



HEAD COACH- IAN TAYLOR PHONE 396-6482

EMAIL: ITAYLOR@BLACKFOOT.NET

ASSISTANT COACH- AUSTIN OUELLETTE PHONE 207-2169

VOLUNTEER ASSISTANTS- KEVIN SPARKS & MIKE THILMONY

Parents Preseason Meeting

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PROGRAM PHILOSOPHY

The basic philosophy of the Bluehawk Wrestling Program is to instill values in our athletes that will help them to become successful citizens after high school athletics through the lessons they will learn throughout the season as a Bluehawk wrestler. Primarily this will happen through setting goals and what you will commit to achieving them. Hard work, Dedication, Commitment, Sacrifice, and the relentless pursuit of our goals will be at the heart of our team philosophy. Nothing worth achieving comes easy and you need to be prepared in advance that the next twelve weeks of your life will be both physically and mentally taxing.

Further on our wrestling creed: We will always be offensive minded and looking for our next opportunity to score and after that we will score some more.

EXPECTATIONS

What you can expect from the coaching staff:

We will do whatever is necessary to help your student athlete to achieve their highest level of success. We will be fair and equitable in the treatment of team members regardless of experience or success expectations including: technique instruction, conditioning and weight training instruction, nutrition education, and sportsmanship. After teaching your athlete how to become a better person through the above mentioned qualities-my personal goals are to place 3 to 5 wrestlers at the state tournament every year. We finished 22nd out of 44 teams last year. This year I expect to finish top 10 team wise. (A State team title or two would also be nice...but first things first.).

If you encounter a problem during the season please see me (Coach Taylor) first. I am 100% committed to provide your athlete a positive athletic experience. We will resolve any situations or actions that undermine this outcome. If after meeting with me you feel the situation hasn't been resolved feel free to contact the Athletic Director Chadd Laws, and then Principle Glenn Garrison, and finally Superintendent Jason Slater. They can all be contacted by phoning the high school office at 827-3561. Please contact me first. I'm very reasonable and have the athletes best interest first in mind.

What the Coaching Staff expects from student athletes:

Be committed to this sport and all that it demands- Come to practice every session ready both physically and mentally ready to perform at your best. Make the weight that you, your family or guardians, health care provider, and coaching staff have determined to be most healthy for you and your best chance at a successful season for us. Finishing in the top four of eleven teams at divisionals to qualify for State is nice, but we must raise the bar concerning what is a truly a good season for both the team and individually. During competitions be ready to give your best and show exemplary class and sportsmanship win, lose, or draw. You must not be afraid to fail. You are required to give 110% effort every time you step on the mat regardless of the opponent or anticipated outcome. We do not accept excuses. You control what happens on the mat no one else. This is done by being properly prepared (conditioning, technique work, hard work during practice etc.) and with each match, success or failure, you will review your performance with coaching staff and we will help you to improve. Support and cheer for your teammates. When you are not wrestling or warming up be a positive influence to your teammates getting ready to compete. When we travel your actions represent the team, your family, and the community. Above all we are champions of a first class organization. Please dress appropriately. Collared shirts are preferred. No holey jeans. Inappropriate language or slogans on clothing is not permitted.

What we expect from Parents and supporters/spectators of the program:

Cheer!!!! We want lots of excitement and positive applause for our grapplers. There's nothing more exciting than a bleacher full of screaming fans after a big win! You as spectators represent our program to the communities that host our athletic contests. The athletes will be on their best behavior and we expect the same from you. There will be questionable calls from our Refs. It happens every year. The coaching staff will handle this. Do not make "cat calls" or attempt to humiliate our referees, it is a poor reflection on our program and will not be accepted. If you want to coach your kid from the bleaches that's fine. I will not attempt to shout over you. The staff will have been with your athlete through many hours of practice and competition and will be very aware of each athlete's strengths and weaknesses. A better approach would be for you to contact me after the match or event in person or by phone to discuss what you think would be a more successful strategy.

WEIGHT MANAGEMENT

I will not require any athlete to "cut" an unhealthy amount of weight. With that being said nearly all athletes should plain to lose weight during the season due to increased exercise and our intense training regime. As athletes you should fuel your body with nutrient rich foods and supplements. A diet high in protein and slow burning carbohydrates, and low fat content is most desirable for athletes that want to compete at a high level. Caffeine, Energy Drinks, other quick Energy boosters, and fast foods are undesirable and counterproductive to us as athletes. Any food high in fat and sugar should be avoided- potato chips, soda, any candy, white bread, and all junk food should be avoided if you plan to compete at a high level. Protein bars or powder supplements are recommended to help meet the requirements of our high performance athlete's diet. You must feed the machine high quality foods to produce high quality results. On this topic you are not allowed to wear "vinyls, plastics, sauna suites, or other weight loss garments" during scheduled varsity practices. I believe that a little weight loss is good for everyone and you should plan to lose between 5 and 10 pounds during the normal course of the season. Please keep in mind that you will get a 1 pound growth allowance in Janurary and an additional 1 pound allowance in Feburary.

TEAM RULES

Athletes wishing to participate in the upcoming Bluehawk wrestling season will obey and conform to all requirements listed in the student athlete handbook provided by the school district. Because you want to become a Bluehawk Wrestler the following rules will also apply to all members of our team:

Academic Eligibility: If you become academically ineligible twice during the season you will hand in your equipment and no longer be part of the team. You will not be eligible to letter or receive any other awards from the program. If you cannot maintain a C average academically and turn in your assignments on time you have not embraced the principles of our program- responsibility, leadership, time management, hard work, and commitment to what it takes to be part of this program.

