



HAWTHORN NORTH WRESTLING

2014-2015



PARENT HANDBOOK

Wrestling Information and Forms: <http://33202576.weebly.com/wrestling-information.html>

1. All students need a current physical on file with middle school nurse.
2. Each parent needs to read the Code of Conduct and have the parent and student / athlete sign it and turned into their Coach
3. Pay Athletics Fee. \$50.00 but may change year to year. <http://33202576.weebly.com/wrestling-information.html>
4. Sign Uniform Form: <http://33202576.weebly.com/wrestling-information.html>
5. 2014-2015 Schedule: <http://33202576.weebly.com/wrestling-information.html>

CONTACT INFORMATION:

-Coach Carlsen: carlsent@hawthorn73.org

-Coach Nielson: neilsona@hawthorn73.org

“Probably the most important quality a champion can possess is the ability to overcome adversity through persistence. Everyone experiences occasional setbacks and defeats but successful people persevere and learn from their mistakes to better themselves. The only true failure in life is to quit trying”

- Jim Scherr, NCAA Champion, Executive Director USA Wrestling



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Welcome to the 2014-2015 season

The information in this handbook is intended to answer common questions about our program and provide general information about the coaching staff's expectations for the coming season. If you have any questions during the season, check the website first and if your question can't be found then email Coach Carlsen. Open communication between coaches and wrestlers as well as coaches and parents is an extremely important component of our wrestling program. The coaching staff hopes you enjoy the upcoming season and will be a strong supporter of your child's endeavors.

Our Philosophy:

Wrestling is a sport where athletes learn self-discipline. Teamwork, leadership skills, and life lessons. Success is the by-product and mental preparation, execution, and quality instruction.

We work toward having an aggressive, attacking style of wrestling and desire this style to be predominately offensive. Technique and proper skills are worked on extensively. We cross train for wrestling: running, sprints, wrestle, and using other physical activities throughout our daily practice sessions to get them mentally and physically ready to compete.

We work hard in the practice room, and believe this hard work equates to our success in competition. We strive to work with each individual to reach his maximum potential. We understand that each wrestler is both an individual and team competitor. We desire our athletes to be successful in the classroom, at home, & on the mat!

The coaching staff requires the wrestlers to set goals each season. Likewise we believe it is important that our overall program is guided by a set of goals. Thus, the following goals and program philosophy are used on a daily and annual basis to guide our program.

1. Provide an environment allowing athletes to obtain the individual and team goals they establish. This includes providing excellent skill teaching/coaching, competition, and facilities.
2. Strive for program wide improvement weekly, monthly, and seasonally.
3. Encourage all athletes to strive for excellence on the mat and in the classroom and promote outstanding citizenship and leadership.
4. Make all decisions based on what the coaching staff believes is in the best interest of the school, team, and individual concerned.

Practice Time:

2:15- 5:00 (If on the Activity bus we will dismiss you 5 mins before the bus leaves)

If you need to see your teacher about a grade or a project report to the coach first. If you are having grade problems you are to report to their room or do your work in the wrestling room until 3:00 or when assignment is done.



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Wrestling Hygiene and Skin Safety:

Significant attention has been focused on skin diseases and prevention especially in the sport of wrestling. The National Wrestling Coaches Association has established a website that outlines some simple but important guidelines that wrestlers and their parents can follow in helping to prevent any type of skin outbreak.

Hygiene becomes the responsibility of the individual and team in the sport of wrestling. We strive to avoid and control the type of skin diseases that can occur through poor hygiene.

A surgical wash, HIBICLENS, can be purchased over the counter at any CVS, Walgreens, etc and has been proven to prevent MRSA, staph, etc. and can be quite effective if used immediately after wrestling.

Best wrestling hygiene practices include the following:

1. Never wear your shoes or practice gear outside the wrestling room.
2. Have shoes, clothes and practice gear sanitized and washed after EVERY PRACTICE. Any other clothing that may come in contact with mat, such as coat, sweats, etc. should be washed immediately after contact.
3. Wrestlers should remove all practice clothing/gear immediately upon returning home and place in a separate area so as not to contaminate other clothing, etc.
4. Wrestler should shower with anti-bacterial cleanser, soap, etc. such as HIBICLENS or some other anti-bacterial formula.
5. Parents and wrestlers need to be cognizant of any open wounds, sore or skin blemishes that may be suspect. If in doubt, always consult a medical professional.
6. All wrestlers should be inspected by a referee for skin-related issues prior to every competitive match. MUST NOTIFY COACH IMMEDIATELY IF THEY BECOME AWARE OF ANY POTENTIAL SKIN LESIONS!

More information on wrestling hygiene is available at www.nwcaskinprevention.com If your child needs a medical release form to wrestle with any skin issues, use the following link to download the PIAA form: [PIAA Wrestler Medical Release Form](#)

Regional and Sectional Teams:

Regional 6 Teams @ (Lake Forest Deer Path)

Green Oaks Oak Grove
Highland Park Northwood (Coop)
Lake Forest Deer Path (Host)
Libertyville Highland MS
Lincolnshire Daniel Wright (Small Team)
Mundelein Carl Sandburg (No Team)
Mundelein West Oak (Small Team)
Vernon Hills Hawthorn North
Vernon Hills Hawthorn South

Regional 5 Teams @ (Lake Zurich North)

Barrington Prairie
Barrington Station
Buffalo Grove Aptakisic
Buffalo Grove Twin Groves
Buffalo Grove Cooper
Lake in the Hills Marlow
Lake Zurich North
Lake Zurich South
Long Grove Woodlawn

Wrestling Individual Scoring:

-Takedown (2 points)	-Near Fall (2-3 points)	-Penalty Points (1-2 points)
-Escape (1 point)	-Reversal (2 points)	-Illegal Holds, Technical Violations
Unnecessary Roughness, Unsportsmanlike Conduct, Flagrant Misconduct, Stalling, and False Start		



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How can you help as a Parent:

Parents play an important part in our program and we encourage the parents of our wrestlers to be involved. If you would like to help, there are several ways we can use your assistance. We are hosting Conference, Regionals, and Video taping are some ways for the parents to be involved.

