

Dear Parents,

I hope that the information included in this parents' packet will help you and your student-athlete have a smooth, productive and enjoyable wrestling season this year. Keep this information handy to answer questions as the season progresses. Please feel free to contact me at home, through e-mail, or in person after practice or during events. I take calls at all hours. Your questions and/or concerns are important to me.

Wrestling is a very difficult sport. It requires a huge commitment of time and effort during the season as well as in the off-season. It has repeatedly proven that it is one of the most physically, emotionally, and mentally challenging sports in the history of human existence. No athlete is too small, too short, too weak, too slow, or too inexperienced. I have never cut an athlete from my team, and I never will. I can fix most athletic deficiencies and help your wrestler find success. **The only athletes that I can't help are those that quit. Trust in the process and encourage your student-athlete to stick it out. I look for patterns of behavior. The student-athletes commitment to the Wrestling Team and their teammates is what will keep them on the Wrestling Team and ensure a positive experience.** Building Champions is what we do here, but we can't build if the student-athletes don't stick around to develop. It takes time. All of our successful wrestlers with their name up on the wrestling room wall started at the bottom, stuck it out, and developed over time.

As I expect full commitment from your athlete, I promise my full attention to you, your athlete individually and the team as a whole during the season.

Neart Agus Onóir

(Strength and Honor)

The following list of contact information should be helpful to you.

Coach Durning Email

wildurning@conroeisd.net

Coach Lyczkowski Email

alyczkowski@conroeisd.net

Coach Leierer Email

cleierer@conroeisd.net

Sincerely,

William Durning
Head Wrestling Coach
The Woodlands High School

Practice

- Practices are after school on most every weekday that we are not competing. A long-term calendar is released on our website. There are several important things that must be done after practice every day, including weigh-outs, team meetings, individual instruction, clean up and showering which will result in your athlete most likely not being ready for pick up until at least 20 minutes after practice concludes. Please be here on time to pick them up when they are released.
- Since we are still growing all teams will practice together.
- If your athlete is injured, they are required to attend practice, dress out, and be a part of the team. An athlete that is injured is expected to check in to the trainer every day. All injuries will be handled through the training staff. Only a trainer will release an athlete from physical activity. If an injury occurs the chain of command is communicated with the coaching staff first, the trainers second and they will refer you to go and see your Doctor.
- Studying for tests, meeting for a group project, or having homework to do is **NOT** an acceptable reason to miss practice. If your student-athlete cannot manage their time properly in order to do well in school and attend practice, then they cannot be on the team. Learning to sacrifice free time and manage time efficiently is a major skill that we are attempting to develop with our student-athletes
- Athletes **are allowed** to be late to practice for club meetings, test and quiz make up, and tutorials with an on-campus teacher. Students should make every effort to schedule around practice. But, we look for patterns of behavior.
- **Your athlete must contact Coach Durning electronically before they will be late to practice or miss practice. Contact after a missed practice will be considered an unexcused absence. They must bring a note from the club director or teacher.**
- Unexcused absences or excessive excused absences from practice will result in a parent, coach, and athlete conference and possible dismissal from the team.

- Team meetings are closed to everyone but the athletes, coaches and managers.
- In this sport, the best way to grow is very simple. The more mat time an athlete has, the more they grow.

Travel

- The district provides all travel.
- We will meet at The Woodlands H.S. and leave on the bus to the event.
- For all events, the entire team will travel with the team and return on the bus. Home meets parents will pick student-athletes up at the 9th grade center.
- Varsity wrestlers are required to make check in on time, ride with the team, warm up as a team, and be there all days of a multiple day tournament-even if they are not competing anymore. Being a part of the varsity team is a special privilege and we will support each other.

Competition Levels and Events

- There is no set Varsity, Junior Varsity or Freshman teams for wrestling. Which means that competition level and line-up will change week to week dependent upon performance of each individual student-athlete in practice and previous competition and the type of competition we will be attending. Be in good standing with the team and keep challenging and you will find varsity time.
- Make sure that your athlete has food and/or money for weekend tournaments, since we will usually be there for the better part of the day.
- Please make sure that you have helped to provide your student-athlete with healthy and sensible food for competition. Bringing a bag of fast food on the bus is insensitive to those wrestlers who are sacrificing for themselves and the team, and proves poor dedication. It is also bad form to excessively eat in front of wrestlers that are making sacrifices. Please be aware of others. This goes for support staff as well as wrestlers. Student-athletes should always have a brown bag of food item that follow the nutrition guide in the wrestlers handbook.
- Please reference the handout section of the websites for nutritional guides and meal plans. Also, read the nutrition section of the wrestlers' handbook.

