

# Central Wrestling

Parent Handbook



2018-19

# Communication

It is very important for you to get a hold of Coach Cedeno and myself. It is also important that we can get in contact with you. We want everybody to be on our Remind 101 account. Below you will see some important ways that we can get information to you.

Website [www.centralwrestling.org](http://www.centralwrestling.org)

Facebook @KellerCentralWrestling

Twitter @C1Wrestling

Boys Remind - Text @kcwrestle to 81010

Girls Remind – Text @dmorie to 81010

## Club Information

[www.hammerheadwrestlingacademy.com](http://www.hammerheadwrestlingacademy.com)

Facebook @hammerheadwrestlingacademy

Remind – Text @hammerhd to 81010

Direct Contact

Coach Wilson 817-999-5919 [bill.wilson@kellerisd.net](mailto:bill.wilson@kellerisd.net)

Coach Cedeno 682-240-3978

Daphne.morie@cedeno@kellerisd.net

1) **Our philosophy is simple.**

To become the best you that you can be, you have to challenge yourself with a high set goal. There are no lessons learned in sport by merely participating on a team or by merely competing. The lessons that we learn in sport are obtained by chasing titles. To chase a title, our practice and competition schedules need to be held sacred. The ten things on the list below will make or break any athlete in this sport. Winning and losing in this sport at a high level is accomplished by doing things right, not by merely being born with natural talent. Wrestlers are made not born.

**We Believe**

- 1) In being on time
- 2) That doing extra separates great from good
- 3) In taking advantage of as many resources available to us as possible

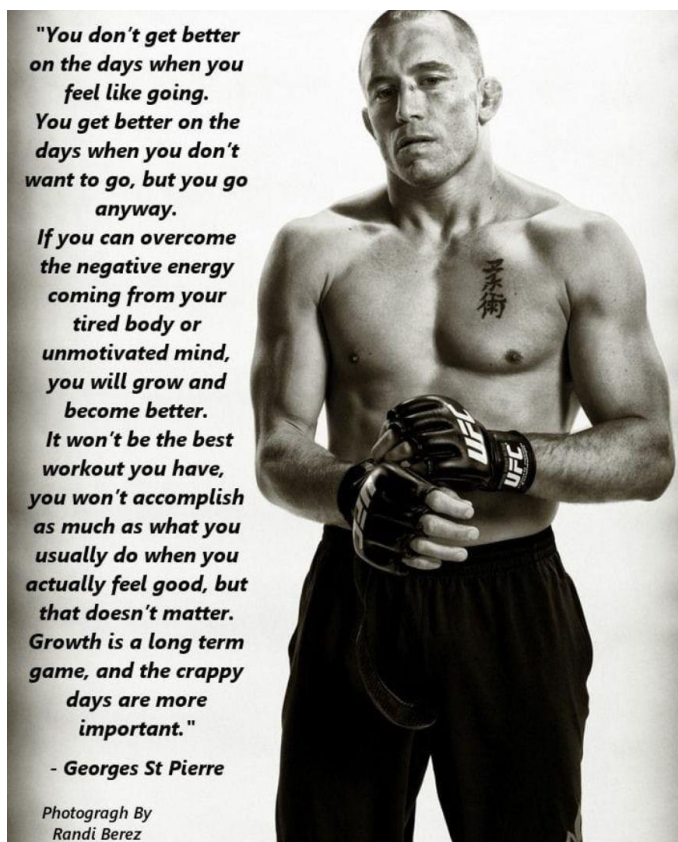
**HammerHead Wrestling Academy's**  
**10 steps to the Best You**  
**hammerheadwrestlingacademy.com**

1. Make the Commitment
2. Set your Goals
3. Plan out your year
4. Get on the Mat
5. No time to waste
6. Build Yourself
7. Seek out the Best
8. Take the Initiative
9. Represent Yourself
10. Compete with Intensity



- 2) **Your Priorities will decide your level of success in anything you do.** School is important. But so is this team. Both are important and you are expected to schedule your life in a manner that reflects this. You will practice on one side of the day. You will do tutorials on the other side of the day. Managing a full plate is a life skill, and the way you schedule your life has huge implications on your success. Don't miss practice. Don't miss competitions. We obviously understand once in a life-time things such as funerals, weddings, etc. We do not understand poor scheduling.