Conduct: Be advised that as an athlete of our program you will be under public scrutiny and that your actions are a reflection on our program, yourself and family, and our community. At all times we will conduct ourselves in a manner that reflects the highest aspects of sportsmanship, respect, and humility. Failure to comply with this code will result in disciplinary action and possibly dismissal from the team.

Be respectfully of your teammates and competition. Hazing in any form will not be tolerated and could result in dismissal from the team. This means in the locker room, in the room, on the bus, at any competition, or during the course of any time during the length of the season. You are expected to be respectful of your competition. You may not like them or their coaches but, you will look them in the eye and shake their hands after each match.

When we are at a competition we are there to compete and support our teammates. If you get eliminated early from the competition you will not be roaming the halls looking for girls or engaging in any other destructive behavior. I'm not your babysitter and have a responsibility to athletes still in the competition to give them the best coaching I can. Stay in the stands and watch wrestlers competing in your weight class, maybe you can learn what good wrestlers do to be successful.

If you have a girlfriend attending the competition I will not tolerate excessive PDA's. You must keep focused on the task at hand. There will be time after the competition for socializing.

Failure to comply will result in disciplinary action and possible dismissal from the team.

Alcohol, Drug, and Tobacco use is prohibited during the athletic season. I'm pretty sure none of you are twenty one, so it is against Montana State law as well. This means on the bus, at competitions, practice, or anywhere during the course of the season. These products are detrimental to athletic performance.

Please be responsible with social media- texts, facebook, email, etc. Once you it send it becomes pernanate public record. Believe me, inappropriate messages always come to the surface and will come back to haunt you. Disciplinary action will result for those sending innappropriate messages.

Of course it goes without saying that you as the athlete will always respect your coaches and do what they ask of you. There will be times when you don't like what the coach asks you to do or has to say about your performance, but you will always respect us. (We've all been through this too, and it's a tough season).

You will issued a singlet, warm ups, and a gym bag. Head gear and knee pads are available. You are financially responsible for all equipment issued to you. Please keep track of your equipment.

HYGIENE

Every athlete is required to wear clean practice gear. Two days max. If you don't have a washing machine available or have enough practice gear, talk to me I have at least one hundred tee shirts and lots of shorts I will lend you. You are required to shower after every practice. No exceptions. It is recommended that you wear flip flops into the shower to avoid athletes feet. I will have the mats cleaned at least every other day to help avoid skin diseases. No one wants to practice with a partner that stinks. Anti microbial skin cream will be available for you to apply at the beginning of each practice and competition.

PRACTICE AND COMPETITION SCHEDULE:

The practice schedule is provided through the first week of January in this handout. I will publish a schedule for the rest of the season prior to Christmas break. You are required to attend every scheduled practice. Practice will begin sharply at scheduled times and will end at posted times. Failure of any team member to be ready for practice at the scheduled time will result in penalties that the team will work off at the end of practice. Athletes that are traveling to Family functions during scheduled Holiday breaks are excused provided a parent or guardian contacts myself or Coach Ouellette prior to the anticipated absence. Three unexcused absences from practice will result in your dismissal from the team. Telling your buddy to tell coach that you won't be at practice is absolutely unacceptable and will be severely frowned upon, and also counted as an unexcused absence. You or your guardian must contact me or Coach Ouellette to be excused from practice. **I will not bend on this issue.** If you become a distraction at practice through lack of effort, fighting, jacking around, or anything else disrupting the athletes desiring to improve during practice you will be sent home and it will count as an unexcused absence. Practice time is sacred and I will not tolerate misuse of that time.

On Monday of each week that we have competition we will wrestle off to determine who earns the varsity spot for any weight that is being contested. If you win, you are expected to compete at that weight and will not be allowed to compete at another weight without earning the right to do so.

We will have itineraries to each athlete, their families, and teachers as far in advance as possible. Please provide your email address to me and I will send schedules to you.

CONCUSSIONS

Concussions are a serious matter that we are faced with today. If you are suspected of being concussed you will be required to sit out of all competition and practice until you cleared for "full contact practice and competition" by a medical professional. There are no exceptions to this

rule. The athlete's long term health and safety are far more important than any match or competition, even the State finals.

CAPTAINS

Captains will be determined by the coaching staff when it has been decided that the athlete has shown the attributes that positively reflect the philosophies of the program; These include but are not limited to: strong work ethic, on time, positive attitude, makes weight, gives maximum effort, encourages teammates, and did I mention that these individuals will have a strong work ethic and will push themselves and teammates when the coach isn't looking? You can be a freshman or a senior to be captain. Your effort will be the deciding factor.

LETTERMAN REQUIREMENTS

To letter for the Bluehawks Wrestling program you must meet at least one of the four following requirements:

- Win at least 10 varsity matches
- Place at the divisional tournament (top 4)
- Place at State (top 6)
- Coaches discretion

AWARDS BANQUET

We will have an awards banquet at the Elks Lodge approximately two weeks after the State Tournament. Dinner will be provided free to athletes and their immediate family (mother, father, brother, and sisters) or legal guardians. Awards will be presented to athletes in the following categories: Most Wins, Most Pins, Most Improved, and Outstanding Varsity Wrestler (largely decided on by State placement).

FINAL NOTE

Folks the time has come to step up and make Thompson Falls a State Powerhouse in wrestling again. Our staff is dedicated to seeing this happen. We will do whatever is necessary to prepare your athletes for competition. However, we cannot do it alone. We must have your support and efforts in order to make our program successful. Thanks in advance for your cooperation.

Student signature:

Date:

Parent signature:

Date: