

Eagan Wrestling 2020-2021

Goal

Provide student athletes and parents an opportunity to be a part of a wrestling program focused on excellence that serves others and the community while building lifelong relationships.

I coach to build future leaders to have the determination and passion to lead a life of integrity while serving others.

Philosophy

Eagan Wrestling will be a program of excellence both on and off the mat with involved people working together to reach a common goal. Being a part of Eagan wrestling will lead to lifelong relationships that will foster living a life excellence and service beyond the wrestling mat.

Eagan wrestling believes in these core beliefs and will follow these in its entirety from youth through Varsity.

1. Faith & Family
2. Academics
3. Wrestling

Registration

In order to participate in the wrestling program, students need to complete the following and hand them into the office.

- Sports Physical (Updated every 3 years)
- Participation Fee
- Complete Registration Packet
- Weight Certified (Handed to coach Hansen 1st)

Academic Eligibility

A high priority will be placed on learning on and off the mat. Faith, Family and Academics will be of first priority of the wrestling program. The Academic Eligibility process requires each student pass a minimum of 5 of the 7 classes they are taking. An academic probation process will begin if a student does not meet these requirements. All make-up tests and quizzes must be taken before school and not interfere with practice or meets.

Teams

The wrestling program is divided into three teams (Varsity, Junior Varsity, and Freshman.) Every wrestler will make one or more of these teams.

THERE ARE NO CUTS IN WRESTLING!!

Equipment

These are the items that each wrestler must purchase or be issued. All wrestlers will be held accountable for lost materials.

Issued- Headgear, Locker, T-Shirt, Short, Singlet, Warm-Up (¼ zip, sweatshirt & sweatpants), and Lock (if needed)

Purchase- Wrestling Shoes, Running Shoes, Toiletries, athletic shirt & shorts

Weight Certification

All wrestlers must be weight certified by a licensed physician before they can compete. Body Fat percentages will be measured to ensure that all athletes wrestle at a weight class safe for them. Parents have the final say on what weight class their student athlete will wrestle.

Wrestlers will be instructed on proper nutrition and training habits. Wrestlers will be encouraged to wrestle at their optimal competitive weight. Weight Certification will take place on the **2nd day** of practice.

Practice

All wrestlers in grades 9-12 will practice from 3:30-5:30. All wrestlers are required to be dressed and in the wrestling room at 3:30 ready to wrestle with shoes on. Clean clothes must be worn everyday. All teams will practice in the wrestling room during the given times.

Hygiene

ALL WRESTLERS WILL SHOWER WITH ANTIBACTERIAL SOAP AFTER EACH PRACTICE, DUALS, AND TOURNAMENTS!!

Attendance

Classroom and practice attendance are very important as members of the Eagan Wrestling Team. Below is a list of rules that the team will be held accountable for.

Action

1. Excused absence
2. 1st Unexcused Absence
3. 2nd Unexcused Absence
4. 3rd Unexcused Absence
5. Tardies

Consequences

- Email or bring school admit or parent note.
- Wrestler needs to make-up practice before eligible.
- Wrestler will miss the next dual meet or tournament.
- Group meeting with parents and coaching staff.
- Time will be made up after practices.

- Email or Text Coach Hansen if absent
 - Cell Phone: **651-366-0110** Email: zachary.hansen@district196.org
- Please schedule all appointments, vacations, and family commitments so that wrestlers do not miss practice.

- School Cancellations Day- Call Coach Hansen. Do not assume we do not have practice.
- Wrestlers are expected to attend a normal school day. Wrestlers must attend at least 4 hours of a school day in order to participate in practice.
- All attendance issues will be dealt with on an individual basis with the outcome left to the discretion of the coaching staff.

MSHSL Rules

Any wrestler in violation of the Minnesota State High School League Rules during the season will:

1. Serve the prescribed penalty of the MSHL.
 2. Not win any team awards voted upon by teammates.
 3. Not be nominated by the coaching staff for post-season awards.
 4. No longer be a captain.
 5. Have their opportunity to letter be reviewed.
- This also includes students passing 5 of their 7 classes during the trimester.
 - The severity of the violation may result in a meeting with parents, head coach and AD to discuss the athlete's future in the program.

Communication

All coaches will have an open door policy with parents and wrestlers. All decisions will be made out of the best interest of the Eagan Wrestling Program. These are the guidelines that wrestlers should follow to discuss issues:

1. Discuss the issue with the coaching staff
2. Meeting with athlete, head coach and parents
3. If the issue still remains, a meeting will be set with the wrestler, parents, head coach and AD.

Captains

The Captains of the Wrestling Team will be student-athletes that value commitment, expectations, leadership, and integrity. Captains will be voted on at the end of the previous season. This will allow our true leaders to shine through during the season and off season. Wrestlers that break MSHSL rules will automatically lose their captain status.

Varsity Lettering Policy

A. Academics

A wrestler will work to his ability level in all classes and remain in good standing throughout the school year.

B. Fundraising

All wrestlers will need to take part in all four fundraising events: 2 Cub Food Bagging Dates, MatCat Tournament, and Snap Online Fundraiser (emails)

C. Behavior

A wrestler will need to conduct themselves in alignment with the expectations of the Eagan Wrestling Program.