- 3) **School Physicals.** All Athletes must have their school physical and online paperwork completed to participate in class activities, practices and competitions. We start class activities on 8/20/18. Athletes that do not have a physical as of that date will not be able to participate in class. Not participating in class after 8/28/19 will result in a 10% deduction in grade. You can make up a missed day by running two miles before or after school and under the supervision of a coach.
- 4) **100%** Wrestling is a contact sport. You will likely always be sore somewhere. Very few wrestlers are ever 100% when competing. We do not miss practice or competition when we are sore. It makes us know we are alive! As with any sport, it is very important that our athletes recognize the difference between pain and injury. We go to the trainer when we are injured. We all need to learn how to deal with a little pain when we participate in a contact sport. We can wrestle if we are sore. We can wrestle with a runny nose. We can wrestle with a light headache or stomach ache. I like our kids to practice a little bit sick and a little bit hurt as it prepares them for competition when faced with adversity. We do not have to be 100% to practice or compete.



- 5) **Concussions are injuries.** If you, your parent, or your coach suspect that you have a concussion, you will go to the trainer and will not return to play until released by our training staff.

### **Our Philosophy on Winning and losing**

To develop a program that embraces winning and lofty challenges, it is our responsibility as coaches to teach our young men and women the core principles of hard work, determination, perseverance, and self-control through the sport of wrestling. We strive to see each athlete realize their potential both mentally and physically. We want all of our athletes to set a goal beyond where they are now. I wish everyone of us could win a title, but that is not reality. **But every single one of us should be chasing a title. If you are not chasing a title, you are not a true competitor. Every day we wake up with the intention of being better today than we were yesterday.** This is the lifestyle of a champion.

This is where wrestling can teach important life lessons. **The most important lesson that kids learn from striving for a lofty goal is that winning is never guaranteed, but proper preparation greatly increases our chance of success.** When we lose, we don't quit. We go back to the drawing board and try to figure it out. It isn't about how many times you get knocked down. Getting up after being knocked down is how we show character, and that character will serve all of us well in life.. Life is all about handling wins and losses. Competition is reality and we can control our own fate through preparation.

## The different wrestling styles

During the regular season we wrestle Folkstyle or Collegiate. There will be both school and non-school events in Folkstyle wrestling. For our wrestlers that are not multisport athletes, we stress the importance of Freestyle and Greco wrestling in the spring. This is what our athletes do when they compete at the World Level. The USA is the only country that competes in Folkstyle wrestling. The rest of the world wrestles Freestyle and Greco. In the world of 6A sports, you just can not take a complete break from training. If you are not in another sport, you need to participate in preseason, regular season, and post season wrestling. Freestyle and Greco will be important.

## USA Wrestling Membership

Non School wrestling is not funded, and therefore any non-school practices and tournaments must have their own insurance body. IN competition, you may not participate in a school uniform, so you will need to purchase a wrestling singlet for Non-School competitions.

The sport of wrestling uses USA Wrestling as the governing body. A membership to USA Wrestling costs \$40. Once you are a member, you have access to USA Wrestling clubs and tournaments. **We can do better than \$40 if our team will commit to the team rate. If everybody will pay \$20, we can get a team charter and save everybody 50%.** You will need the card to attend USA Wrestling Tournaments, Mile High practices, HammerHead practices, or any other USA Wrestling Club practices. It is good to have the membership.

Athletes that participate in Non-School Wrestling practice more and compete more. It is no surprise that they also win more. We encourage non-school wrestling.

