



Lakeshore High School Wrestling Manual

Prepared for the Lakeshore Wrestling Program

Created by: Head Coach Ryan Quinn

Lakeshore Wrestling: Contact Information

Head Coach: Ryan Quinn
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Assistant Coach: Sam Hanau
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miwestwc@gmail.com

Strength Coach: John Girton
(727) 808 - 0525
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Athletic Trainer: Dan Tinkey
(269) 369 - 4649
dtinkey@lpslancer.net

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Lakeshore: Social Media

Website: www.lakeshorewrestling.com

Facebook: Lakeshore Wrestling

Twitter: @LLWrestling1

Instagram: lakeshore_wrestling

Lakeshore Wrestling: General Conduct

All wrestling student-athletes will be held to high behavior expectations. If a wrestling student-athlete does not adhere to the behavior expectations, they will be placed under the “three strike” policy. All disciplinary actions will be handled on an individual/situational basis.

Three Strike Policy:

1. Discipline
2. Discipline and suspension
3. Removal from team

All wrestling student-athletes will abide by the expectations and regulations of the Lakeshore High School Student Handbook. Prior to departure of overnight trips, a team of administrators will perform “bag” checks to ensure that all student-athletes are not bringing prohibited items on trip. **(Lakeshore Athletic Code of Conduct procedures will supersede Wrestling Staff policies.)**

Lakeshore Wrestling: Classroom Expectations

All wrestling student-athletes will maintain a C or higher. If a wrestling student-athlete does not maintain a C or higher, they will then be required to meet with the teacher in which the student-athlete is receiving the mark during the seminar period. If a wrestling student-athlete needs to visit a Lakeshore Staff member, the wrestling student-athlete should set a meeting before school hours (7:20am - 7:30am) or during seminar period (9:35am - 10:05am omit Wednesdays). **(No meetings should be held after school, as this is when practice will be taking place.)**

MHSAA eligibility states that in order for a student-athlete to be eligible they need to be passing 4 of 6 classes. All wrestling student-athletes should be enrolled in six academic classes and a seminar. This is to ensure that all wrestling student-athletes maintain the criterion for MHSAA eligibility, as well as providing the wrestling student-athlete with a period to complete academic work.

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Lakeshore Wrestling: Wrestling Expectations

All wrestling student-athletes are expected to be at every scheduled practice. If a wrestling student-athlete is absent from (skips) practice, they will abide by the respective disciplinary actions. If a wrestling student-athlete is not going to be at practice (i.e. funeral, hospitalization, infectious disease) then the parent/guardian needs to communicate with the coaching staff. If a wrestling student-athlete communicates only with the coaching staff as to their absence, not including the communication of the parent/guardian, this will be determined as an unexcused absence and they will abide by the respective disciplinary actions. If a wrestling student-athlete is not performing to the expectations of the coaching staff during practice, they will be asked to leave the room. This will be a “two-strike” policy. The strikes restart every practice.

Lakeshore Wrestling: Wrestle-Off Policy

In order to retain a varsity level weight class, a contender should notify the coaching staff a week prior to competition. There will be a best 2 out of 3 finals. All final positions will be made by the coaching staff and will ensure the success of the entire wrestling team. Wrestle-offs will be conducted until a “final” lineup has been reached or if the Coaching staff decides that one needs to be held to fill a vacant spot. All wrestlers must be no more than the weight-class above the challenged weight-class. Example: Challenge weight: 150, both wrestlers should not be heavier than 157. **(Note: Due to team strategy, multiple athletes might weigh-in at the same weight class. Depending on the course of the dual meet, match time decisions may be made.)**

Lakeshore Wrestling: Dress Code

All male wrestling student-athletes will wear a shirt, tie, and khakis/dress slacks and female wrestling student-athletes will wear business casual dress on Wednesdays of competition. All student-athletes will wear Lakeshore Wrestling or Lakeshore Spirit Wear on Friday's. (Student-athletes will be able to change prior to competition departure.) We will represent the wrestling program with class and distinction. All wrestling student-athletes will wear Lakeshore Wrestling or Lakeshore Spirit Wear when at any athletic event. If a wrestling student-athlete does not have a tie, they may be provided one from Coach Quinn. If a wrestling student-athlete does not abide by the dress code, they will undergo a disciplinary action.

