

WRESTLER & PARENT GUIDE



2024 - 2025



ROCKY WRESTLING 2024-25 SCHEDULE



<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
Friday	11/29/2024	Foundation Scrimmage	Ball Arena	1:00 PM
Thursday	12/5/2024	Wellington	Wellington	6:00 PM
Friday	12/6/2024	JV Dual Tournament	Fairview	4:00 PM
Saturday	12/7/2024	Fairview Varsity	Fairview	7:00 AM
Saturday	12/7/2024	Windsor Duals	Windsor	7:00 AM
Saturday	12/7/2024	Adams City JV Tourn	Adams City	7:00 AM
Wednesday	12/11/2024	Fossil Ridge	Fossil Ridge	JV 5:30p, Varsity 7p
Saturday	12/14/2024	Roosevelt Invite Varsity and JV	Roosevelt	7:00 AM
	12/14/2024	Columbine Invite	Columbine	7:00 AM
Wednesday	12/18/2024	Monarch	Rocky Mountain	6p JV , Varsity follows
Friday	12/20/2024	Warrior Invite	GJ Central	7:00 AM
Saturday	12/21/2024	Warrior Invite	GJ Central	7:00 AM
Saturday	12/21/2024	JV Mead Invite	Mead	7:00 AM
Saturday	12/21/2024	Gil Chavez Invite	Denver West	8:00 AM
Friday	1/3/2025	Rocky JV Tourn	Rocky Mountain	7:00 AM
Saturday	1/4/2025	Legend Tourn	Legend	7:00 AM
Saturday	1/4/2024	Arvada West Tourn	Arvada West	7:00 AM
Wednesday	1/8/2025	Brighton	Rocky Mountain	6p JV, Varsity follows
Friday	1/10/2025	TOC tourn.	Eaglecrest	1045 AM
Saturday	1/11/2025	TOC tourn.	Eaglecrest	7:00 AM
Saturday	1/11/2025	Poudre JV tourn.		7:00 AM
Saturday	1/11/2025	Valley Viking Invite	Valley HS	7:00 AM
Thursday	1/16/2025	Fort Collins	Fort Collins	
Friday	1/17/2025	Top of the Rockies	Centaurus	7:00 AM



ROCKY WRESTLING **2024-25 SCHEDULE**



Saturday	1/18/2025	Top of the Rockies	Centaurus	7:00 AM
Saturday	1/18/2025	Skyview Invite	Skyview	7:00 AM
Saturday	1/18/2025	Loveland JV Invite	Loveland	7:00 AM
Thursday	1/23/2025	Poudre	Rocky Mountain	6p JV , Varsity Follows
Saturday	1/25	Northern League	Greeley West	7:00 AM
Thursday	1/30/25	Loveland	Rocky Mountain	6p JV, Varsity Follows
Friday	1/31/25	JV State	Northglenn	7:00 AM
Saturday	1/31/25	JV STate	Northglenn	7:00 AM
Wednesday	2/5/25	Timnath Dual	Rocky Mountain	6p JV, Varisty follows
Thurs	2/7/25	Regionals	TBD	
Friday	2/8/25	Regionals	TBD	
Thursday	2/13/25	State Championships	Ball Arena	
Friday	2/14/25	State Championships	Ball Arena	
Saturday	2/15/25	State Championships	Ball Arena	



LOBOWRESTLING.ORG



ROCKY WRESTLING **TEAM COMMUNICATION**



COACHES	EMAIL	PHONE
→ Brad Daniel, Head Coach	bdaniel@psdschools.org	970-492-5221
→ Jeff Dunn, Assistant Coach	jedunn@psdschools.org	970-545-0139
→ Jeff Slota, JV Head Coach	jslota@psdschools.org	970-218-9468
→ Mike McCann, Assistant Coach		618-924-3366

We are extremely fortunate to have numerous volunteer and staff coaches in our program. Please direct questions/communication to coaches listed above.



LOBOWRESTLING.ORG

→ INFORMATIONAL WEBSITE, UPDATED FREQUENTLY



→ PRIMARY COMMUNICATION TOOL

→ USED BY COACHES, ATHLETES, PARENTS

- CALENDAR / SCHEDULING
- MESSAGING / EMAIL / ALERTS
- FILE & PHOTO SHARING

→ EMAIL INVITE TO JOIN. USE MOBILE APP or PC.



→ @rmhsloboswrestling



→ @RockyMountainWrestling



ROCKY WRESTLING **APPS & ONLINE RESOURCES**



In addition to TeamSnap etc., you'll want to become familiar with this list of mobile apps and websites.