The Woodlands H.S. Wrestling Varsity Letter Award Criteria

In order to earn a varsity letter in Wrestling at The Woodlands High School, you must meet both requirements below in the course of a single season:

- Be eligible for post season wrestling with passing grades all season and compete in a majority of varsity events.

AND

- Coaching staff discretion.

Starting Varsity Line Up Procedures for The Woodlands Wrestling

The Head Coach always makes the final decision on the line up according to what he thinks will be best for the team and each individual involved.

- In most cases, athletes will be able to challenge their weight class or the weight class above them. Athletes will need to be on weight or within 3 pounds to complete a challenge. A successful challenge will require a best 2 out of 3 wrestle-off. Wrestle offs will be a full match following UIL rules. They will be refereed by Coach Durning, except in special circumstances.
- The decision-making process will be made by Coach Durning and the coaching staff, even in the event of a wrestle off. The process will not always be the same from situation to situation. In some instances, Coach Durning will hold the ability to make changes to line ups as needed.
- When time allows, an attempt will be made to make each wrestler involved in the process aware of how the decision-making process will be set for their individual situation, but it is possible that a last second decision has to be made without prior notice. The Coaching staff will do what they believe is best for the team.
- Usually in late January, we will begin to close out challenges for certain varsity weight classes based upon a wrestler's success at that weight class.

Starting Varsity Line Up, Awards, Leadership Positions, & Other Subjective Coaches' Decisions

Subjective decisions are difficult to make and can be difficult to accept for those that don't get what they want. No decisions made by the TWHHS Wrestling staff will ever be made without considerable thought and discussion within the staff. Subjective decisions made by the coaching staff will be discussed by appointment only.

Missed Competition

- Varsity wrestlers that miss competition will likely forfeit their spot for at least the next competition and possibly more.
- JV wrestlers are expected to compete in every scheduled opportunity. Wrestlers that choose not to compete regularly, may be removed from the team.
- **Any missed competition will have to be approved with Coach Durning PRIOR to that event.** If there is an emergency that will prevent an athlete from competing, please notify Coach Durning with as much notice as possible.

Tryouts, Cuts, and Quitting

- There is no tryout for the wrestling team. Everyone is welcome to come and try wrestling. Come and work hard every day and you WILL be a Highlander Wrestler!
- Anyone that meets team standards of academics, maintains proper behavior, and comes to practice every day, will have a place on this team. **Lack of performance or ability does not matter.**
- Athletes are expected to be in the wrestling athletic period. The only exception to this is if the athlete is in another athletic period.
- In extreme cases where an athlete is not meeting standards at home, in the community, or in the classroom, that athlete may be removed from the team.
- If an athlete has suffered an injury that will require extensive rehabilitation and/or surgery, that athlete will attend practices and competitions. There is always something for an injured athlete to do that will contribute to the team; and there is also much they can benefit from by being around the team. If an injured athlete decides to not continue with the team, it is considered quitting the team by the coaching staff.
- If a student-athlete quits the team, the coaching staff requires a meeting with them to discuss the situation. Wrestling may not be for everyone, but as coaches, we would like the opportunity to solve the problem and discover if the athlete really does not want to continue wrestling or if there is a minor adjustment that can be made to make the student-athlete more

comfortable. **Just disappearing from practices or the athletic period is not acceptable and grades will reflect the student-athletes participation in the class.**

- **If an athlete quits the team for any reason, that student-athlete may not be given a second chance to wrestle with the Highlanders.** If a wrestler is given a second chance, there will be a probationary period with a list of stipulations set by the coaching staff at a coach, student, and parent meeting before that wrestler can be fully reinstated to the team. Student-athletes who quit will be given alternative workouts. If those workouts are not completed the student-athlete's grade will reflect their participation in the class.

Punctuality

- Wrestling is a sport of discipline. All members of the team as well as all support staff need to be punctual for all team events.
- Anyone late for meetings, check-ins, or competition may be suspended from competition or receive other appropriate discipline action to be determined by the coaching staff.
- One second late is still late. The coaching staff recommends that show up 10 minutes early to avoid any negative consequences.
- If you are going to be late make sure you are in communication with the coaching staff to minimize the stress and consequences of being late.

