

**BOYERTOWN
WRESTLING PARENT
INFORMATION
2021-2022**



MEET THE COACHES

Mission Statement

Our purpose as coaches is to give each wrestler the most positive athletic experience possible. We want to develop character by utilizing the priceless life lessons that are inherent within the sport of wrestling. We want each wrestler to be successful on the mat, in the classroom, and in life.

Philosophy

Develop all three dimensions of our athletes:

1. **Physical** – technique, strength, power, speed, quickness, conditioning
2. **Mental** – motivation, confidence, emotions, and team cohesion
3. **Heart** – character, identity, purpose, self-worth, and value

Background Information

Tony Haley *Head Coach*

ahaley@methacton.org

(610) 324-3034

28 years coaching experience (Jr. High, high school: Head and assistant)
Wrestler for Bloomsburg University and Mansfield University

Dave Jones Assistant Coach

Former head and assistant coach at Boyertown High School
3X All conference for Messiah College
State Qualifier for Boyertown

Jon Neiman Assistant Coach

2X state qualifier for Boyertown High school
PSU alumni
Several years HS coaching experience

Volunteers:

Jon Cooley / Pete Ventresca / Mike Porecca / Brody O'Connell

PHYSICAL INFORMATION

1. All physical and associate paperwork must be complete and turned into the High School Athletic Office before the wrestler will be allowed to participate.

2. If this is the first sport you are participating in this school year, a comprehensive physical will be required
3. If this is the second sport you are participating in this school year, a recertification will be required.

All physicals are completed online at PlanetHS, no forms are turned into the athletic office. I have attached the instructions and also they are online at <https://boyertownathletics.com/main/otherad/contentID/52801313>

INJURIES AND MEDICAL CONCERNS

1. Wrestling is a contact sport with the risk of injury present at all times.
 - a. Report all injuries to the coach/trainer.
 - b. All injury treatments and tapings should be completed prior to the start of or after practice has finished.
 - c. Ice, ice, ice.
2. Wrestling is a sport that causes an increased chance of skin infections.
 - a. Shower immediately after every practice and competition.
 - b. Wear clean workout gear every practice.
 - c. Lysol spray items like shoes, knee pads, and headgear.
3. If a wrestler is unable to practice for an extended period of time for either of the above reasons, they will need to practice for three days before being allowed to wrestle-off.

ATHLETIC TRAINER

Donna Harmon / Sue Begany / John Anthony Rossi

WEIGHT CERTIFICATION INFORMATION

1. A wrestler must certify to wrestle in a particular weight class.

2. To be certified the wrestler must pass a hydration test (urinalysis – pee test), be weighed and have their body fat assessed (pinch test) during the assessment time period (Hint – drink more water than you think you need).
3. This information is placed into a mathematical equation and a minimum certified weight (MCW) is determined.
4. The wrestler may not have a body fat percentage of lower than 7 percent at their MCW. If they do, they would have to get a medical release from a doctor allowing them to compete at their desired weight. Example – Joe weighs in at 112 lbs. and has 5% body fat. In order for him to be certified, he needs to have a doctor sign off that he can safely compete at 112 lbs.
5. Most wrestlers are generally over 7% body fat and would have to lose weight to get to their MCW. A wrestler is only allowed to lose 1.5% of their body fat per week. Example – Bob weighs 200 lbs. and has a MCW of 182 lbs. It will take Bob approximately 6 weeks to descend to his desired weight class (200 - 3 lbs. (1.5% of 200 lbs.) X 6 weeks).
6. If Bob weighs in above his descention plan weight - (week two weight was 194 lbs. and Bob weighed in at 196 lbs., 2 lbs. more than his eligible weight), his weight descention plan will automatically reset to reflect the higher weight.
7. If Bob weighs in below his descention plan weight – (week two weight was 194 and Bob weighed in at 192, 2lbs less than his weight), than his weight descention plan will remain the same and he will not be able to wrestle his desired weight class any earlier than he normally would.
8. Final certifications must be complete prior to the first day of practice. Please see Donna Harmon, Coach Haley, Coach Ventresca, or Coach Jones for pre-certification readings prior to final certifications!