TRACKWRESTLING: Tournament and season stat manager website. Most tournaments will run through the TrackWrestling system. Also allows fans not in attendance to view results online and in real-time as each new bout sheet is entered.



HUDL: Video recording app and website that we will utilize to post, review and archive recorded matches.



YOUTUBE: Can be a great resource for additional technique instruction and reviewing archived high-level wrestling matches.

OTHER WEBSITES:

- **CHSAA:** Access the Annual Wrestling Bulletin, updates on State Tournament, etc.
<https://chsaanow.com/sports/wrestling/>
- **NFHS:** Access to National Wrestling Rules Book and Cases, also Rule Changes.
<https://www.nfhs.org/activities-sports/wrestling/>
- **FLOWRESTLING:** Parent company to TrackWrestling. All things wrestling.
<https://www.flowrestling.org/>
or FloSports App



GEAR: All wrestlers must have the following items for practice and competition.

- ✓ **WRESTLING SHOES**
- ✓ **HEADGEAR**
- ✓ **CLEAN T-SHIRT, ATHLETIC SHORTS or SWEATPANTS**

**If any committed wrestlers have an issue in acquiring these items, let your coaches know and we'll find you the gear!*

OPTIONAL GEAR: The following items are optional for practice and competition.

- ✓ **KNEE SLEEVE or KNEE PAD**
- ✓ **MOUTH GUARD (required w/ braces)**

OFFICIAL TEAM-ISSUED GEAR: The following items will be issued to all wrestlers for use during the season.

- ✓ **WARM-UP TOP**
- ✓ **WARM-UP BOTTOMS**
- ✓ **RMHS OFFICIAL SINGLET(s)**
- ✓ **GEAR BAG**

APPEARANCE: We work hard, sweat, and bleed together as a team during practice, and we're going to show pride in that team during competition! Wrestlers are required to wear their team-issued gear (tops & bottoms) during competition warm-ups, and official singlets during matches.

COMPETITION APPEARANCE NOTES:

- ✓ **MUST TRIM FINGERNAILS**
- ✓ **ANY FACIAL HAIR MUST ALLOW FOR SKIN INSPECTION**

EQUIPMENT CARE: All team-issued gear must be returned at the end of season or individuals will be charged at the replacement cost. **Take care of your gear!** Wash singlets in **COLD WATER and HANG DRY**. Hot water and hot driers will ruin these expensive singlets.



ROCKY WRESTLING **RULES & EXPECTATIONS**



ACADEMICS: As far as we are concerned, your **number one priority** is your academic work. Develop good study habits, always attend classes, turn in your assignments, and study for tests! Don't be afraid to ask your teachers **or coaches** for help.

MISSING CLASS FOR WRESTLING COMPETITION

1. Inform your teachers 2 to 3 days in advance.
2. Explain why you will miss the class.
3. Ask what you need to do to make up the absence.
4. Let coaches know specifics if there is any problem.

ELIGIBILITY

- Student athlete must be enrolled in 3 classes or 15 credits.
- During a semester, must pass 5 classes or 25 credits or ineligible for 9 weeks.
- Must not have 2 F's in a week or ineligible for following week.
- Must be in school for at least half a day in order to participate in events after school.

SCHOOL ABSENCES & TARDIES

- 2 Unexcused Class Absences in 1 Week = Loss of Dual Competition
- 4 Unexcused Tardies in 1 Week = Loss of Dual Competition
- Excessive Excused Absences/Tardies may result in Loss of Competition Participation based on Coaches' Discretion.

SUBSTANCE ABUSE: It is important that you strive for lifestyle and health habits that will allow you to perform at your best. Use of alcohol, drugs, or tobacco will not be tolerated and violators will be disciplined accordingly. Use discretion and common sense in where you go and with whom you associate. Remember, your actions impact the team. **It's a privilege to be associated with Rocky Mountain Wrestling!**

PSD ALCOHOL, DRUGS, TOBACCO POLICY

- 1st Violation: suspension of 30% of season's matches, including post-season.
- 2nd Violation: suspension of 50% of season's matches, including post-season.
- 3rd Violation: suspension of the duration of your athletic career in PSD.



ROCKY WRESTLING RULES & EXPECTATIONS



PRACTICE: We practice on a daily basis generally after school from 4:15 to 6:15pm, sometimes going later. Due to gym-sharing with other sports, we plan to split 2 practices/week into 2 sessions, one in the morning before school and one after school. Wrestlers will be notified of which session they are expected to attend. Practices are also often held in the morning during Fall Break and Winter Break. **You are expected to be at every practice and on time!** Contact Coach Brad prior to practice with a valid reason for absence or tardiness, otherwise it will be considered unexcused.

