

## **Introduction**

Welcome to the Garden City High School 2018-2019 wrestling season. The 2017-2018 season was another successful year as the team took 5<sup>th</sup> as a team at the 6A championships. This year will be no different as we once again will have very lofty but attainable goals with winning state at the top of those goals. We expect every wrestler to work hard and commit themselves to be the best not only on the mat but also in the classroom and community. This year we will emphasize TEAM first and personal glory second.

### Coaching Staff:

Head coach—Carlos Prieto

Head assistant—Paul Lappin

Assistant—Jacob Waller

Assistant—Kevin Perez

Assistant—Shannon Ford

Assistant—Joey Dozier

Assistant—Bryan Irsik

## **Varsity Goals**

- To have each wrestler practice the ideals of good sportsmanship and citizenship.
- To improve the skill of all wrestlers.
- To qualify all 14 athletes to the state tournament.

## **Junior Varsity Goals**

To have each wrestler practice the ideals of good sportsmanship and citizenship.

- To improve the skill of all wrestlers.
- To challenge the varsity and make them get better.

## **Overall Program Goals**

- To consistently practice the ideals of good sportsmanship and citizenship.
- To improve the leadership skills of all wrestlers.
- To improve the overall academic achievement of all wrestlers.
- To maintain a consistent, disciplined work ethic in practice.
- To improve the skill of all wrestlers.
- To grow the wrestling program.
- Constantly contend for a 6A state title each year.

I hope you will work hard to achieve these goals. Welcome and good luck.

## Coach and Wrestler Expectations

### **Not everyone can be a champion, but everyone can be a winner!**

This means that anyone who participates in wrestling regardless of age or athletic ability has the potential to be a WINNER. A winner is someone who has learned to face a challenge or overcome an obstacle and has persevered to the end. In other words, a winner is one who “has fought the good fight and finished the race.”

- **Expectations: wrestling for GCHS is a great privilege, not a sacrifice or right.**
  - **Sportsmanship**-we will lose and win with dignity. Don't act like an idiot.
  - **Accountability**-you will be held accountable for following the rules and expectations. Excuses and blaming others is a weakness and we aren't going to tolerate it. Accountability includes coming to practice, actions on and off the mat, grades.
  - **Be Coachable**-the success of the program and former teammates that were successful comes from being this. If we challenge you and you come up with excuses then you will never reach your full potential.
  - **Discipline**-without this all is lost. If you don't have the discipline to follow team rules and guidelines you are going to hold yourself back as well as the team. No One Is Bigger Than The Program Or Others On The Team.
  - **Respect**-We will show respect to all. Make sure to treat others the way you would like to be treated. Includes our teammates, administrators, teachers, referees etc....You must also respect all facilities no matter where we are. Make sure to keep the wrestling room clean, no spitting other than in the trash cans. We must also stay after a dual or the Rocky Welton to help clean up.
  - **“Pay the Price”**-if you are not willing to follow the rules and guidelines then you must be willing to accept the appropriate punishment. Could be anything from extra conditioning (Dirty Dozen) or suspension from the team. We as a coaching staff will determine the punishment.
  - **Hygiene**-You all should shower after every practice. Don't just put deodorant and then your street clothes back on. This means bringing your own towels. Make sure to wash your clothes, knee pads on a

regular basis. Please report any rashes or skins abrasions to us immediately.

- **Nutrition-** we have a few diet plans on the website, try to follow the guidelines and don't starve yourself. If you are doing this we may ask you to bump up to a different weight class. If you are on JV you should try to wrestle your natural weight, I would discourage you from cutting an excessive amount of weight.
- **Return all issued Equipment-**if you don't return them in a timely manner your parents/guardians will be responsible to pay for the replacement cost.
- **Attendance-**You are expected to be at all practices and competitions prepared and ready to go. No excuses like, getting a haircut, seeing a teacher etc. See them in the morning or during Mentoring. If you are injured then you are required to be at practice anyways.
- **Security-**we as coaches will do our very best to provide a safe environment for you. This will include lockers; place your belongings in there. Theft will not be tolerated and I will deal with this in a very severe manner.