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Lakeshore Wrestling: Athletic Training Procedure

Hurt vs. Injured

Hurt: is in physical pain, but can continue with practices/competitions.

Examples:

- Bruises
- Aches
- Strains
- Jammed fingers/toes
- Soreness

Injured: is in physical pain, but cannot continue with practices/competitions.

Examples:

- Broken bones
- Torn ligaments
- Concussions
- Severe sprains


Lakeshore wrestling student-athletes are encouraged to be proactive regarding health and well-being. All wrestling student-athletes should utilize the athletic training staff before/after practice if there is a need for their services. If the training staff recommends that a wrestling student-athlete needs to go further into a diagnosis, then we will notify you. The wrestling student-athletes' health and well-being is of the utmost importance to the Lakeshore High School wrestling staff.

Lakeshore Wrestling: Varsity Letter Requirements

In order for a Lakeshore wrestler to earn their Varsity letter, that said wrestler must meet the criteriums (per Coaches discretion): compete in 20 varsity level matches (Maximum Match Limit = 52), earn a Varsity level win (byes/forfeits do not count) and 50% of your record is at the Varsity level.

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Lakeshore Wrestling: Food

 Wrestling	Grappler Gold Invite/Team State	Joe Lorren	Carnahan	Alendale	Rockford	Super Duals	County	SMAC	Indy District	Indy Regional
Date	12/7/24 & 2/21/25	12/14/24	12/21/24	1/4/25	1/11/25	1/18/25	1/25/25	2/1/25	2/8/25	2/15/25
Sandwich	144 HWT	138 215	132 190	126 215	120 165	113 157	106 150	144 HWT	138 215	132 190
Veggies	106 150	144 HWT	175 215	132 190	126 175	120 165	113 157	106 150	144 HWT	138 215
Protein	113 138 157	106 132 150	126 144 HWT	120 138 175	113 132 190	215 126 175	120 144 165	113 138 157	106 132 150	126 144 HWT
Fruit	120 165	113 157	106 150	144 HWT	138 215	132 190	126 175	120 165	113 157	106 150
2 cases sport drink 2 case H2O	215 126 175	120 190 165	113 138 157	106 165 150	144 157 HWT	138 150 106	132 190 HWT	126 175 215	190 120 165	113 157 175
Snacks	132 190	126 175	120 165	113 157	106 150	144 HWT	138 215	132 190	126 175	120 165

Quantities: All amounts should be able to feed 14 individuals throughout the course of a full day.

Sandwiches: Small sandwiches or wraps: turkey, chicken w/lettuce (condiments on the side), PB&J

Veggies: Cut up carrots, celery, cauliflower, peppers, pea pods, etc., dill pickles

Protein: Hard boiled eggs, cubed meat or cheese, yogurt, trail mix, pasta salad, slow cooker items

(meatballs, spaghetti, mac n cheese) **Fruit:** Cut up fresh fruit, bananas, apples, grapes, oranges, Jello

Drinks: 12-ounce sports drinks please! (more is wasted) – 2 cases in a cooler with ice, pint size

chocolate milk in a cooler with ice **Water:** 12-ounce please! (more is wasted) – 2 cases in a

cooler with ice

Snacks: Granola bar, pudding, peanut butter/oatmeal cookies, muffins (light-colored – no chocolate), puppy chow

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Lakeshore Wrestling: Emergency Action Plan

Address:

Lakeshore High School
5771 Cleveland Ave.
Stevensville, MI 49127

Athletic Trainer:

Dan Tinkey, AT, ATC

Personnel Involved

in Development:

Dan Tinkey, AT, ATC - Athletic Trainer
Greg Younger - Athletic Director
Ryan Quinn - Head Wrestling Coach

Emergency Action Plan for Athletics - Overview:

