



### Practice Information

The wrestling season is from 11/6/23 – 2/24/24.

- All wrestlers are expected to attend all practices during the season.
  - If a wrestler is going to miss something, notify Coach Lehr. A written note or email is preferred. (If you know in advance you will be absent, the notice should come in advance.)
  - If a wrestler misses the entire day of school, he/she cannot participate in practice/meet on that day.
  - If a wrestler is late to school, or misses any part of the day for an appointment, then he/she must get approval through the office to attend practice or a meet on that day.
  - If a wrestler misses school on a Friday, they are still allowed/expected to practice on Saturday.
  - Absences will result in the loss of opportunity to represent the team in competition.
  - Three or more unexcused absences may result in dismissal from the team.
  - Injured wrestlers are expected to attend all practices unless they have an appointment related to their injury.
- Wrestlers should have appropriate workout attire including wrestling shoes, running shoes, and head gear at every practice. (Wrestlers should wear clean clothing to every practice.)
- Wrestlers should bring a water bottle with their name clearly visible on the water bottle.
- No jewelry of any kind is allowed to be worn during practice or wrestling meets. Wrestlers that wear glasses should NOT wear them during practice or competition.
- No gum or food is permitted on the mats.
- Wrestlers, please come to practice PREPARED to practice. Be in your practice clothes, get a drink and make sure you've used the restroom before stepping out on the mat!
- Everyone is expected to help setup for practice and put equipment away at the end.

### Meets/Tournaments

Remember, you are not only representing yourself, but your family, coaches, team, and school.

- Athletes must be passing at least 5 classes to be considered eligible. Ineligible wrestlers are expected to practice, but will not be allowed to compete while ineligible. Wrestlers that continue to show up on the ineligibility report, may be suspended and/or removed from the team.
- All wrestlers are expected to attend and assist with home meets.
- All wrestlers will travel to away meets. Only wrestlers competing in tournaments will travel with the team.
- If you miss the bus to a meet or a tournament, you will not wrestle. (You may miss the next opportunity to wrestle because you let the team down when you missed the bus.)
- Wrestlers are expected to wear NWHS gear and represent the team appropriately when attending competitions.
- Wrestlers are expected to stay together as a team throughout the competition.
  - At most meets we will have a bench area that the parents will need to stay out of.
  - At most tournaments, we will set up a “camp” in the bleachers that the parents are welcome to join us in, but parents are not allowed on the “floor”.

- Poor sportsmanship will not be tolerated under any circumstances. This applies to both practice and competition. (Never talk back to an official.)
- Parents that attend Meets/Tournaments are required to follow the same rules.
- Students may ride home from away meets/tournaments with their parents or guardians only. The parent must sign their athlete out with one of the coaches before departure.
- Wrestlers are not permitted to leave until the coaching staff dismisses the team. Exceptions are expected to be requested with the coach by the parent BEFORE competition begins.

### **Weight Management and Lineup**

- The Weight classes for 2023-2024 are as follows.
  - Boys: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285
  - Girls: 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235
- Weight cutting is unhealthy and is not recommended or expected. However; weight management is an integral part of wrestling. Once a wrestler commits to a weight, they will be expected to make weight. Wrestlers can change weight classes by talking to the coach.
- All wrestlers will weight certify prior to their first competition and must follow the certification descent plan if they choose to move to a lighter weight class.
- Wrestlers will be selected for competition based on the depth chart, academic eligibility, performance at practice, and available opponent's skill level. Coaches try to ensure everyone has an opportunity to wrestle in competition.
- The bottom line is the coaches determine the lineup based on the needs of the team and athletes.

### **Cleanliness**

Skin infections are common in wrestling and many are highly contagious. We do all we can to keep our wrestling area clean. Wrestlers and parents, please monitor your skin for anything out of the ordinary and keep the coaches informed if you notice anything.

- We wash our wrestling mats before the beginning of every practice and every meet.
- Wrestlers need to wear clean (freshly washed) workout clothes every day.
- Wrestlers should shower either before leaving practice/competition or immediately upon arriving at home (shower before the sweat dries).
- Do not practice with a contagious skin condition
- See a doctor for treatment ASAP and get IHSA Skin Condition Evaluation and Authorization form prior to competitions.

We look forward to working with both the wrestlers and the parents during this wrestling season. Respect and discipline are of the utmost importance to the wrestling coaches. We expect our wrestlers to work hard, follow school rules and coaches' directions, and to be respectful of others at all times.

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