**“How a man plays the game shows something of his character; how he loses shows all of it”**

### **Coaches**

1. Must have good communication among feeder programs, other coaches, wrestlers and parents.
2. Must be consistent with disciplinary action.
3. Must be up to date on current wrestling skills, strategies, nutrition and weight training.
4. Must be familiar with all Garden City High School and KSHSAA policies as they relate to the wrestling program.
5. Must have organized and intense practices so each wrestler can achieve to the best of his/her ability.
6. Must set a good example for others.

### **Wrestlers**

1. Must be skilled in basic wrestling. (will be)
2. Must be coachable.
3. Must be totally committed during the season.
4. Must attend all practices unless you have a Legit EXCUSE! (**Everyone has all kinds of EXCUSES but a CHAMPION never uses them!**)
5. Must be in great condition before the regional tournament. (will be)
6. Must maintain the ideals of good sportsmanship and citizenship at all times.
7. Must work hard in the classroom. Be respectful.
8. Must attend fundraisers through out the year.

### **Training Rules**

I expect my athletes to be totally dedicated to the season therefore I will not tolerate the use of alcohol, tobacco or non-prescription drugs.

#### **A. In Season:**

1. First offense-suspension/parent meeting. (Miss 4 competition dates and completion of the **“The Dirty Dozen”**.)
2. Second offense-expulsion from the team.

**B. Off season:** conference and suspension. (2 competition dates missed and completion of **“The Dirty Dozen”**)

**Referrals:** if you get a referral and get ISS or OSS you will not be allowed to practice. This means that you will also miss a competition date (tournament or dual). Depending on the type of referral you may be dismissed from the team. This will be a situation that the coaches will discuss and if it warrants dismissal from the team a meeting with our AD will take place to let the athlete know why he/she is being dismissed. I don't want athletes that are constantly in trouble and I will not tolerate this type of behavior.

If you want to be a champion then you will refrain from the use of the above-mentioned items, I ask you to commit to the program year round.

**“Our True Character is That Person We Become When no One is Watching.”**

To ensure maximum performance, please follow the following suggestions below:

- Get plenty of sleep, be in bed by 10:00 PM before a match.
- Eat smart. Stay away from junk food; eat fruits, veggies and foods high in carbohydrates. A Diet plan will be provided as a suggested plan.

- Drink plenty of water. Before you eat, drink water, this will help you eat less and help you maintain your weight.
- Run on your own at night or weekends, get your buddies together and go for a jog. Champions never quit training.
- Visualize yourself winning; use this as a tool to help you be more successful.
- Wear clean clothes to practice every day.

### **Attendance**

It is your responsibility to know the practice schedule to attend daily and be on time. If you have a legitimate reason for being absent or late please notify **ME** in advance, don't tell a friend to tell me! Being absent from practices for a consistent number of practices from week to week will cause you to be dismissed from the team. Being absent from practice any 2 days of the week will mean no participation for that week.

- Must do “**The Dirty Dozen**” before being allowed to compete.

Coach Prieto: Cell 620-271-2668

[cprieto@gkschools.com](mailto:cprieto@gkschools.com)

### **Practice Rules**

- Practice begins **at 3:20 PM** daily unless you are told otherwise.
- Being late will earn you some extra duties after practice.
  - \* Dirty Dozen-must be made up before next competition or you won't compete. (Champions are never late)
- All wrestlers will wear shorts and either a short sleeve or long sleeve shirt, no sweats.
- Be prepared to work hard no horse play or excessive talking allowed.
- Respect the rules and coaching staff, wrestlers will address coaches as Coach Prieto, Coach Lappin, Coach Waller, Coach Perez, Coach Ford and Coach Irsik etc.
- Disrespecting the coaches will earn you:
  - \* 1<sup>st</sup> offense extra conditioning and miss next competition date
  - \* 2<sup>nd</sup> offense shouldn't happen if so you are off the team.