- ***Introduction:*** Due to the chaotic nature of athletic activity, injuries may occur anywhere and at any time. While most injuries are relatively minor, catastrophic and life-threatening incidents do occur. To ensure proper management of these situations, it is vital that a comprehensive, detailed emergency action plan (EAP) is established. Athletic organizations have a professional and legal responsibility to ensure these guidelines are developed and implemented appropriately and the sports medicine team is prepared. This preparation process involves construction of an EAP, appropriate medical personnel, and continued knowledge of evidence-based best practices in emergency preparedness and medical response. It is important that the EAP be comprehensive, but also flexible to apply to any emergent situation. Development and implementation of the EAP should include the primary medical staff, administrative personnel, and any staff that may be directly involved with the implementation of the EAP. Each venue where athletic activity will take place should have an EAP specific to that site and include the following components:
 - Emergency Personnel
 - Emergency Communication
 - Emergency Equipment
 - Roles of First Responder
 - Medical Emergency Transportation
 - Venue directions and map

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- **Emergency Personnel:** The first responder to an emergency situation will generally be a member of the coaching staff. The Certified Athletic Trainer or another designated trained individual who is certified as a first responder via First Aid and/or Cardiopulmonary Resuscitation (CPR). Major events that are determined to have a higher level of risk may also include the presence of an ambulance equipped for advanced life support. The level of coverage will be determined by the Athletic Director or other designated school official and is dependent upon the level of risk and activity. Documentation of the qualifications of all athletic department first responders will be maintained in the office of the athletic director or school principal. A team approach is often necessary for the most efficient implementation of the Emergency Action Plan. The team may be composed of but not limited to: a certified athletic trainer, coach, emergency medical technicians, trained first responders, as well as administrative personnel from the school. It is imperative that each member clearly understands their respective role.

- **Emergency Personnel Roles:**
 - Establish scene safety and immediate care of injured participant:
 - This should be completed by the most qualified person on the medical team (according to the chain of command).
 - Activation of Emergency Medical Services (EMS):
 - Required for situations where emergency transportation is not already at the athletic activity/event.
 - Time is critical and may be done by anyone on the team.
 - Equipment Retrieval:
 - May be done by any member of the medical team that is familiar with the type and location of the specific equipment needed.
 - Directing EMS to the scene:
 - One member of the medical team needs to be in charge of meeting EMS as they arrive at the site. This person should have keys, etc. to access gates/doors.

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- **Activating Emergency Medical Services (EMS):**
 - Call 9-1-1 (or identified emergency number)
 - Provide detailed information to dispatch:
 - Name, address, telephone number of caller
 - Nature of emergency (medical or non-medical)
 - Number of patient(s)
 - Condition of patient(s)
 - First aid treatment initiated by first responder
 - Detailed directions to exact location: i.e. “use the south entrance to the school off Central Ave.”
 - YOU HANG UP LAST!!!

- **Emergency Communication and Preparedness:** Communication is essential during any emergency. A pre-established phone tree has been created to make certain the appropriate parties are notified. It is important that all athletic activity venues have access to a working telephone line or other communication device. In addition, there should be a back-up communication plan in case there is a failure of the primary communication. Pre-planning is of the utmost importance therefore, each venue will have individualized plans in writing on a laminated sheet including communication instructions, site location and access information.

- **Medical Emergency Transportation:** It is preferred to have an ambulance on site at designated high risk athletic events. When determining ambulance coverage, EMS response time is factored in when determining ambulance coverage of any situation where there is impairment of the Level of Consciousness (LOC), airway breathing or circulation. An event involving any of the ABC’s must be considered a top priority emergency and immediate activation of EMS should take place.

- **Non-medical Emergencies:** Non-medical emergencies include, but are not limited to, fire, bomb threat, violent or criminal behavior, severe weather, etc. In the event of a non-medical emergency please refer to the school/organization emergency action plan and follow instructions.

- **Off-Site Facility:** When an athletic event or activity is hosted away from the main campus an emergency action plan will be in place. Check with the facility supervisor to see if they have an EAP and follow that protocol. If the facility is used on a regular basis but you are not able to post EAP procedures, give copies of the written EAP to the coaches or on-site personnel when possible.

