual	26 3:45 PM Wrestling Practice	27 3:45 PM Wrestling Practice	28 3:45 PM Wrestling Practice	29 4:00 PM Trailblazer Conference Tournament	30 3:45 PM Wrestling Practice
31 3:45 PM Wrestling Practice	1 Groundhog Day 6:00 PM Dual @ Bishop Neumann	2 3:45 PM Wrestling Practice	3 3:45 PM Wrestling Practice	4 3:45 PM Wrestling Practice	5 1:30 PM Fairbury Wrestling Tournament	6 State Dual Tournament 3:45 PM Wrestling Practice

February 2021

- Siri Suggestions
- US Holidays
- Competition
- School
- Wrestling

January 2021							February 2021							March 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	1	2	3	4	5	6		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28							28	29	30	31			
31																				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 3:45 PM Wrestling Practice	1 3:45 PM Wrestling Practice	2 Groundhog Day 6:00 PM Dual @ Bishop Neumann	3 3:45 PM Wrestling Practice	4 3:45 PM Wrestling Practice	5 1:30 PM Fairbury Wrestling Tournament	6 State Dual Tournament 3:45 PM Wrestling Practice
7 3:45 PM Wrestling Practice	8 3:45 PM Wrestling Practice	9 3:30 PM Lincoln High JV Tournament 3:45 PM Varsity-Wrestling Practice	10 3:45 PM Wrestling Practice	11 3:45 PM Wrestling Practice	12 Lunar New Year 3:00 PM B-3 District Tournament	13 9:00 AM B-3 District Tournament
14 Valentine's Day	15 President's Day 3:45 PM Wrestling Practice	16 3:45 PM Wrestling Practice	17 3:45 PM Wrestling Practice	18 3:45 PM Wrestling Practice	19 B&C State Wrestling Tourney	20 B&C State Wrestling Tourney
21	22	23	24	25	26	27
28	1	2	3	4	5	6

National Federation of State High School Associations
Sports Medicine Advisory Committee

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____

Date of Exam: ____ / ____ / ____

Mark Location AND Number of Lesion(s)

Diagnosis _____

Location AND Number of Lesion(s) _____

Medication(s) used to treat lesion(s): _____

Date Treatment Started: ____ / ____ / ____

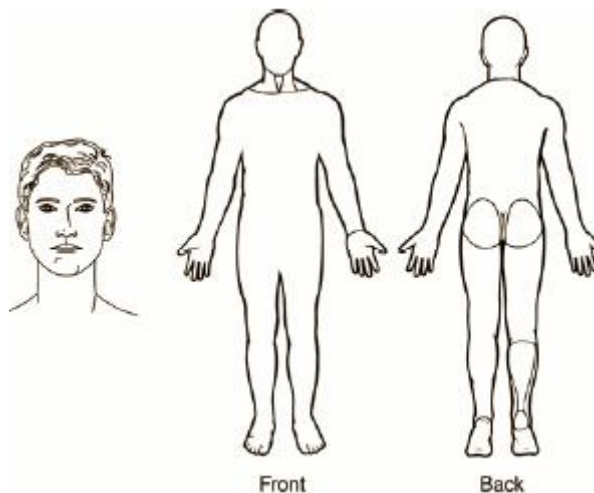
Form Expiration Date: ____ / ____ / ____

Earliest Date may return to participation: ____ / ____ / ____

Provider Signature _____ Office Phone #: _____

Provider Name (Must be legible) _____

Office Address _____



Note to Appropriate Health-Care Professionals: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:

“ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete’s participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.”

“ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition.”

“ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation.”

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or five full days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm scalp, skin): Oral or topical treatment for 72 hours on skin and 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Warrior Wrestling 2020-21 Goals

GOALS FOR THIS SEASON

- 1.
- 2.
- 3.

ACADEMICALLY

- 1.
- 2.
- 3.

GOALS (1-3 YEARS)

- 1.
- 2.
- 3.

ACADEMICALLY (1-3 YEARS)

- 1.
- 2.
- 3.