## Equipment

- We are charging a \$25 dollar equipment fee to help offset the cost.
- You will get a hoodie, shorts and a shirt, yours to keep if you stay out the entire year.
- If you quit or get kicked off the team you will be required to return the equipment without a refund. I feel that if you don't finish the season then you shouldn't be associated as a Garden City Buffalo Wrestler.
- If you have issues with this policy then come and speak with me directly.
- You are responsible for any equipment checked out to you. If you fail to return any item you will be charged a replacement cost.
- **Winners never Quit and Quitters never Win!**

## Tournament and Dual Information

- Show up at the high school on time and on weight.
- No one will be allowed to go home more than 1 pound overweight before a tournament or dual. If your weight is an issue, go up a weight.
- Make sure you have all your equipment for the entire day/s: uniform, shoes, headgear, etc.....
- We will sit together as a team in the bleachers; not with parents or girlfriends.
- Warm up as a team.
- After your match, go to one of the coaches first, and then go visit with your parents if you want to, and then go sit with the rest of the team.
- Stay in full uniform unless you have been eliminated from the tournament or gotten permission from one of the coaches.
- All wrestlers and managers will ride the bus to and from the tournaments or duals. Arrangements must be made ahead of time and cleared through the AD's office.
- If it is a home dual all wrestlers will stay and help clean up.

## Making weight

It is your responsibility to make weight, I will not tell you what weight class to wrestle but will make a suggestion. I want every wrestler not to be more than 7 pounds over weight on Mondays. Don't let weight management be a physical and mental downfall for you. We will be monitoring your weight throughout the week and will do a weigh-in every Monday. Home weigh-ins, if you are wrestling and

don't show up you will lose your spot and will automatically go to the bottom of the ranking board. Second missed weigh in will result in you being removed from the team.

### **Challenge matches**

- Elimination matches will determine our lineup in the majority of cases, but the **final decision as to who wrestles always rests with the coaching staff.**
- All challenge matches must be approved by the coaches. The wrestler must ask to challenge, coaches will not ask the wrestler to actually challenge.
- All varsity challenge matches will be officiated by the coaches.
- A varsity wrestler must lose two consecutive matches before he loses his varsity position the week leading up to the Regional Tournament.
- In order to challenge, a wrestler must be within 5 pounds of the challenge weight. If the varsity wrestler is not within the 5 pounds and the challenger is, it will be considered as a loss to the varsity wrestler. (Mondays will be the only exception)
- All challenge matches will take place before or after practice.
- You may challenge at any weight that you qualify for according to the Certification process.
- Varsity positions for Regional's will be established the week of the league tournament (week before regional's) after this there will be no challenge matches.

### **Lettering**

- A varsity wrestling letter will be awarded to any Buffalo Wrestler who meets any of the criteria listed below.
  1. 30 point system.
    - A. participate in a Varsity Match.....2 points
    - B. Varsity Victory by Decision.....1 points
    - C. Varsity Victory by Decision.....2 points
    - D. Varsity Victory by Tech Fall.....3 points
    - E. Varsity Victory by Fall.....4 points
  2. Place in the State Tournament
  3. Place at a Varsity Tournament with no less than 8 teams involved.
  4. Junior Varsity wrestlers may letter if they win 2 Junior Varsity tournaments.

All letters are subject to the approval of the Athletic Director (Jarrod Stoppel) and coaching staff. Completion of the season as a team member in good standing is mandatory for the award of a Varsity wrestling letter.

## **Parents Guidelines**

### **What to do**

1. Help your wrestler eat nutritious meals. Serve meals that are high in protein and carbohydrates and low in fat and sugar.
2. Help your wrestler get enough sleep. Enforce 8 hours of sleep per night.
3. Wash his practice gear and uniform regularly or help him do it.
4. Volunteer to help with concessions, scoring, banquet etc....Get involved.
5. Attend all of his/her matches and tournaments.
6. Positively support his efforts.
7. Encourage additional conditioning and weight training both during the season and off season.
8. Talk to the coaching staff about any concerns first not the AD.