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- **Staff Education:**
 - Each season, every coach will receive a copy of the Emergency Action Plan (EAP). Each coach will provide their signature to confirm they have read the documents and asked any potential questions.
 - A copy of the relevant EAP will be in each medical kit which is to be kept with the coach at every practice/event.
 - A copy of the EAP will be posted on the wall in the athletic training room, as well as at each practice/event venue.

- **Conclusion:** It is essential that proper preparation and sound planning be in place for the safe management of medical emergencies. A Participant's survival may hinge on proper planning and preparation of medical personnel. The athletic organization will be asked to provide “ownership” in the emergency plan process by involving the administration, coaches, and other designated personnel as well as sports medicine staff. The emergency plan should be reviewed once a year with all athletic organization personnel. Proper training must be maintained by all healthcare personnel on a continuing basis. Proper planning and implementation are the best ways to assure optimal outcomes for the injured participants.

Chain of Command: The athletic trainer should always act as primary care-givers at the site of the injury or accident (when on-site) and would manage the situation according to the following rank. IF a certified athletic trainer is not on-site the following chain of command would be used:

Lead:	Ryan Quinn - Head Coach
Assigned #1:	Matt Swab - Assistant Coach
Assigned #2:	Chas Potts - Assistant Coach
Assigned #3:	Matt Fohs - Assistant Coach
Parent #1:	
Parent #2:	
Parent #3:	
Student #1:	
Student #2:	
Student #3:	

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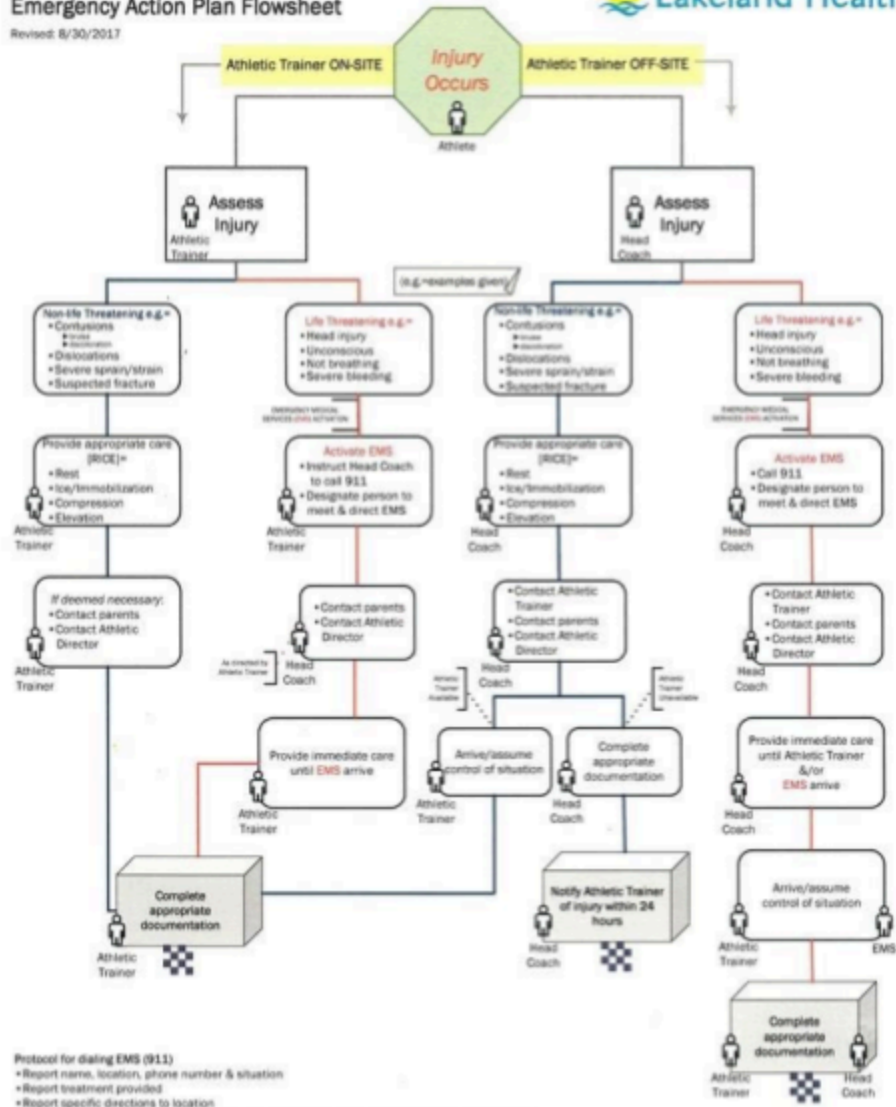
Emergency Telephone Numbers: (This list is only to be used in case of an emergency!)

