

TEAM CONTRACT



2023-2024

A message from our coaching staff

To be a Wolverine wrestler you will need to be responsible. Undoubtedly, we will have high and low points during the season. No matter what happens we must come to practice, work hard, and look to improve. A team can only be successful if the members are **1) dedicated, 2) disciplined and 3) responsible.**

1) **Dedicated:** Devoted to a task or purpose; having a single-minded loyalty or integrity. You show dedication by being:

- a. On time and ready to work.
- b. Working as hard as *you* can work.
 - i. We can tell when you are slacking...you don't have to be the fastest or the strongest, but you must push yourself if you are going to be successful.

“You have to work so hard that you believe you deserve to win”

2) **Disciplined:** Showing a controlled form of behavior or way of working.

- a. We have built a reputation as one of the most successful, RESPECTFUL and RESPECTED programs in WNY. Your behavior in practice and competition must reflect the high standards that we have.
 - i. This means keeping your “cool” win or lose.
 - ii. Having good sportsmanship even if the other team does not.

When we come out to compete in a dual or a tournament, we are there to work, not play. We must be disciplined on the mat and on the bench.

3) **Responsible:** The obligation to carry forward an assigned task to a successful conclusion and being accountable for those actions.

- a. It is a privilege to be a part of our team, with that privilege comes responsibility.
 - i. Come to practice on time and ready to work.
 - ii. If you say you are going to make a weight you make that weight.
 - iii. Put in the work when no one else is watching.

Wolverine Wrestlers do their job. They work as hard as they can, go to class, perform well in the classroom, workout in the off season and act responsibly in their social lives – all without someone begging them to do it or needing to watch over them 24/7.

Important Info

1. Niagara Falls High School contract – all wrestlers must follow the school district student athlete contract. In this contract students must:

- a. Maintain the eligibility requirements for being a Student Athlete
- b. Represent Niagara Falls High School in a positive way
- c. Attend school every day and be present in all classes

2. Treatment of Facility: We must take care of our facility and keep it in pristine condition. If anything is broken or damaged it will be our responsibility to fix it. Any wrestler caught breaking, disrespecting, or misusing the facility will have a meeting with the Coaches and Athletic Director about the decisions they are making.

- a. No wrestling, fighting, or horseplay in the locker room.
 - We may not be able to use the locker rooms like in the past.
- b. No spitting on walls, floor or anywhere in the entire facility. If you must spit, go out the back door and spit in the grass.
- c. No leaving trash anywhere in the facility. If you are to save a water bottle keep it in your bag. Do not leave it anywhere else.



3. Practice:

- **Tardiness:** We begin practice at 3:00. This means you are dressed and ready to wrestle... this does not mean you are in the room but still putting on your shoes.
- **Absences:** You are expected to be at every practice. If an unusual circumstance arises contact Coach Eagan BEFORE you are absent.

4. Matches:

- Wrestlers are expected to be present during at all matches unless told otherwise. Some away matches we may have to limit the number of athletes who come on the bus.
- In case of any emergency contact Coach Eagan.

5. Tournaments:

- If you are scheduled to compete in a tournament you must be on time and on weight. Any wrestler who misses a tournament without permission may be removed from the team at the discretion of the coaching staff.

Safety

- Practice is organized so that all wrestlers compete against individuals around the same skill level and weight class. In some instances, a more advanced wrestler will be partnered up with a less advanced wrestler with the goal being the advanced wrestler assist them with their technique.
 - ***Modified wrestlers are only to compete with other modified wrestlers. No high school student may wrestle with modified wrestlers.***
 - If you have an injury immediately report it to a coach so they can determine if you need to be assessed by one of our trainers.
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Things you must bring back to practice and turn in immediately: **(numbered 1-3)**

- 1. Contract page signed and returned (1)**
- 2. Season Goal Page (2)**
- 3. NYS Parental Awareness Form (3)**

Give this page to Coach Eagan

Wrestler's Name (print): _____

X _____

Wrestler's Signature

X _____

Parent/Guardian Signature

Contact Information

Wrestler Name _____

Wrestler Cell Phone _____

Parent Name _____

Parent Phone Number _____

Second Number _____

Season Goal Page

What is your goal for this wrestling season?

Name:

Goal:

Give this page to Coach Eagan

(2)

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What is your goal for this wrestling season?

Keep This Page

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION WRESTLING MINIMUM WEIGHT ASSESSMENT PARENTAL AWARENESS FORM

The appropriate and healthful control of body weight for wrestlers has been a concern of athletes, coaches, athletic trainers, school physicians, and parents for a number of years. Approximately one-third of wrestlers have used inappropriate weight loss procedures to obtain a lower body weight for wrestling. Regardless of the educational information from national, state and local athletic organizations, unhealthy weight loss procedures continued.

Medical concerns for the wrestlers, and the success of other state associations' programs to determine minimum wrestling weight, resulted in the NYSPHSAA governing board approving a Wrestling Weight Certification Program in April 1996. This action was taken after fifteen years of review and study by the Association, which involved the Safety and Research Committee and the NYSPHSAA Wrestling Committee.

The NYSPHSAA Wrestling Minimum Weight Certification Program became mandatory for all member high school wrestling programs, commencing with the 1997-98 wrestling season. The Program is based on two components, assessment of wrestlers to establish a minimum weight at which each athlete will be allowed to compete and nutrition education to promote healthy eating patterns and improved athletic performance. Please visit the National Wrestling Coaches Association website (www.nwcaonline.com) for more information.

Schools must follow the provisions of the Wrestling Minimum Weight Certification Program for all wrestlers in varsity and junior varsity programs. Minimum wrestling weight is based upon 7% body fat for males and 14% for females. The minimum wrestling weight is not established as the athlete's best weight, but rather the minimum weight at which the athlete will be allowed to compete.

STEPS OF PROCESS: Urinalysis, Height, InBody Scale

1. Wrestler will provide a sample of urine to test for hydration. If the specific gravity of urine is above 1.025, testing cannot continue and testing must be rescheduled after 24 hours has lapsed.
2. Wrestler's height will be taken.
3. Wrestler will step on the InBody Scale to determine actual weight and the percent of body fat.

Minimum weight assessment, including urinalysis, may be completed only by health care professionals who have successfully completed the NYSPHSAA's Wrestling Minimum Weight Assessor's Workshop. **An athlete found to have cheated in the hydration test process will be ineligible to compete in wrestling for the season.**

APPEAL PROCEDURE:

A wrestler may appeal his/her certification. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). If the 3rd day the school is closed due to an emergency the wrestler may appeal on the 4th day only. Appeal procedures must be completed prior to any competition. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ ATHLETE. The appeal must be completed three days after the date of the original assessment. Student/Athlete will have a choice between the original assessment result or the appeal result. There is no longer step 2 of the appeal process (Hydrostatic testing).

I, the parent/guardian of _____ have read the information above and I am aware of the minimum weight assessment process.

Parent/Guardian Signature _____ Date _____

Student-Athlete Signature _____ Date _____

Failure to have a signed copy on-file does not excuse the student-athlete from the assessment process and/or related penalties.

The School's Athletic Director is to keep a copy on-file until the season is complete

(3)