Further, the coaches need and want your continued support. We hope you will encourage your child to attend all practices/competitions and abide by team and school regulations. Please review the practice and competition guidelines so you are aware of what we expect. Let them know you support our team policies. It is important we work to ensure a “team” concept. You can help by reminding your son that he should sit with his team during all meets and tournaments.

Parents are instrumental in the development of any wrestler. By following some of these recommendations, parents can offer the most positive support for their child.

- Be there through the ups and downs of the season. Encourage them to talk with the coaches about wrestling related problems. Coaches have the experience, training, and perspective needed to help wrestlers with these problems.
- Be patient with your wrestler's progress. All athletes progress at different rates.
- Talk to your son about the goals he has set for the season and support his efforts in achieving those goals.
- Please leave coaching to the coaches. Do not offer wrestling advice. Parents must offer recognition and encouragement that the wrestlers need.
- Confront all of your wrestling concerns with the coach. It is imperative that the relationship between coaches and parents remain positive. Never let a disagreement with a coach be known to a wrestler. This may destroy a positive coach-wrestler relationship.
- Be aware of your wrestler's good health habits: daily eating patterns, pre-meet meals, rest, dress, training rules, and attitude. Contact a coach if you notice a problem.
- During competition, the parents should exercise positive sportsmanship and encouragement for wrestlers. Rules forbid parents to be on the team bench or matside during competition. Please offer your support from the seating area.
- Parents have traditionally been the main support for any athletic organization. We only want the best for wrestlers. Please be a volunteer in our program.



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PHILOSOPHY STATEMENT

The Hawthorn Middle Schools recognize that all members of the student body are representatives of our schools. All students are encouraged to tryout and participate in athletics, student council, and other extracurricular activities because of the benefits derived from such participation. However, participation in these extracurricular activities exposes students to greater public examination and student participants are expected to bring credit to the Hawthorn Middle Schools. Therefore, it is the policy of the Hawthorn Middle Schools, that student participation in an extracurricular activity is a privilege, rather than a right. Students whose actions or conduct are determined to be less than acceptable to the image of either Hawthorn Middle Schools or its programs may be declared ineligible for participation in such activities. Specific expectations for student conduct will be shared with students by individual extracurricular activity sponsors. In all cases, when administering this policy, due process guidelines will be observed.

CODE OF CONDUCT GUIDELINES

The Code of Conduct is cumulative, beginning at the time of the student's and parent's initial signature of the code and continuing throughout the student's entire middle school career. The policies in this code are in effect on or off campus throughout the entire calendar year, including weekends, school breaks, and summer. This code does not supersede District 73 school disciplinary policies.

Consequences for a violation of these conduct guidelines will occur as a result of direct observation by a School Official and/or result of the investigation by the School Administration or designee. Reports of infractions from non-school sources (e.g., parents, students, community members) will be acted upon by thorough investigation. The student and parent(s) will be informed of the investigation and given an opportunity to respond to the reported conduct violation (see Appeal Process below) prior to School Administration formulating a decision with respect to the student's eligibility for continued participation in extracurricular activities.

Students who sign the Hawthorn Middle School Code of Conduct shall:

- a) Refrain from the use, distribution, or possession of alcohol, tobacco or controlled substances and nonprescription drugs;
- b) Be considered in violation of this code after admission or conviction of breaking the law;
- c) Agree to abide by this code of conduct for the remainder of his/her middle school tenure. The student's privilege of participation in extra curricular activity will be withdrawn immediately pursuant to a meeting to discuss the alleged infraction. This meeting will include the student, school social worker, parents/guardians, coach/sponsor, athletic director, member of the administration, and other pertinent people involved with the alleged violation. Failure to attend the meeting will result in the suspension being served during the student's next activity.

INFRACTIONS

Consequences for inappropriate student behavior, whether participating extracurricular activities or not, are outlined in both the District 73 and Hawthorn Middle School School student handbooks. Infractions involving theft, unsportsmanlike behavior, vandalism, etc., will be handled through the Assistant Principal's office as outlined in these handbooks. The Code of Conduct will address infractions involving alcohol, tobacco, or controlled substances in the following ways:

FIRST INFRACTION

- 10 days of coming to practice and games without participation
- If no games/meets occur during the 10 day period, student must not participate in 2 events.

If the student cannot carry out the full consequences of the infraction, the consequences will carry over to the next season or year, whichever precedes.

SECOND INFRACTION

- Suspension from all extracurricular activities for duration of the student's middle school career
- If the student and parent enroll in and successfully complete an accredited educational program dealing with the offense, the student can be reinstated in the extracurricular activity after serving one week (seven calendar days) suspension from participating with the team.

THIRD INFRACTION

- Suspension from all extra curricular activities for duration of the student's middle school tenure.

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