Emergency:	911
Police Department:	911
Fire and Ambulance:	911
Corewell Health (Lakeland - St. Joe):	269-983-8300
Corewell Health (Lakeland - Niles):	269-683-5510
Poison Control Center:	1-800-222-1222
Athletic Director:	269-428-1402 EXT 2003
Main Office:	269-428-1402
Administrative Office:	269-428-1400
School Counselor Office:	269-428-1402 EXT 2090
Principal:	269-428-1402 EXT 2001
Assistant Principal:	269-428-1402 EXT 2002

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Emergency Action Plan Flow Chart:

Athletic Training Services
 Emergency Action Plan Flowsheet
 Revised 8/30/2017



Protocol for dialing EMS (911)
 • Report name, location, phone number & situation
 • Report treatment provided
 • Report specific directions to location
 [If unsure of directions/location, try to use land line phone as it can be traced by the 911 operator]
 • The Coach will designate person to meet & direct emergency personnel
 ► A Coach/AT or other designated person will accompany the athlete to the hospital in the event a parent/guardian is unavailable.

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Emergency Equipment Locations:

Emergency Equipment: Athletic Training Kit, Splint Bag, Crutch Bag and AED with AT or in Athletic Training Room

- AEDs:
 - Located with AT for all covered events
 - Located in Athletic Training Room
 - In the hallway next to the officials room
 - First Floor 140s hallway next to elevator
- Nearest Phone
 - Athletic Trainer's personal cell phone when covering events
 - Coaches' personal cell phones (with emergency numbers attached here)
- Rescue Inhaler:
 - Coaches are responsible for making sure each student who has an inhaler is bringing the inhaler with them to all practices/games.
 - Inhaler must be left with a coach (labeled with name) during practices and games (not left in a personal bag).
 - Athletic trainers may be given a backup inhaler by the parent or child to keep as a backup in the med kit.
- EpiPen:
 - Coaches are responsible for making sure each student who has an EpiPen is bringing their EpiPen with them to all practices/games
 - EpiPen must be left with a coach (labeled with name) during practices and games (not left in a personal bag).
 - Athletic trainers may be given a backup EpiPen by the parent or child to keep as a backup in the med kit.
 - EpiPen available in the office.
- Splints:
 - With ATC during events or in ATR in black case labeled splint kit.
- Spine Boards/Cervical Collar:
 - Available in ATR or with ATC during events.
 - Will be provided by EMS upon arrival
- Biohazard Materials:
 - Disposal Bin in ATR

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Lakeshore High School AED Locations:

- The main AEDs for indoor activities are located:
 - Outside the southeast entrance to the main/competition gym
 - Outside the northwest entrance to the main/competition gym
 - Outside the weight room door

General Plan of Action:

1. Most medically qualified person will lead.
2. Check the scene - is it safe to help?
3. Is the athlete breathing? Conscious? Pulse?
 - a. If NO, instruct someone to call 911 - LOOK PERSON DIRECTLY IN EYES and make sure they call!
 - b. Check card for 911 call instructions for your location
4. Perform emergency CPR/First Aid
5. If severe bleeding - "STOP THE BLEED" and instruct someone to assist with bleeding control
6. Instruct individual to get AED
7. Instruct individual to control crowd
8. Instruct individual to meet ambulance to direct to appropriate site
9. Contact the Athletic Trainer of Lakeshore High School if they are present at the school but not on scene
10. Contact:
 - a. Parents
 - b. Athletic Director
 - c. Principal/Vice Principal
11. An adult must accompany athlete to hospital - either in ambulance or follow by car
12. Document the event