TEAM EXPECTATIONS

Purpose

The reason for having team expectations is to assist each wrestler progress as close to their full potential as possible. This potential, as stated in the coaching philosophy, is in the three dimensions of the sport (physical, mental, and heart). It is crucial that every member of

our team adopt these expectations to strengthen the whole team. The coaching staff adopts the belief that you want our assistance in helping you reach your goals as a member of this team.

Rules

1. Wrestlers are expected to present themselves as people of highest character and fierce competitors at all times (i.e. in school, on the mat, and at home). Be reminded that your actions, words, and appearance all reflect on you, your team, your school, and your family.
2. Wrestlers are expected to treat every member of our coaching staff, managers, and team with complete respect. Any form of hazing or victimizing members of the team is prohibited. Behavior or attitudes deemed to be detrimental to the well-being of Boyertown Wrestling is prohibited.
3. Wrestlers are expected to follow all guidelines set forth by the Boyertown Area School District Handbook, P.I.A.A., and local, state, and federal governing bodies.
4. Wrestlers are expected to be at every practice and competition (unless previously excused by the head coach through parent/guardian communication).
5. Wrestlers are expected to be on time for school every day – disqualifies you from practicing and competing that day, and counts as an unexcused absence.
6. Wrestlers are expected to be on time for all practices and matches
 - a. **Regular** – starts at 3:30 p.m. and ends at approximately 5:30 p.m.
 - b. **Early Dismissal** – start times will be announced
 - c. **Saturday and Holidays** – starts at 8:00 a.m. and ends at approximately 10:00 a.m.
 - d. **Snow Days** – start times will be announced – these practices are NOT mandatory if you are unable to travel safely.
7. Wrestlers are expected to take responsibility of their chosen weight, and make it. We do not decide for a wrestler to lose weight. If a wrestler chooses to lose weight, please do so responsibly and stay hydrated.

Discipline

The result of violating the team expectations will be a disciplinary consequence. These consequences range from positive reinforcement, suspension, or dismissal from the team. Please understand that the coaching staff does not desire to utilize these consequences, but will not sacrifice the integrity of the team or program for one or two individuals.

Wrestle-Offs

In our sport, the varsity and JV spots are determined by wrestle-offs. Wrestlers may challenge at the weight class of their choice (provided they are certified at and eligible for that weight). Wrestlers will declare they are competing at a weight class in the beginning of the season, and a series of wrestle-offs will occur (Note: wrestlers may choose to change weight classes later in the season). On the day of the wrestle-off, all challenging wrestlers must be within 4% of their chosen weight class.

Example:

- Wrestler A has chosen to compete at 138 lbs. They must weigh less than 143.5 lbs. on the day of the challenges.
- If they weigh greater than their 4% allowance, they may challenge at the next weight class.
- In this situation, the Wrestler at 145 lbs. will not be asked to be in the 4% allowance, since they were not notified of the challenge.

After the wrestle-off, the losing wrestler may challenge again during the next wrestle-off. Once two particular wrestlers have three consecutive wrestle-off results, they will not be able to challenge again at that weight.

Example:

- Wrestler A and Wrestler B are competing for 152 lbs.
- Wrestler A won match one
- Wrestler B won match two
- Wrestler A won the next three matches
- Wrestler B would no longer be able to challenge Wrestler A at 152 lbs.
- In this situation, if Wrestler A was to change weight classes, Wrestler B could begin a new round of wrestle-offs to compete at the new weight class.

During Team Dual competitions, wrestlers could wrestle either the weight class they weigh in at, or a weight class above, depending on the coaches' discretion in the best interest of the team. The coaching staff has the final decision on who is, or who is not, wrestling in team dual competitions.

Post-Season Weight Class decisions are due to Coach Haley by Monday, January 25, 2022.

