

# **Marion Girls Wrestling**

## **2024-2025**



### **Parent – Athlete**

# **Wrestling Handbook**

# **MARION WRESTLER CODE**

**I am a Marion wrestler**

**I represent the Marion Wrestling Family**

**I give more than I receive**

**I take pride in my work**

**Yet I am humble in my behavior**

**I am honorable**

**I strive to be a great wrestler and an even better person**

**I hold myself accountable FIRST and foremost**

**Only then do I expect the same of my sisters**

**I avoid the negative and embrace the positive**

**I respect my coaches along with the philosophies they hold dear**

**I act in the best interest of the team**

**I am dedicated to improve in some way everyday**

**Through total buy in, on and off the mat**

**I will optimize my potential, embrace challenge, show discipline  
and demonstrate sisterhood**

**I allow myself to be vulnerable while daring greatly**

**I embody the spirit of my community and those who came before me**

**I represent the Marion Wrestling Family**

**I am a Marion Wrestler**

**I am in Relentless Pursuit....ALWAYS**

## WELCOME FROM COACH JASON LANGE

Dear Marion Wrestlers and Parents,

Welcome to a new year of Marion wrestling. We cannot express to you how pleased we are to have your daughter with us this season. If your wrestler is willing to work hard and sacrifice, there are no limits to what she can accomplish. Wrestling has certainly been a very positive influence in my life and I know it can be for your wrestler as well. We are excited to share our passion for the sport with your wrestler.

Wrestling, like no other sport, teaches the lessons of courage, commitment, and being persistent. It is the ultimate individual sport in so much as no one can help you in the heat of the battle. It is also the ultimate team sport in that we learn that no one can face life's challenges alone.

We also seek to give your daughter the best opportunity of any sport at Marion to learn personal responsibility. When she makes a mistake, she will learn that she cannot blame a teammate, parent, or coach. A wrestler's successes and failures will be the wrestler's to bear, no one else's. We hope each wrestler will learn that success is never final and failure is hardly fatal, striving each day to be the best they can be.

We are excited for this season and the challenges and possibilities it will bring. We are putting things in place to make sure we keep your wrestler as safe as possible during these weird times. We look forward to working with your wrestler and you throughout the season.

Sincerely,

Jason Lange  
Head Coach  
Marion High School

## GETTING TO KNOW YOUR COACHING STAFF

**Bio:** Girls Head Coach Jason Lange

**Wife:** Sara Lange

**Children:** Jacob and Stefani

**High School:** Mount Vernon

**College:** Upper Iowa University

**Cell:** (319) 270-4082

**Email:** [jlange@marion-isd.org](mailto:jlange@marion-isd.org)

**Wrestling Background:** I started wrestling in 3rd grade and continued through Middle school and High School. I loved the sport, but I didn't have success as a wrestler. I played football at Upper Iowa University, offensive line, and was the O-line wrestling champ. I started my Wrestling coaching career at North Cedar High school during my student teaching. I continued to coach there until I was hired as a teacher. I coached a number of state qualifiers, place winners and a 2 time champ, at Heavyweight. I coached for 16 years at North Cedar, 3 years at Humboldt, and this will be my 5th year as a girls coach, 1st year Head Coach at Marion.

**Outside of Wrestling:** I love spending time with my family. Taking my son fishing, camping and enjoying the outdoors. I also follow my daughter in her sports, volleyball, basketball, and softball throughout the year. I can watch almost any kind of sports.



**Bio:** Boys Head Coach Jason Haag

**Wife:** Amy Haag

**Children:** Addison and Gable

**High School:** Monticello

**College:** UNI

**Cell:** (319) 533-7988

**Email:** [jhaag@marion-isd.org](mailto:jhaag@marion-isd.org)

**Wrestling Background:** Started wrestling in 2<sup>nd</sup> grade. State Qualifier in high school at Monticello. Wrestled at UNI varsity for two years. Started coaching as an assistant at Monticello for one year, then volunteered at Marion for two years, and coached at Linn-Mar as an assistant for 10 years. Will be starting my 14<sup>th</sup>

year as the head coach at Marion. I have had the honor of coaching several state champs and state place winners throughout my coach career.

**Outside of Wrestling:** Enjoys spending time with family and spending time in the outdoors hunting and fishing.

# PARENTS, THE DIFFERENCE IS YOU!

To All Parents,

The Marion Wrestling Team offers many challenging and rewarding experiences for not only your daughter, but you, as well. The wrestling coaching staff at all levels firmly believes that you are an intricate part of your daughter's development and success. **Your attitude, encouragement, and dedication** to the program will greatly affect how your daughter reacts to the pressures and demands of the wrestling team. It is up to all of us to ensure that each and every one of our wrestlers is given the best possible environment in which to grow not only as a wrestler, but, more importantly, as a young woman entering adulthood. If she stays with the program, it is inevitable that what she takes away from this experience will, literally, last a lifetime. It is hoped that, with your help, those experiences will be positive and rewarding.