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High School Building Site Specific:

- **Lakeshore High School Main/Competition Gym:** 5771 Cleveland Ave. Stevensville, MI 49127
 - Activate the EAP:
 - Any loss of consciousness
 - Possible Spine Injury
 - Dislocation, Open/Displaced Fracture
 - Difficulty or absent breathing or pulse
 - Uncertain you have a medical emergency
 - Emergency Personnel:
 - Lakeshore Athletic Trainer will be on site for select athletic activities. Emergencies during athletic activities NOT covered by the Athletic Trainer, contact EMS immediately.
 - Emergency Procedures:
 - Check the scene:
 - Is it safe for you to help?
 - What happened?
 - How many victims are there?
 - Are bystanders present to help?
 - Instruct coach or bystander to call 911
 - Provide the following information
 - Who you are
 - Detailed information about the injury or situation
 - Where you are - BE SPECIFIC
 - Address: 5771 Cleveland Ave, Stevensville, MI 49127
 - Directions:
 - From North: Turn left off Cleveland into the first parking lot entrance past the school building, drive down to door 34 (across from the tennis courts), someone will meet EMS at the door.
 - From South: Turn right off Cleveland into the parking lot entrance past the football stadium, drive down to door 34 (across from the tennis courts), someone will meet EMS at the door.
 - STAY ON THE PHONE - YOU HANG UP LAST!
 - Perform emergency CPR/First Aid:
 - Check airway/breathing/circulation, level of consciousness, and severe bleeding
 - If athletic trainer is present, he/she will stay with athlete and provide immediate care

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- If an athletic trainer is not present, most qualified coach (training/certifications) will stay with the athlete and provide immediate care.
 - Instruct coach or bystander to GET AED!
 - Designate coach or bystander to control crowd
 - Contact the Athletic Trainer for Lakeshore if not present on scene
 - Meet ambulance and direct to location of emergency
 - Open appropriate gates/doors
 - Designate an individual to “flag down” and direct to scene
 - Control injury site, limit care providers etc.
 - Assist Athletic Trainer and/or EMS with care as directed
 - Retrieve necessary supplies/equipment
 - A coach must accompany the injured participant to the hospital or follow in a car if not allowed in an ambulance (if parents are not on scene).
 - Notify emergency contact
 - Document event and debrief
- NEAREST AED: Outside SE Gym door, next to officials room or outside NW door
- ATHLETIC TRAINER: Dan Tinkey, AT, ATC 269-369-4649
- **Lakeshore High School Auxiliary Gym:** 5771 Cleveland Ave, Stevensville, MI 49127
 - Activate the EAP:
 - Any loss of consciousness
 - Possible Spine Injury
 - Dislocation, Open/Displaced Fracture
 - Difficulty or absent breathing or pulse
 - Uncertain you have a medical emergency
 - Emergency Personnel:
 - Lakeshore Athletic Trainer will be on site for select athletic activities. Emergencies during athletic activities NOT covered by the Athletic Trainer, contact EMS immediately.
 - Emergency Procedures:
 - Check the scene:
 - Is it safe for you to help?
 - What happened?
 - How many victims are there?
 - Are bystanders present to help?
 - Instruct coach or bystander to call 911
 - Provide the following information
 - Who you are
 - Detailed information about the injury or situation