My purpose for wrestling is....

My vision for the team is.....

What I hope to achieve from wrestling is....

My coaches can help me achieve my goal by....

Before a match, I need to know/hear/do...

During a match, I need to know/hear/do...

After a match, I need to know/hear/do...

My internal motivation for wrestling is...

To get myself relaxed before competition/match I will....

The obstacles I need to overcome are....

Warrior Wrestling Contract

For

Wahoo Wrestlers, Parents and Coaches

The Wahoo wrestling program shares in the educational mission of Wahoo high school by offering an opportunity to experience interpersonal growth, social development, and to improve physical and mental health for our student athletes. All student athletes shall act with honesty and sportsmanship at all times representing the honor and dignity of fair play.

The Warrior wrestling program is dedicated to a belief that athletic participation promotes the development of sportsmanship, good character, and a strong work ethic. The overall physical and mental well being of student athletes is a top priority of our coaching staff.

Congratulations on becoming a member of the Warrior Wrestling Team! Being a Student Athlete is a privilege and with privileges comes responsibilities. As one of our student athletes, we expect that wrestlers will comply with the following responsibilities:

Attendance

1. I _____ Commit to:
 - a. Attend all practices and competitions
 - b. Physically SPEAK to a coach to be excused before practice (no texts or emails)
 - c. Attend and be on time to all Practices and Competitions

Conduct

1. I _____ Commit to:
 - a. Conduct myself in a manner that displays respect for coaches, teammates, officials, opponents, teachers and parents.
 - b. Demonstrate citizenship and leadership at all times (social, academic and athletic)
 - c. Exhibit highest standards of morals, integrity and good sportsmanship
 - d. Carry self as a gentleman: appropriate language, dress & manners.

Academics

1. I _____ Commit to:
 - a. Earn and maintain grades commensurate to my ability.
 - b. Stay off the downs list and maintain my eligibility for my teammates.
 - c. Stay off the missing homework list in order to maintain eligibility for my team.

Practice and Competition

1. I _____ Commit to:
 - a. Staying on team until the end of the season, unless mutually agreed upon by the coach and athlete.
 - b. Be on time and ready to go by start of all practices. This includes having all gear on and ready, any necessary tape or braces on and secured.
 - c. Give 100% at every practice and competition for myself and my teammates
 - d. Push myself to my limit on a daily basis
 - e. Maintain a positive attitude for myself and my teammates

- f. Follow all Practice room guidelines (see attached)

Training

1. I _____ commit to:
- Refrain from use of tobacco, alcohol and other drugs
 - Follow proper nutritional rules
 - Practice good hygiene and grooming habits.
 - Follow athletic training rules and guidelines from coaches and trainers
 - Continue strength training through out the season (it is important to be your strongest at the end of the season)
 - Seek and follow the advice and directives from the athletic trainer for any injuries in or out of the wrestling room.

Student Athlete:

I _____ have read and committed to all of the responsibilities that are involved in being a part of the Warrior Wrestling Team. My Signature below means that I will take all of these commitments seriously with the understanding that they are necessary not only for my own growth as a student and athlete but also for the success of everyone on the team. My signature also identifies that I understand that failure to comply with team regulations or fulfillment of this contract could result in discipline, loss of letter, or dismissal from the team.

Student Athlete signature: _____

Parent/ Guardian:

I _____ as guardian of _____, acknowledge that I have read and pledge to help them up hold these responsibilities to the best of my ability.

Parent/ Guardian Signature: _____

Coaches:

As coaches of the Warrior Wrestling Program we will do everything in our power to help you become champions. We pledge the following to our Student Athletes and their Parents.

- Provide the opportunity to participate
- Thorough research of the sport
- An efficient training program
- Character development and guidance
- Fair and impartial treatment (Fair is not always equal)
- Firm disciplinary action for anyone who displays unsportsmanlike conduct or breaks the rules of contract.
- Treat all wrestlers as gentlemen and ladies

Coaches Signatures: _____