## YOUR RESPONSIBILITIES AS A PARENT OF A WRESTLER

1. To be a vital **support system for your child.**
2. To make an **honest attempt** to be at every meet and tournament possible to **support your daughter and the team.**
3. To try to **understand the pressure** put on your wrestler and the commitment they have to make.
4. Parents should **not coach their wrestler during events.** You have a professional staff, let them work.
5. Parents also need to **remember their wrestler is not the only person on the team.** These young women may respond to encouragement and **positive** pressure from other parents more than their own and we should be willing to offer help whenever necessary. Parents are encouraged to offer:
  - a. **Words of praise and encouragement** to all wrestlers after a match; win or lose.
  - b. Handshakes and/or a pat on the back,
  - c. Asking questions about and being involved in their personal lives (i.e., other sports, school work, general support, etc.)
6. **Involvement in Fundraising Activities.**
7. **Work at all home tournaments.**
8. **There will be times when you don't agree with the officials PLEASE control what you say or do. How you react will affect the way they ref the match. Let the coaches handle it.**

## MEETS OR TOURNAMENTS

- Bring a cushion.
- Bring something to occupy your time between rounds at tournaments: newspaper, good book, knitting, Kindle, etc.
- Get to know the wrestlers and families. Enjoy each other's company. Try to sit together and be loud when our wrestlers are wrestling.

# **PRACTICE AND EQUIPMENT**

## **Attendance Requirements:**

- Attend all meets and scheduled practices
- Must attend ½ day of school to participate that day
- Must be in school day after competition
- Help roll out mats prior to and after home meets
- Help with all little kids wrestling tournament
- Stay until end of all meets before riding with parents

**Daily Practice:** You are expected to be at every practice! You must report to practice every day **even if you are injured** or doing extra school work unless given permission beforehand by Coach Lange.

**Excused Absences:** Please inform Coach Lange with a phone call or text concerning illnesses or family emergencies so we know why you are absent. Do this before practice starts. Coaches Cell (319) 270-4082. **WORK IS NOT AN EXCUSED ABSENCE!**

**Unexcused Absences:** Any absence without informing Coach Lange results in a penalty set by the coaching staff.

1<sup>st</sup> offense= suspended one meet

2<sup>nd</sup> offense= suspended two meets

3<sup>rd</sup> offense= suspended for remainder of year from meets but will still practice

**Equipment and uniforms:** All equipment checked out is your responsibility, and must be paid for if lost.

**Facilities:** Treat the wrestling room, weight room, locker room better than you would your own home. Put things away when done using it.

**Injuries:** All injuries must be reported to our Athletic Trainer and a coach, who will report to Coach Lange.

**Varsity Letters:** Any wrestler who weighs in for varsity competition 6 times.

## **Poster Requirements:**

-End the previous year of wrestling in good standing

-20 hours of off season wrestling (tournaments, camp, practices, etc.)

-Any senior in good standing

-Co-curricular violations and you are not eligible for poster

\*Arrangements need to be made with coaches if other than above

# MATCH CONDUCT AND EXPECTATIONS

## Wrestler Conduct at Meets:

- We expect you to wrestle to the utmost of your ability no matter who you are wrestling! We expect to win or lose, you show good sportsmanship. Take your frustrations out by running sprints or jumping rope.
- When not wrestling, you are expected to support your teammates by watching and cheering them on. No cell phones on the bench during duals or in your hand at tournaments while teammates are wrestling.

**Officials:** You are on the mat to wrestle, not officiate. Address the official as sir, and always answer with a “Yes Sir” or “No Sir.” Officials will make mistakes. Accept their calls as some will be against you and some will help you. If a mistake happens let the coaching staff handle it.

**Pre-meet Warm-up:** Specific drills and warm-ups will be conducted prior to dual and tournament competition. THINK WRESTLING – you should have the match to think about only.

**Meals:** YOU ARE WHAT YOU EAT. Your evening before meal before a meet should be a good meal as this is what you wrestle on. You should always pack food. Dual meets something small for after weigh-ins. Tournament days have enough food to eat something in between each match. We will talk about good things to put in your cooler.

## WRESTLER GENERAL CONDUCT

**Sportsmanship:** We expect every wrestler to display good, clean sportsmanship while wrestling hard and tough, giving everything humanly possible.

**Horseplay:** Injuries often result because of horseplay in the locker room or in the wrestling room before or after practice. DON'T. We will have fun but in a safe way!

**Meets:** Report to the wrestling room NO LATER THAN 10 minutes before the bus is to leave. For home meets, be on time to roll out mats. You must return with the team unless given special permission.

**Dress:** Gray meet warm-up top will be worn on the day of a meet.

**Code of Conduct:** Everyone will sign that they have been given a code of conduct form. It is your job as a member of the team to read it and follow the code.

## ACADEMIC PROGRESS

Grades are the first and foremost responsibility of the athlete. **Work first, play later.** The responsibility of all wrestlers is as follows:

1. Do all your homework.
2. Study for every test, whether you think you know the information or not.

Coaches will be checking with wrestlers throughout the year on how they are doing in class. If a wrestler is needing extra help in a class, talk to Coach Lange and something will get worked out.