### **What not to do**

Talk to your wrestler while on the bench during duals.

1. Criticize coaches or other wrestlers openly.
2. Yell out moves during a match.
3. Spread rumors or negative attitudes.
4. Interfere with the preparation of your wrestlers before matches.
5. Openly criticize referee calls during and especially after while speaking with your wrestler.
6. Have your wrestlers come up and sit with you in the bleachers for long periods of time talking about their next opponents.

**Please let us coach your son/daughter and enjoy being a parent. This is why we get paid the big bucks, to coach! Our job is to get the most out of your son/daughter and in no way will we NOT do our job to prepare him/her for competition.**

### **Communication: Parent to coach**

- If you have a problem or concern please set up a time to come discuss it with me in person. I will not discuss things over the phone or text messages.



- Please address any of the above with me (Head Coach) first. I can't fix an issue if I don't know anything about it, so please address me with any issues.

Carlos Prieto  
Garden City Wrestling Head Coach  
620-271-2668-Cell  
620-805-5560-School

Other information and updates throughout the season can be found on our wrestling website:

- <https://gchs.gckschools.com/cms/One.aspx?portalId=60655&pageId=245239>
- Facebook: Garden City HS Wrestling
- Twitter: @gchswrestling

## Parent Expectations

- 1.** As a parent of a GCHS student athlete, you must acknowledge that you are a role model for your child. Remember that high school athletics are extension of GCHS academic mission, and serve educational, development, and health purposes in the life of your child. As a parent, you must show respect for all players, coaches, officials, and supporters of your child and participating schools. You accept and understand that the spirit of fair play and good sportsmanship are expected by GCHS at all athletic events on and off campus. You need to accept your responsibility to be a model of integrity and good sportsmanship that comes with being the parent of a GCHS student athlete
- 2.** Take ownership of your part in this program. Make sure your child attends every function, workout, and practice, prepared on time.
- 3.** Monitor your child's academic progress and make sure he completes his assignments on time. A typical high school student should have homework or something to study each night.
- 4.** Respect all rules and guidelines set forth by the coaching staff and support disciplinary actions taken on your child by the coaching staff.
- 5.** During competitions, please stay in the stands and cheer on all members of the GCHS Wrestling Team.
- 6.** Make a deposit into your child's life and join the GCHS Takedown Club. This organization's sole purpose is to benefit your son/daughter while he/she is part of this program. WE NEED HELP!
  - a)** If you have any questions or concerns about our program, please go to Coach Prieto first. Please do not go to the Principal, Assistant Principal, Athletic Director, or Assistant Coaches; they will refer you to me. You may contact Coach Prieto at [620-271-2668](tel:620-271-2668) or [620-805-5560](tel:620-805-5560). If you cannot reach him, please leave a message and he

will return or react to your call as soon as possible. Please do not approach the coaching staff with a problem directly before competition or practice. Please be aware that the GCHS Coaching Staff will not discuss matters of other athletes with you.

At any appropriate time and face to face, Coach Prieto will, in a civil manner, discuss the philosophy behind the policies in this handbook and ways that we can improve your child's performance in the classroom or on the mat.

**Thank you for allowing your child to wrestle for us. We know that each wrestler will become a better person for being in our program.**

# **The Mission: To Get back on Top!**

**HARD WORK!**

**NO EXCUSES!**

**NO WEAK LINKS!**

**I have read and understand the GCHS Handbook. By signing below I agree to follow the rules and guidelines set forth in this handbook to the best of my ability and accept the consequences for not following these rules and guidelines handed down from the GCHS Wrestling Staff and/or GCHS Administration. I also understand that one parent/guardian signing this holds both to this agreement.**

**Player** \_\_\_\_\_

**Print Name**

\_\_\_\_\_  
**Signature**

**Parent/Guardian** \_\_\_\_\_

**Print Name**

\_\_\_\_\_  
**Signature**