PRACTICE ATTENDANCE POLICY (CUMULATIVE)

- **1st Unexcused Absence:** warning + extra work following next practice.
- **2nd Unexcused Absence:** loss of roster spot for the week + extra work.
- **3rd Unexcused Absence:** likely removed from the team at coaches' discretion.



WHAT MAKES A SUCCESSFUL ROCKY WRESTLER?

IN COMPETITION

- Toughness & Willpower
- Confident → Not Cocky
- Aggressive → Not Hesitant
- Polished Technique
- Superior Endurance
- Raw Strength

IN PRACTICE & IN LIFE

- Strong Work Ethic, Dedicated
- Coachable → Willing to Listen & Learn
- Positive → Embrace the Process
- Dependable → Academics, Punctuality, Weight Management
- Disciplined & Prepared

*****YOU CONTROL EVERYTHING LISTED ABOVE*****

SPORTSMANSHIP: We want to be known as a **class act**. Demonstrate good sportsmanship at all times. There is no place for taunting, trash talking, taking cheap shots, or talking to the referee, your opponent, or opposing coaches. We want you to wrestle an aggressive, physical style, but always within the rules of wrestling. **When you win, win with humility. If you lose, lose with dignity.** You may not feel like it, but always shake your opponent's hand.

CHSAA Rules: any wrestler ejected for repeated acts of unsportsmanlike conduct or flagrant misconduct will be ineligible for the next scheduled match/tournament- even Regionals or State!

What's Important Now

"The will to win means nothing without the will to prepare"

"I believe in luck, the harder I work, the luckier I get"

"Sometimes you win, sometimes you learn"

"Success starts with believing in yourself"

**The STRENGTH of the PACK is the LOBO
The STRENGTH of the LOBO is the PACK**



GENERAL DIET:

Try to maintain BALANCE → carbohydrates (35-45%), protein (25-35%), unsaturated fats (20-30%)

PROTEIN: Protein is a critical part of the processes that fuel your energy and carry oxygen throughout your body in your blood. **It helps build and maintain muscle.** It also helps make antibodies that fight off infections and illnesses and helps keep cells healthy and create new ones.

-- HIGH PROTEIN PER CALORIE --

- Chicken Breast
- Turkey Breast
- Egg Whites
- Shrimp
- Tuna
- Dairy: Milk, Yogurt, Cottage Cheese

-- VEGETARIAN PROTEIN --

- Soybeans: Tofu, Tempeh, Edamame
- Lentils
- Beans: Kidney, Black, Pinto, Garbanzo
- Green Peas
- Nuts: Peanuts, Almonds, Pistachios
- Seeds: Sunflower, Pumpkin

****TIP**** Powdered Milk can be a cost-effective alternative to protein powders.

NUTRIENT RICH FOODS: Nutrient-rich foods are low in sugar, sodium, starches, and bad fats. They contain a lot of vitamins and minerals and few calories. Your body needs vitamins and minerals, known as micronutrients, to **nourish your body and help keep you healthy.**

- ✓ **Salmon:** Omega-3s. Large amounts of magnesium, potassium, selenium, and B vitamins.
- ✓ **Kale:** Vitamin C, Vitamin A, Vitamin K1. Also Vitamin B6, Potassium, Calcium, Magnesium, Copper, & Manganese.
- ✓ **Spinach:** Vitamin C, Vitamin A, Vitamin K1, Folic Acid, Iron, Calcium. Potassium, Magnesium, Vitamins B6, B9, E.
- ✓ **Avocado:** Fiber, Healthy Fats, Vitamin C, Vitamin E, Vitamin B6, Potassium, Magnesium, & Folate.
- ✓ **Potatoes:** High in Potassium, Magnesium, Iron, Copper, and Manganese. Also Vitamin C & most B Vitamins.
- ✓ **Blueberries:** Packed with Antioxidants. Also Fiber, Vitamin A, Vitamin K, Manganese.
- ✓ **Egg Yolk:** Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc. Also Vitamins A, E, D.
- ✓ **Dark Chocolate:** Antioxidants. Also Fiber, Iron, Magnesium, Copper, & Manganese.
- ✓ **Garlic:** High in Vitamins C, B1, and B6. Also Calcium, Potassium, Copper, Manganese, & Selenium.

****TIP**** Taking a Multi-Vitamin Supplement may help maintain nutrient balance in your diet.

CALCIUM: Your body needs calcium to **build and maintain strong bones.** Your heart, muscles and nerves also need calcium to function properly.