# SKIN CONDITIONS IN WRESTLING

What wrestlers, parents and coaches can do to stop the spread of skin infections:

## **General**

- Do not use other's combs, brushes, hats, towels, washcloths, socks or shoes.
- **Shower IMMEDIATELY after practice and events. Everyone will shower!!**
- Clothing should be washed daily. Do not leave practice clothes in your locker take them home every night.
- Check your body over daily. If you notice something DON'T pick at it. Have the trainer or coach look at it.
- Keep a skin form on hand at home in case of a skin disease. One must be filled out by a doctor in order to return to wrestle.
- Clean headgear and knee pads at least once a week.
- We clean the mats before and after practice every day.
- Keep the wrestling room clean.

## DETERMINING YOUR WRESTLING WEIGHT

To determine your proper wrestling weight, we will follow the guidelines set by the Iowa High School Athletic Association. Body fat testing will be done on every wrestler before the start of the season. This will determine the lowest weight each wrestler CAN wrestle. This does not mean they have to wrestle at this weight. Ultimately we leave it up to the wrestler and their parents to decide what weight is best. We are happy to help in the process if needed.

## NUTRITION

Wrestling is considered a power sport. Wrestling requires using a high level of power and speed over short time periods with breaks in between. Because of this, wrestling is considered to have a high anaerobic component. Athletes in anaerobic sports depend on anaerobic metabolism. Anaerobic metabolism is mainly dependent on phosphocreatine and glycogen as fuels. A wrestler's diet should be a balanced diet high in carbohydrates (more than 55% of calories), low in fat (less than 30% of calories) and adequate protein (15-20%). The intake of calories for a high school or college wrestler should be between 1,500-2,500 per day depending on weight and exercise. This will allow for gradual weight loss. Once the lowest weight is established, caloric intake should be adjusted so that weight is maintained. Along with caloric intake, a wrestler needs to stay hydrated to be able to store carbohydrates.

### WATER:

- A lot of wrestlers learn that the best way to lose weight is to sweat it off. This is the WRONG way!
- You need water to support your metabolism and keep your body healthy. I recommend that you drink more water than normal. This will help you feel full, stay healthy and your body will burn more calories from the extra water.
- If you need to lose some water weight, you can restrict your water intake 24 hours before an event to make weight. Did you notice I didn't say stop drinking water completely? You need water for your body to work properly. I suggest a couple of ounces of water every three hours. You should only restrict water to lose less than two pounds.
- **Cut out soda pop, sports drinks and limit juices. These drinks have a ton of sugar.**



## **FOODS:**

Examples of good carbohydrates are:

- **Vegetables:** All of them. It is best to eat a variety of vegetables every day.
- **Whole fruits:** apples, bananas, strawberries eat a variety every day.
- **Nuts:** almonds, walnuts, hazelnuts, macadamia nuts, peanuts.
- **Seeds:** chia seeds, pumpkin seeds.
- **Whole grains:** Choose grains that are truly whole, as in pure oats, brown rice, etc.
- **Tubers:** Potatoes, sweet potatoes.

Examples of bad carbohydrates are:

- **Sugary drinks:** Coca cola, Pepsi, Vitaminwater, etc. Sugary drinks are some of the unhealthiest things you can put into your body.
- **Fruit juices:** Unfortunately, fruit juices may have sugar-sweetened beverages.
- **White bread:** These are refined carbohydrates that are low in essential nutrients and bad for metabolic health. This applies to most commercially available breads.
- **Pastries, cookies and cakes:** These tend to be very high in sugar and refined wheat.
- **Ice cream:** Most types of ice cream are very high in sugar, although there are exceptions.
- **Candies and chocolates:** If you're going to eat chocolate, choose quality dark chocolate.
- **French fries and potato chips:** Whole potatoes are healthy, but french fries and potato chips are not.

Examples of good proteins are:

- **Eggs:** Great way to start your day off and get your metabolism going
- **White Meat:** Chicken, turkey, pork. Grilling is the healthiest way to cook it.
- **Seafood:** Any type of fish, or shellfish (shrimp, crab). Again, grilled is the best way to cook it.
- **Tuna:** A can of tuna is a great source of protein. You want it canned in water not oil.
- **Lean Beef:** You want to get 90% beef.
- **Whole grains:** Choose grains that are truly whole, as in pure oats, brown rice, etc.
- **Whole fruits:** apples, bananas, strawberries eat a variety every day.
- **Tubers:** Potatoes, sweet potatoes.
- **Milk:** Chocolate milk is a good post workout drink.

Examples of bad proteins:

- **Protein Bars:** they are typically high in simple sugars which aren't good for you.
- **Fatty Red Meat:** You are getting unwanted and unneeded fat.

Most of your needed fat consumption will come from the foods listed above so there is not a need to list good and bad fats.

Basically: **IF IT WALKED THE EARTH, GREW ON THE EARTH OR SWAM IN THE WATER EAT IT.**