

SPARKMAN SENATOR WRESTLING TEAM GUIDELINES

Practice

- Practice will begin each day directly after school (unless otherwise noted).
- Practice will end around 6:00pm each day.
 - The day prior to a match/tournament will be significantly shorter.
 - The wrestling room must be clean and all mats rolled up before wrestlers may go home.
- Be dressed ready for practice.
- You must have with you each day at practice the following:
 - Running Shoes
 - Practice Clothes
 - Wrestling Shoes
 - Clothes for outside conditioning (be ready for outside conditioning no matter what the elements might be).

Guidelines and Rules

- Punctuality is a priority.
- Be dressed appropriately for practice.
- **Any** discipline problems in the school will result in severe punishment or removal from team (That can range from excessive tardies to suspension).
- Any excused absence from practice will result in an extra 20 minutes of conditioning for each missed day to be completed upon the wrestler's return to practice. This is not a punishment. When a wrestler misses practice there is a certain amount of conditioning that must be made up to stay on track with the rest of the team.
- Any unexcused absence will result in 40 minutes of extra conditioning for each day missed to be completed upon the wrestler's return to practice. (Excessive absences from team functions can result in a wrestler being dismissed from the team.)
- Take appropriate steps to ensure safe dieting.
- **You are a representative of your parents, your school, and your community, so have class!**

Forms

- The following must be filled out and returned prior to the first day of practice:
 - Physical
 - Waiver
 - Copy of Birth Certificate
 - Completion of STAR test
 - AHSAA Concussion form
 - AHSAA Student release form

Equipment

- Each wrestler will be provided with the following equipment
 - Headgear
 - Singlet
- Each wrestler is responsible for returning these items at the end of the season.
- Wrestler or parents must pay for any lost or damaged equipment.. Equipment prices are as follows.
 - Headgear -- \$35.00
 - Singlet -- \$75.00

- Special Equipment- Per Federation guidelines wrestlers with braces must wear mouth guards, wrestlers with long hair must keep hair covered with a form fitting skull cap (which must attach to your head gear).

Spirit Gear

- **Mandatory** - Shorts, T-Shirt, Warm-up Travel Jacket & Pants (Spirit Store)
- Wrestling Shoes (wrestler's choice)

Participation Fee

- To offset costs of tournament participation fees, travel, and equipment purchase/repairs, each wrestler will be charged a (nonrefundable) participation fee of \$150 (1st wrestler), \$100 (each additional wrestler in same family)

Weight Classes

High school competition will be divided into 14 weight classes as follows (in pounds): 106, 113, 120, 126, 132, 138, 145, 156, 160, 170, 182, 195, 220 and 285.

Middle School Weight classes-75, 85, 95, 103, 112, 119, 125, 130, 135, 145, 155, 165, 175, 189, 215 and 275.

Establishing a Minimum Wrestling Weight

- Under Alabama High School Athletic Association guidelines the following is how a wrestlers minimum wrestling weight is calculated:

The establishment of a minimum wrestling weight based on 7% body fat for males will be mandatory for all high school wrestlers. The lowest weight class in which a wrestler may compete will be determined as follows:

1. *If the predicted weight, at 7% body fat is exactly that of one of the weight classes that shall be the wrestler's minimum weight class.*
2. *If the predicted weight, at 7% body fat, falls between two weight classes, the wrestler must compete at the higher weight class.*
3. *Any wrestler whose body fat percentage at the time of measurement falls below 7% male must wrestle at the weight class where they fall. No weight loss will be allowed.*
4. *The deadline date of Jan. 28, 2012, determines if the wrestler will be able to reach his MWW. The deadline date minimum wrestling weight is calculated by using 1.5% of his body weight lost per day from the initial assessment to the deadline date of Jan. 28. This MWW determined by the deadline date will only be used if it is higher than the MWW.*

Establishing a Maximum Wrestling Weight

According to AHSAA guidelines any wrestler may compete at 1 weight class higher than their actual weight. For example if a wrestler weighs in at an event at 105 pounds, he may either wrestle in the 106 or the 113 pound weight classes. **All decisions on weight classes are made at the discretion of the head coach.**