

WRESTLING PRACTICE GUIDELINES

Aug. 24-Oct.2 - Off season type practices.

This week all wrestlers that do not have their physicals in will have to sit out. It is very important that you get this done as soon as possible.

Wrestlers with physicals will go through the same workout.

Starting Monday, Aug. 31st

Wrestlers are expected to be in the cafeteria dressed out by 1:15 with home work. "I don't have any." is not an acceptable excuse. Bring something. At 1:45 you will have five minutes to put up your back-packs and get to workout. Failure to follow these directions will result in an opportunity for improvement with one of the four coaches.

We will then divide in to two groups.

Group 1) all advanced wrestlers will began workouts with Coach Dunn. Group 1 will lift Monday – Thursday during the period.

Group 2) all girl wrestlers and new boy wrestlers will began basic technique workouts with Coach Maurer, Coach Nobles, and Coach Spengler. We will also lift on Tuesdays and Thursday from 2:45 to 3:30. Bus riders need to find an alternate ride on those days.

After one week of basics the advanced girl wrestlers will join group one with Coach Dunn.

Oct. 5 – the end of season - we will have regular practices.

Varsity boys will practice during the period till 3:30 and the will lift in the mornings at 6:30 on Mon and Wed.

Varsity Girls and JV Boys will have no morning lift. We will lift and condition during the period. We will have practice in gym C from 3:30 to 5PM.

Christmas Break Practice – Dec.21, 28- Jan.1- These practices are Mandatory for all Varsity Boy and Girl Wrestlers.

EXPECTATIONS

- 1) Be at practice everyday ready to work. Meaning you have clean workout clothes and shoes. I forgot my stuff is not an excuse.
- 2) If for any reason you are going to miss practice you must call a Coach and leave a message. Not a text. Calling your teammates is not acceptable. Boys call Coach Dunn and Girls call Coach Maurer.
- 3) If you are single blocked you will be expected to attend morning lifts that occur on A/B -days.

- 4) If you are single blocked you will be expected to make up any conditioning that occurs on A/B-days after practice at 5PM.
- 5) If you fail to make up missed workouts you will have an opportunity for improvement with one of the four coaches.
- 6) If you ride the bus you will have to find an alternate ride home during the season.
- 7) If you work make sure your employer knows you will not be available until 5PM.
- 8) If you are injured you are still expected to be at practice. The trainer is the only person that will determine if you are injured or not. No self diagnosis. Always go to the trainer first before you go to a doctor.
- 9) Shower right after practice. Don't wait 30 minutes till your sweat dries. This will help prevent staph and ring worm. You need to turn in towel fees now \$20.00 for the year. Cash or a check written out to Martin High School is the only acceptable payments. "I never use the towels." Is not a reason not to pay.

STUDENT SIGNATURE: X _____ **DATE:** _____

PARENT SIGNATURE: X _____ **DATE:** _____

Head Boys Coach – Patrick Dunn 817-507-7520
Assistant Boys Coach – Matt Spengler 610-737-7613
Head Girls Coach – Jake Maurer 817-456-5517
Assistant Girls Coach – 817-879-8842