- A wrestlers will not receive a letter if they are late to practice/events on a continuous basis
- A wrestler will not receive a letter if they miss a varsity function without notifying the coach

D. Varsity Experience:

A wrestler will receive a varsity letter if they are an active member of the varsity team:

1. They wrestled in two varsity events
2. They finished the season (end is the state tournament week)

E. Service:

All 9-12 wrestlers will work the Youth Mat Cat Open Tournament and assist in at least 3 youth practices throughout the year.

F. Practice Attendance:

All wrestlers must attend at least 90% of the practices throughout the season. This includes wrestlers who are injured or not able to compete.

COACHES DISCRETION MAY BE USED TO DETERMINE LETTER WINNERS

Wrestle-Offs

Wrestle-offs will be used on a needed basis to assist the coaches in determining which team each athlete wrestles on.

- Wrestle-offs will be held periodically during the season for tournaments only
- Coaches will conduct wrestle-offs based on sign-ups. Wrestlers must be in good standing order to sign-up.
- Freshman and JV wrestle-offs will be one match.
- Varsity wrestle-offs will be the best of 3 matches. Subsequent matches will require the JV wrestler to win the first match to send it to the best of three.
- The coaching staff has the right to shift wrestlers to allow more wrestlers to get experience or to benefit the team.
- **The coaching staff will determine line-ups for all dual meets. This will ensure that all wrestlers get valuable experience on varsity or JV.**
- Line-ups for individual tournaments will be decided by wrestle-offs.

ALL WRESTLE-OFFS WILL TAKE PLACE AFTER REGULAR PRACTICE. WRESTLERS WILL WRESTLE ONE MATCH A DAY DURING WRESTLE-OFFS.

Injuries

Wrestlers should report all injuries to the coaching staff. If necessary, report the injury to the team trainer. The team trainer will refer the injured athlete for a preliminary diagnosis (if needed). If a physician or chiropractor is seen, the athlete will need to receive a release form before they can participate. There is a difference between being injured and hurt.

- ***Injured wrestlers are expected to still come to practice.***

Skin Issues

Skin checks will be conducted on a weekly basis. All skin issues must be checked and treated by a physician. The physician must sign off on the required MSHSL Skin form stating when the issue was treated and when the wrestler can resume competition. All skin issues must be reported to the coaches. The skin form can be found at eaganwrestling.com under SKIN CONDITION.

Expectations

Academically

- **Be on time and present in every class**
- **Respect teacher, peers and classroom**
- **Complete all school work on time**
- **Communicate with coaches if struggling in any class to get extra help**
- **Try your very best and pass every class**
- **Know that you are representing yourself, family and Eagan Wrestling**

Socially

- **Treat others with respect and kindness.**
- **Be a leader, don't follow the crowd.**
- **Serve others before yourself.**
- **Understand that your actions represent yourself, family and Eagan Wrestling**
- **Know that you will be expected to follow MSHSL rules and will serve the penalty given by the MSHSL based on the violation.**

Practice

- **Be to all scheduled study halls, practices, meets, etc.**
- **Coaches will record your weight after practice.**
- **Wear the required uniform to practices, make sure its CLEAN.**
- **Bring headgear, wrestling and running shoes to every practice.**
- **Listen and learn when coaches are demonstrating.**
- **Respect all members of the wrestling community.**
- **Keep the wrestling room clean.**
- **Keep your locker and locker area clean.**

- Always have extra workout gear in your locker.
- Report skin irritations to coaches and trainers.
- Stay out of the coach's room unless invited by the coach.
- Follow the weight room guidelines.
- Control our emotions at all times.
- Inform coaches directly if an absence is predicted.

Competitions

- Be on time to weigh-ins, departures, meets, etc,
- Weigh in at the weight you committed to.
- On away meets allow a 1/2 pound allowance for scales
- Bring proper food and liquids for after weigh-ins
- Have proper equipment to wrestle
- Be respectful to other communities people and buildings
- Be respectful to the bus driver and bus
- Use travel time to focus on the match or tournament
- Prepare physically and mentally for competition
- Allow no conduct or apparel that draws attention to the individual
- We will never swear, bite, throw headgear, taunt opponents, and refuse to shake hands, or use any other negative behavior that singles out the Eagan Wrestling Team.
- We will shake hands with the opposing team and coaches after the completion of the meet.
- Participate in all team meetings and warm-ups.

Eagan Wrestlers will be HUMBLE winners & RESPECTFUL losers.

Parents

- To recognize that coaches strive to coach and discipline without prejudice.
- To contact coaches with open and honest concerns about a participant's role in the program.
- To be a positive supporter of the program, the participants, and the coaches.
- To look at each participant as a part of the team rather than as a separate individual.
- To respect the coach's personal life.
- To have all parents/guardians present at duals and tournaments.
- To have realistic expectations in order to keep the activity in perspective and love your athlete.

Coaching Staff

Name

John Jackson

Ryan Cook

Xavier Rosenbloom

Cell Phone

843-597-0888

334-424-0220

651-387-6730

Email

john.jackson@mnhs.org

cookr1000@gmail.com

xrosenbloom@gmail.com