Weight Management

- Because wrestling is a sport where the competitors are divided up by weight classes, proper weight management is essential. Student-athletes should be 0.6lbs under their weight class on our scale before we leave for a competition to ensure that they make weight at the competition.
- Wrestling at a weight class lower than your natural body weight is usually the norm. There is a safe way to maintain that lower weight, but it does not involve severe dehydration or not eating. We encourage proper and regular eating and extra workouts in order to make a chosen weight class.
- Wild swings in weight is not safe and will always negatively affect your wrestling, so we do all we can to encourage hard work and clean eating (being healthy).

- If a wrestler starts the competition week over weight by a significant amount, they very well might be removed from the varsity line up until such time that they can get their weight under control.
- If a wrestler cannot maintain their weight class through proper diet, extra work and sacrifice, then that weight class is not appropriate for them. They will need to move up to a weight they can maintain regularly and safely.

Required Equipment

- **Wrestling Shoes** - we do not provide wrestling shoes. The internet is your best bet to purchase a pair of wrestling shoes.
- **Practice clothes** - you need several sets of clean practice clothes in your locker every day as well as wrestling shoes and running/weightlifting shoes. T-shirt and shorts are what we wear at practice. Be comfortable. Do not wear any clothing with zippers or metal on them. We are Highlanders, so all clothes need to be red, green, white, grey or black. Practice clothes need to be not too loose fitting. You should have purchased 3 T-shirts and 3 pairs of shorts from our store so you are prepared for wrestling workouts.
- **Shower materials.** You need anti-bacterial body soap and a body scrubber. We highly recommend dandruff shampoo with zinc and/or Defense brand bar soap.
- **Headgear** - properly fitted and secured headgear is mandatory. We wear it every day at practice and at all competitions. We will provide you with headgear or you can use your own, it must be in school colors and abide by UIL regulations.
- **Competition Singlet** - we provide both boys and girls with appropriate and legal competition singlets. You can only wear the school issued one in UIL competition. If you wrestle in a club, you cannot use any school issued equipment in club practices or competitions nor can you wear your club gear in UIL/TWHS competition.
- **Undergarments** - Boys must have a suitable undergarment that covers the entire front of the groin as well as all of the buttocks. Girls must also have an undergarment that covers the front of the groin and all of the buttocks, but girls must also have an appropriate undergarment that covers the full chest. During competitions, undergarments must be worn under the singlet for both boys and girls. Any undergarment that extends beyond the singlet must be solid in color and unadorned without any design or maker's mark. Undergarments will not be provided by TWHS Wrestling.

- **Mouthguards** - mouth guards **are mandatory during practice and competition for any wrestler with metal dental work on the outside of their teeth.** If there is metal dental work on the upper and lower teeth, then the mouthguard must cover both the upper and lower teeth. Mouthguards will not be provided by TWHHS Wrestling and they may NOT be shared. A moldable mouthguard is recommended. It is also recommended that you purchase your required mouthguard well in advance of competition so you can get used to it or replace it if it is too uncomfortable to use.

More Detailed Information

This Parents' Packet contains our main team rules that must be followed in order for a student-athlete to remain on the team, but this packet is not all-inclusive. There are so many intricacies to this complicated and successful program.

The best resources and the best ways to know ahead of time are:

- Make sure you are on Coach Durning's email list and SportsYou. It is also the main line of communication between the head coach and the parents. Make sure you are getting them and that you read them. If you are not receiving them by October 1st, please email Coach Durning to be added.
- **Make sure you and your athlete(s) are registered to the teams SportsYou. This will be used for reminders, updates, and emergency communications.** Register directions will be at the end of this packet.
- Familiarize yourself with the team website. There are tons of handouts, schedules, and things you need.
- Check out our Facebook and Twitter Pages.
- Attend booster club meetings! **It is highly encouraged that all parents join the booster club.** Contact Meaghan Guydon at meahanguydon@gmail.com for information on joining the booster club.
- Please read the Wrestlers' Handbook on the team website. This is a long document, but it spells out in more detail many of our philosophies and goals. Read it once all the way through before the season starts and then refer to it as time goes on. There is a table of contents, so the information you are looking for should be easy to find. It makes sense for you and your student-athlete to read it together.
- Contact Coach Durning with your questions. Please schedule meetings in advance as my time is usually scheduled pretty tightly.