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- Where you are - BE SPECIFIC
 - Address: 5771 Cleveland Ave, Stevensville, MI 49127
 - Directions:
 - From North: Turn left off Cleveland into the first parking lot entrance past the school building, drive down to door 34 (across from the tennis courts), someone will meet EMS at the door.
 - From South: Turn right off Cleveland into the parking lot entrance past the football stadium, drive down to door 34 (across from the tennis courts), someone will meet EMS at the door.
 - STAY ON THE PHONE - YOU HANG UP LAST!
- Perform emergency CPR/First Aid:
 - Check airway/breathing/circulation, level of consciousness, and severe bleeding
 - If athletic trainer is present, he/she will stay with athlete and provide immediate care
 - If an athletic trainer is not present, most qualified coach (training/certifications) will stay with the athlete and provide immediate care.
 - Instruct coach or bystander to GET AED!
- Designate coach or bystander to control crowd
- Contact the Athletic Trainer for Lakeshore if not present on scene
- Meet ambulance and direct to location of emergency
 - Open appropriate gates/doors
 - Designate an individual to “flag down” and direct to scene
 - Control injury site, limit care providers etc.
- Assist Athletic Trainer and/or EMS with care as directed
 - Retrieve necessary supplies/equipment
- A coach must accompany the injured participant to the hospital or follow in a car if not allowed in an ambulance (if parents are not on scene).
- Notify emergency contact
- Document event and debrief
- NEAREST AED: Outside SE Gym door, next to officials room
- ATHLETIC TRAINER: Dan Tinkey, AT, ATC 269-369-4649
- **Lakeshore High School Weight Room:** 5771 Cleveland Ave, Stevensville, MI 49127
 - Activate the EAP:
 - Any loss of consciousness
 - Possible Spine Injury

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- Dislocation, Open/Displaced Fracture
- Difficulty or absent breathing or pulse
- Uncertain you have a medical emergency
- Emergency Personnel:
 - Lakeshore Athletic Trainer will be on site for select athletic activities. Emergencies during athletic activities NOT covered by the Athletic Trainer, contact EMS immediately.
- Emergency Procedures:
 - Check the scene:
 - Is it safe for you to help?
 - What happened?
 - How many victims are there?
 - Are bystanders present to help?
 - Instruct coach or bystander to call 911
 - Provide the following information
 - Who you are
 - Detailed information about the injury or situation
 - Where you are - BE SPECIFIC
 - Address: 5771 Cleveland Ave, Stevensville, MI 49127
 - Directions:
 - From North: Turn left off Cleveland into the first parking lot entrance past the school building, drive down to door 34 (across from the tennis courts), someone will meet EMS at the door.
 - From South: Turn right off Cleveland into the parking lot entrance past the football stadium, drive down to door 34 (across from the tennis courts), someone will meet EMS at the door.
 - STAY ON THE PHONE - YOU HANG UP LAST!
 - Perform emergency CPR/First Aid:
 - Check airway/breathing/circulation, level of consciousness, and severe bleeding
 - If athletic trainer is present, he/she will stay with athlete and provide immediate care
 - If an athletic trainer is not present, most qualified coach (training/certifications) will stay with the athlete and provide immediate care.
 - Instruct coach or bystander to GET AED!
 - Designate coach or bystander to control crowd

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- Contact the Athletic Trainer for Lakeshore if not present on scene
- Meet ambulance and direct to location of emergency
 - Open appropriate gates/doors
 - Designate an individual to “flag down” and direct to scene
 - Control injury site, limit care providers etc.
- Assist Athletic Trainer and/or EMS with care as directed
 - Retrieve necessary supplies/equipment
- A coach must accompany the injured participant to the hospital or follow in a car if not allowed in an ambulance (if parents are not on scene).
- Notify emergency contact
- Document event and debrief
- NEAREST AED: Outside Weight Room, next to officials room or outside NW door
- ATHLETIC TRAINER: Dan Tinkey, AT, ATC 269-369-4649

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Lakeshore Wrestling: Level of Coach Involvement

- I am comfortable with the coaching staff wrestling with my wrestling student-athlete.
- I am comfortable with the coaching staff only coaching technique with my wrestling student-athlete.
- I am not comfortable with the coaching staff performing any techniques or wrestling with my wrestling student-athlete

I have read and agree to the following expectations set forth by the Lakeshore Wrestling Manual.

Parent/Guardian

[First name] [Last name] [Date]

[Signature]

Student-Athlete

[First name] [Last name] [Date]

[Signature]

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