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13

14	15	16 Freshman Frenzy	17 Freshman Frenzy	18 Freshman Frenzy	19 1 st Practice	20 AM practice
21	22 Regular Practice	23 Regular Practice	24 Early Practice	25 Thanksgiving	26 AM practice	27 Scrimmage
28	29 Regular Practice	30 Regular Practice				

DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Regular Practice	2 Regular Practice	3 Regular Practice	4 Scrimmage
5	6 Regular Practice	7 Regular Practice	8 Regular Practice	9 Regular Practice	10 Regular Practice	11 BEAR DUALS
12	13 Regular Practice	14 Regular Practice	15 Regular Practice	16 Regular Practice	17 KING of MOUNTAIN	18 KING of MOUNTAIN
19	20 Regular Practice	21 Regular Practice	22 OJR-Home	23 AM practice	24 OFF	25 OFF Christmas!
26 AM practice	27 AM practice	28 Gov. MIFF Tournament *JV	29 Gov. MIFF Tournament	30 Gov. MIFF Tournament	31 AM practice	

JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 NO PRACTICE

2	3 Regular Practice	4 Regular Practice	5 @ Spring-Ford	6 Regular Practice	7 Regular Practice	8 Parkland Duals
9	10 Regular Practice	11 Exeter HS Away	12 Methacton Home	13 Regular Practice	14 Regular Practice	15 ETR
16 ETR	17 Regular Practice	18 Regular Practice	19 Perk Valley Home	20 Regular Practice	21 Regular Practice	22 PAC Tourn.
23	24 Regular Practice	25 Regular Practice	26 @ Norristown	27 Regular Practice	28 Regular Practice	29 SENIOR NIGHT! 6pm

FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Regular Practice	1 Regular Practice	2 Regular Practice	3 Regular Practice	4 District Duals	5 District Duals
6	7 Regular Practice	8 Regular Practice	9 Regular Practice	10 TEAM STATES	11 TEAM STATES	12 TEAM STATES
13	14 Regular Practice	15 Regular Practice	16 Regular Practice	17 Regular Practice	18 Regular Practice	19 Regular Practice
20	21 Regular Practice	22 Regular Practice	23 Regular Practice	24 Regular Practice	25 Districts	26 Districts

MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Post season practice	1 Post season practice	2 Post season practice	3 Post season practice	4 SE REGIONALS	5 SE REGIONALS

6	7 Post season practice	8 Post season practice	9 Post season practice	10 PIAA STATES	11 PIAA STATES	12 PIAA STATES
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

BOYERTOWN WRESTLING PARENT'S HONOR CODE

- I understand and endorse the purpose of our program: *To help each wrestler become a person of integrity who will lead, be responsible, and change the world for good.*

- I will support the coaches by applauding behaviors in my child and teammates that demonstrate characteristics of integrity, empathy, sacrifice, and responsibility.
- I will acknowledge and appreciate every wrestler’s growth towards maturity and efforts toward establishing stronger relationships with teammates, coaches, and themselves.
- I will affirm my child and teammates when good character, healthy sportsmanship, and others-centered behaviors are displayed. I will not only praise athletic performance or a victory.
- I will serve as a role model for our players by talking politely and acting courteously towards coaches, officials, other parents, visiting team parents, and spectators at practices, competitions, and meetings.
- I will model good sportsmanship, acknowledge and applaud the efforts of team members and opponents, accept defeat graciously by congratulating the members of the opposing team on a competition well done, and support the team regardless of how much or how little my child competes or what the win-loss record is.
- I will encourage my child and his teammates with positive statements, even when they make mistakes. I will remember that at every practice they are growing physically and emotionally, are learning moral and ethical lessons and are developing character.
- I will refrain from boasting about my child’s accomplishments.
- When problems or questions arise, I will have my child present the problem to the coach, knowing that this develops self-advocacy. After they meet with the coach, if the issue requires more clarity, I will contact the coach.

Because I am a parent with the power, position, and platform to make a positive difference in the lives of all wrestlers, I commit to this honor code. When failing to live up to these standards, I will allow for accountability and take responsibility for my actions.

(Signature)

(Date)

CONTACT INFORMATION

Wrestler’s Name _____

Wrestler’s Primary # _____

Parent/Guardian Name(s) _____

Parent/Guardian Primary # _____

Home Address _____

Email Address _____

Best Way to Contact You Call Text Email

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