

Saint Francis Wrestling

Parent Information

TEAM POLICIES

- *Please refer to the HANDBOOK and use it as a resource*

Nutrition (see HANDBOOK)

- *Wrestlers are expected to eat.*
- *Wrestlers are expected eat healthy.*
- *They should avoid fast food, soda, and sugar.*
- *Wrestlers should have a nutritious snack for before practice, especially if they have early lunch.*
- *Wrestlers should NEVER drink energy drinks like Red Bull, Monster, NOS, etc.*

Hygiene

- *If they go to school but are sick → they check in with a coach. We usually send them home.*
- *Clean shorts, multiple shirts, and a sweat shirt for each practice.*
- *They need to constantly wash their hands.*
- *They need to shower immediately after practice.*
- *Check your son for marks on their skin daily → let us know about them.*
- *Shoes, headgear, kneepads AND their gym bags must be washed weekly.*
- *Wrestlers should never share equipment.*

Injuries

- *If a wrestler believes he is injured he must tell a coach immediately.*
- *Coaches will determine the proper course of action.*
- *If an injury becomes apparent at home (after a practice or competition) please email the coaches.*
- *Injured athletes are still expected to attend practices and dual meets.*

Equipment

- *Wrestlers with braces need a mouthpiece.*
- *Wrestlers buy their own singlets and are responsible for them.*
- *Wrestlers should purchase their own shoes and head gear.*
- *Wrestlers are responsible for any warm-up top distributed by the coaching staff.*

Attendance

- *All practices and competitions are mandatory.*
- *The only excused absence is when an athlete is sick.*
- *If a wrestler stays home from school with an illness, it is his responsibility to email the coaches.*
- *Excessive absences will lead to dismissal from the team.*

Transportation

- *Throughout the year we need help driving to and from tournaments.*
- *In order to help drive we need a copy of your driver's license on file with the athletic department.*
- *Please monitor your email for requests to help with driving.*

Tournament Protocol

- *We leave EARLY from school.*
- *Weigh-ins are usually @7:00 AM.*
- *Wrestling starts at 9:00 AM and finishes sometime after 5:00 PM.*
- *Different tournaments take different amounts of time to finish.*
- *You will be provided with an information sheet for each tournament (email/Angel/website)*
- *Anyone leaving a tournament with a parent must provide the coaches a note.*
- *We strive to model good sportsmanship in all that we do.*

Dual Meet Protocol

- *We weigh-in at 4:00 PM, then wrestle all three levels (5:00/6:00/7:00).*
- *Wrestlers are expected to be on the bench during their level's competition.*
- *Frosh may leave after the completion on the JV dual.*
- *Everyone else must stay until the completion of the Varsity dual (clean up after home duals)*
- *Anyone leaving a road dual meet with a parent must provide the coaches a note.*
- *We strive to model good sportsmanship in all that we do.*

Communication

- *Your sons are responsible for communicating with coaches.*
- *Tournament Information, Schedules, Forms, etc. will be posted on Angel AND our website.*
- *Email the coaches with any questions or concerns.*
- *Our cell phone numbers are for EMERGENCIES only!*

Team Parents

- *We are always looking for parents that are willing to help.*
- *In the past, parents have help organize a food table for away meets and tournaments.*
- *Please email me if you are willing to help.*

GO LANCERS