

Dexter Wrestling Policies & Procedures

As the coaches of the Dexter Wrestling Team at Mill Creek Middle School, we strive to treat our wrestlers like our sons. We will care for them and we will discipline them.

On the Dexter Wrestling Team we stress (in order):

1. **Be a Good Person**
2. **Be a Good Student**
3. **Be a Good Athlete**

Be a Good Person: Attitude & School Behavior

- Our coaches may require your son to be more disciplined than other teams/coaches have in the past. If he is anything but a gentleman at school, there will be consequences at practice.
- He will be respectful while in school, at practice, at competitions, at home, and in our community. On meet days, ALL wrestlers must wear a shirt & tie to school the entire day.
- We will hold ourselves and each other to a high standard. If bad behavior occurs during the school day, we will address these concerns at practice. We require your son's undivided attention when we are coaching him ("Yes sir - No sir"). We will do our absolute best when your son is on our watch, as we know you do your best when he is on yours.
- Proper nutrition, hygiene, and rest are key elements in helping your son become successful. Please make sure he eats and drinks plenty of the right things.

Be a Good Student: Grades

- Our school supplies weekly grade and eligibility checks. Our Wednesday practices will begin with a mandatory team study hall. All of our coaches are college-educated men and will help your son with any homework during these study halls.
- If your son needs "extra" attention, please make sure that he gets it. Many of our teachers at Mill Creek offer help before school, during lunch and after school. Try to schedule this help before school or during his lunch so your son will not miss practice.
- Eligibility to wrestle: Students must maintain a 2.0 cumulative GPA. As the coaches, we reserve the right to enforce this policy on a stricter level, on a case-by-case basis, and with the advisement of your son's teachers (i.e. "school always comes before sports.")
- Any wrestler who desires to challenge for a starting spot must be passing ALL of his classes!

Be a Good Athlete: Wrestling

- Expectations during matches are, impeccable conduct of wrestlers; impeccable conduct of coaches; and, impeccable conduct of parents. This applies to how we treat our opponents, their fans, and of course, the officials.
- Wrestling is a tough and emotional sport. We coach it the same way.
- We will coach through excitement & encouragement and we will never shame your son.
- We believe we will get much further by a pat on the back than with a put-down.
- Our critiques will always be aimed at your son's effort & attitude – never his ability.
- Our coaching staff does not use profanity/foul language. We expect the same from your son.
- To minimize distractions, we ask all parents to wait outside of the room during practices.
- The TEAM comes first. We have no stars. No one wrestler is more important than the team.
- As coaches, we will always try our hardest to schedule matches for each person on the team but cannot guarantee there will be competition on the opposing team in his weight class.
- The coaches decide who the starting wrestler will be for each weight class. Wrestle-offs are a determining factor, but, the coaches will ultimately decide who wrestles at each meet.

Attendance at Practice

- It is mandatory that each team member be at practice every day. Wrestlers who miss practices study halls, meets, and/or team functions will drop on the depth chart.
- Excused absences include but are not limited to: Family emergencies; Severe illness; Important appointments that cannot be rescheduled.
- To increase safety and our knowledge of your child's whereabouts, we ask that parents/guardians contact the head coach (in advance) for an absence to be "excused."
- After three unexcused absences a wrestler is dismissed from the team.

Communication

- An open line of communication is the best tool we have in our relationship.
- E-mail, texting, social media, etc. is adequate for information but not for communication.
- If you have a problem, please talk to the coach.
- Remember our philosophy when evaluating a situation – the TEAM always comes first.
- If you have a concern, our door is always open and so are our minds. Please bring the same approach. We will want the wrestler present at meetings to help solve problems quicker.
- 24-hour rule: If you as a parent are upset about anything, before approaching the coach, please give yourself 24-hours to bring things back into the proper perspective.

Paperwork

- Athletic physical through a medical doctor (good for one year)
- Mill Creek charges an athletic participation fee and is facilitated online through Big Teams.

Equipment

- Wrestling shoes (new or used). Used pairs can often be acquired for \$25 or less.
- Headgear: Mandatory in meets but not in practice.
- Fresh practice clothes every day. T-shirts, shorts, and sweats. *Please take these home every night and bring back a clean pair the next day.
- Team uniforms/equipment will be handed out before our first meet.
- If a family is experiencing a financial hardship, please communicate (privately) with the coaches and we will work together to find a solution on wrestling shoes or other equipment.

Team Gear

- We will place an order for team t-shirts, sweats, etc. Please be on the lookout for more info.

Weight Classes

70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 137, 145, 155, 167, 185, 215, 245, 285

Picture Day & Equipment Check-in

- Monday, February 24th. Picture order forms will be distributed in advance

Team Banquet

- Wednesday, February 26th, 6:00 – 8:00 PM.
- At this banquet we will eat a potluck style dinner and speak on behalf of each member of our wrestling team. Please plan on bringing your entire family to eat & celebrate!

We believe and we coach for the purpose of teaching life lessons. Every Wednesday the coaches will talk about a topic pertaining to character, integrity and making good decisions in life. After all, the true measure of how well we do this year will not be determined in mid-February, but rather, 10, 20 or even 30 years down the road.

We are helping build tomorrow's husbands, fathers and leaders, and we do not take this responsibility lightly. It will take effort on all of our parts to create a role model program. So let's roll up our sleeves, lock arms, and get busy. Together, we can all make a difference in molding our future husbands, fathers and leaders!

If you ever have any questions, comments or concerns, please feel free to contact Coach Dinius or Coach Westfall. Together we will work things out!