~~ Milk ~~ Yogurt ~~ Cottage Cheese ~~ Fortified Cereals ~~ Spinach ~~ Kale ~~ Soybeans (Tofu) ~~

****TIP**** Calcium Chews are a simple way to supplement calcium intake during season.



ROCKY WRESTLING **COMPETITION NUTRITION**



We want to ensure our food & drink intake assists our performance on the mat, and does not hinder our performance- wrestling is hard enough as it is!

HYDRATION: Drinking WATER is crucial to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Helps reduce muscle fatigue, cramps and the risk of injury.

COMPETITION FOOD & DRINK: Tips on what and when to eat & drink day of competition.

- Immediately After Weigh-Ins (**Keep it Light!**)
 - Hydration
 - Combo Water & Sports Drink (Pedialyte, Gatorade, Body Armor, Liquid IV, etc.)
 - 12-24 ounces after weigh-ins
 - Quick Digesting Carbs:
 - Bananas, Grapes, Watermelon, Apples, Dates and Peaches
 - Bagels, White Bread (w/ Honey or Jam), Rice Cakes, Crackers, Pretzels
- During Tournament Break or Between Matches
 - Any of the Quick Digesting Carb Foods & Drinks listed **^^ABOVE^^**
 - Also: Light Sandwiches & Wraps, Cereal, Fruit Yogurt, Honey, Lean Meats
 - Hydration
 - Combo Water & Sports Drink (Pedialyte, Gatorade, Body Armor, Liquid IV, etc.)
 - 8-16 ounces between matches

*****TIP***** Energy snacks such as Honey Stinger Waffles & Energy Chews may be beneficial in moderation but make sure your digestive system is familiar with them prior to the day of competition.

FOOD & DRINK TO AVOID DAY OF COMPETITION:

- Heavy Sandwiches, Pizza, Pasta
- Fried Foods
- Soda & Sugar Drinks

REMEMBER: YOU ARE WHAT YOU EAT!



HEALTHY HABITS: A great deal of our success this year will depend upon our ability to stay healthy. In addition to healthy nutrition and diet, we believe there are certain measures we can take to mitigate illness and injury.

- Warm up & stretch thoroughly in practice and competition.
- No horseplay or dangerous activities in or outside of the wrestling room.
- Dry yourself completely before going outside- especially the head. Wear a beanie!
- Do not practice if you are sick and at risk of spreading it to the team.
- SLEEP: get 8 hours or more of sleep a night on a regular basis!

SKIN INFECTIONS: Mats are thoroughly scrubbed with disinfectant each day, and we are doing our part to prevent and eliminate skin infections. Unfortunately, our wrestlers are exposed to other teams that may have skin problems. We want to make sure that wrestlers wear clean gear each day. Wrestlers must take a warm shower, using provided DEFENSE SOAP immediately after practice or competition. Remember to disinfect your headgear occasionally.

CHSAA Suspected Skin Disease Policy

- Letter from physician stating each of the following:
 - → lesion is not contagious
 - → location of the lesion
 - → letter must be no older than 7 days
- Covering a contagious lesion does not allow the wrestler to participate.

WEIGHT CERTIFICATION: Each wrestler must have a weight-assessment completed prior to competing in a contest. The certified weight is the lowest weight that a wrestler is allowed to compete. However, a wrestler may compete in a weight class higher than their certified weight. CHSAA also instituted a “weight decent plan” which restricts weight loss in excess of 1.5% body weight per week. Each weight class will be given a 2 lb growth allowance beginning the second half of the season (January). **Our team weight certifications are scheduled for November 22nd.**



ROCKY WRESTLING OTHER POLICIES & NOTES



CHALLENGE MATCHES: Challenge matches will usually be used to determine which wrestler will represent RMHS in each weight division. Challenge matches will continue on an as-needed basis until late in the season, likely around the conference tournament.

- **Wrestlers must be within 5 lbs of the weight they are contesting.**
- **After holding a Varsity spot for 2 consecutive weeks, a challenger must beat the starter twice in order to take their spot.**
- **At times it may be necessary for involved wrestlers and the coach to confer on making lineup adjustments in order to place the best possible team on the mat.**
- **There will be plenty of challenge opportunities, so don't get discouraged if you don't make your lineup goal right away!**

LETTER AWARDS: RMHS Wrestling Letter Requirements.

TO LETTER YOU MUST

- **Be in good standing with the school and community.**
- **Finish the season.**
- **Consistently wrestle varsity and/or achieve a very high level of success on JV.**
- **Lettering ultimately will be at the coaches' discretion.**

**WE THANK YOU FOR THE PRIVELEGE &
OPPORTUNITY TO COACH YOU.**

LET'S HAVE A GREAT YEAR!