## **Coaches Expectations of Athletes:**

- During practice time, athletes will give 100% of their time and attention to the coaching staff, practice partner, and team.
- Central athletes understand that attending school practices are a minimum expectation. Everybody in the state attends school practices. To be the best, it is important to find extra workouts. This can be in the form of running or lifting. Most great athletes also belong to a wrestling club, and they can get a couple of extra workouts that way. Real wrestlers belong to an elite group of athletes that understand the concept of hard work and achievement.
- Athletes will be on time for practice and competition with appropriate practice/competition clothing. Our athletes will wear Central attire during competition and whenever a picture is taken where your achievement has taken place in CHS competition.
- There will be no excuses for anything and all athletes will follow school policies and team rules.
- At CHS 95% of our athletes remain eligible during competition. Our expectation is higher than that. If you don't pass your classes, you can't wrestle. 100% of our athletes will pass every single class they take.
- If a grade is in jeopardy, the athlete should reach out for help from teachers or other students. **Tutorials should not be scheduled during wrestling practice.**
- Cherish your team-mates. You will need them to help you prepare for competition. You are expected to support them in their competitions as well. WE ride to events as a team. We compete and support each other as a team. WE come home as a team..
- Check the schedule on our website. Please schedule your life around our wrestling schedule and not the other way around. I say this because that is the secret to being successful. When you treat the practice schedule and tournament schedule as important, you will get better results.

# TEAM RULES

- 1) Always control what you can control. You will beat people more talented than yourself just because you do things right.
- 2) Please schedule your vacations around our schedule. One athlete makes a huge difference in team performance. Athletes that treat our practice schedule and competition schedule with a high priority do the best. Find the schedule on our website at [www.centralwrestling.org](http://www.centralwrestling.org)
- 3) Any skin rashes or injuries must be reported to the coaching staff immediately. It is the wrestler's responsibility to obtain a doctor's note for questionable skin conditions.
- 4) All wrestlers, coaches, and spectators are to be respectful at all times. No disrespectful actions will be tolerated toward coaches, referees, teachers, team mates, managers, etc. Everyone matters! The only person that will discuss a poor call with the official will be the coach. Bad calls happen. I will question a bad call within the rules. It most likely will not get over turned. **Recover, don't cry.**
- 5) Proper uniforms must be worn at each practice, tournament and dual meet. It is the wrestler's responsibility to keep uniforms and clothing clean and ready for each event.
- 6) **ALL wrestling equipment and school property is to be well cared for.** It is the athlete's responsibility to make sure that buses are clean, our locker rooms are in order, our practice facility is clean, and our equipment is maintained and turned in.
- 7) Always keep a positive attitude. Negativity will not be tolerated.
- 8) **The Code of Conduct Policy applies to athletes when they are on or off campus.** When you are on campus or off campus, you are representing Central Wrestling and you will be expected to conduct yourself accordingly. Although this list is not inclusive, this will give you an idea of what falls under our Good Conduct Policy. 1) Hazing 2) Being verbally or physically abusive to students or staff 3) Fighting 4) Using, possessing, or being in the presence of Drugs or Alcohol 5) Bullying 6) Improper use of social media including posts with poor taste or cyber bullying 7) Any act that would result in a misdemeanor or felony charge 8) Any behavior deemed to be detrimental to the reputation of Central's Wrestling Team, Central High School, and Keller ISD.
- 9) **All athletes will maintain their conduct at a level above our Keller ISD Code of Conduct** Policy that you signed to get athletic clearance. Failure to do so will result in A LOT OF EXTRA CONDITIONING AND/OR COMMUNITY SERVICE AND POSSIBLE REMOVAL FROM THE TEAM.
- 10) To compete on one of our teams, you and a parent/guardian must agree to our rules by signing this form. In summary, all wrestlers must pursue victory with honor. **Make sure you are always where you are suppose to be, doing what you are suppose to be doing, in the most respectful way.** Failure to abide by the rules may result in A LOT OF EXTRA CONDITIONING AND/OR LOSS OF COMPETITION TIME AND/OR POSSIBLE REMOVAL FROM THE TEAM.
- 11) We are building a brand. For this reason, you will wrestle under Central High School, Mile High Wrestling Club, HammerHead Wrestling Academy, Sisters on the Mat, or Team Texas. We want our athletes to compete, so if you have a chance to wrestle as a guest for another team, please do so with our permission. It is common courtesty in wrestling to sign up for a tournament under the coach that will be coaching you in your matches.

By signing this form, I am acknowledging that being an athlete is a privilege that may be taken from me at any time. I agree to abide by the rules set forth by CHS Wrestling, Central High School, and Keller ISD. I understand my behavior is subject to the Good Conduct Policy I signed to become eligible to participate in sports in Keller ISD. I agree to do my very best to establish superior relationships with my coaches, team-mates, school personnel, and our Wrestling family. I want to be part of something extraordinary and understand that deviating from rules may result in consequences ranging from conditioning to removal from the team.

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Student Signature

Date

Parent Signature

Date

## Important dates for Non School Wrestling

Oct 26-28, 2018	USA Wrestling Preseason Nationals	Grade School Div. 1 (1st-2nd Grade), GS Div. 2 (3rd-4th), GS Div. 3 (5th-6th), Middle School (7th-8th), HS Girls (9th-12th), HS Fr/So (9th-10th), HS Jr/Sr (11th-12th): Folkstyle	Des Moines, IA
March 21-24, 2019	US Marine Corps Girls Folkstyle National Championships, & Junior Women's Folkstyle Duals	Intermediate Girls, Novice Girls, Schoolgirl, Cadet, Junior: Folkstyle / Junior: Folkstyle Duals	Oklahoma City, OK
May 10-12, 2019	Women's National Championships: UWW Cadet & Junior World Team Trials, U23 Women's World Team Trials	Intermediate, Novice, Schoolgirl, UWW Cadet, UWW Junior: WFS	Irving, TX
June 7-9, 2019	Southern Plains Regional Championships	Bantam, Intermediate, Novice, Schoolboy/girl, Cadet, Junior: GR/FS, Girls: FS	TBD
June 11-15, 2019	Cadet National Duals	Cadet: GR/FS	Spokane, WA
June 18-22, 2019	Junior National Duals	Junior: GR/FS/WFS	TBD
July 12-19, 2019	US Marine Corps/USAW Junior & Cadet National Championships	Cadet and Junior: GR/FS/WFS in Fargo, ND	

When you start traveling to tournaments such as the ones listed above, you need a budget and fundraising becomes important. This is where our new Non Profit – The Keller Wrestling initiative can help.

# Fundraising

- 1) **School Store.** When possible, purchase from our school store. We mark all things up \$1. Saying that, when we order in bulk, we save you more than \$1. Buy from our school store. Cheaper for you, and it builds our account.
- 2) **SNAP.** Every year we do a SNAP fundraiser. It is a piece of cake. Last year this fundraiser allowed us to renovate our wrestling room. We now have padding on every wall in our room! Over the next two years, we want to solidify middle school wrestling and improve our competition environment. I would like to purchase a competition lamp so our matches can be done under a spot light. I would like to secure a practice space for middle school so we do not have to share. When we get out of sharing the room, it will be more available to all. More mat-time means better wrestling.
- 3) **Home Tournaments.** At Central one of the things we talk about is service to our community. WE can do a lot for our community by providing opportunities to wrestle. Saturday December 15<sup>th</sup> our Girls and JV will be working our Youth Tournament – HammerHead Holiday Classic. On December 21-22 our boys will be working our Girl tournament. It takes a lot of helpers to pull off a tournament, and we need lots of help from our athletes and parents. We will also make between \$5000 and \$10000 for our efforts.
  - a. HammerHead Holiday Classic – December 15
  - b. Texas Ladies Christmas Classic – December 21-22.
- 4) **The Keller Wrestling Initiative**

This year we have a NonProfit set up to raise money for non-school wrestling! When you get good and are ready to take your show on the road, it can get expensive. Having some money to tap into is a good thing. IF parents want to do a fundraiser, they can do so through this organization. IF you want to make a tax deductible donation or no somebody that would, this is the place to do it. We will be launching a SNAP fundraiser on 8/30/18 for the kids that want to do some non-school wrestling.

# Order Gear

## Order Deadlines

School Webstore – September 15<sup>th</sup> (Back Pack, Headgear, Wrestling Shoes, Hoodies, \$5 T-shirts for Parents, Train like a Beast shirt for Girls and Boys – Pictured is the girls one, but there is a boys design as well)

Go Earn It store – September 30<sup>th</sup> (Central Polos, Mom Shirt, HammerHead Apparel, Wrestling hat, Wrestling legging (girls))

