

MEADE HIGH SCHOOL BUFFALO WRESTLING

Philosophy

I believe that is my role as a coach to assist each and every player in reaching his potential as a person, a student, a citizen, and an athlete. I believe that this can be accomplished by building a program through servant leadership, teaching, motivation, and mentoring. My philosophy for leading this team can be summed up by Paul in Titus 2: 6-8

Similarly, encourage the young men to be self-controlled. In everything set them an example by doing what is good. In your teaching show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.

Vision

To develop young men as people, students, citizens, and athletes who will be strive for excellence in all that they do.

Mission

Play Hard - Play Smart - Play to glorify God

[“Once you've wrestled, everything else in life is easy.”](#) Dan Gable

Buffalo Character

Character C.H.A.M.P.I.O.N.S.

- **Caring**
- **Honest and Trustworthy**
- **Adventurous (Courageous)**
- **Merciful and Just**
- **Persistent**
- **Imaginative**
- **On Point (Responsible)**
- **Nice (Respectful)**
- **Self-Disciplined**

“More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill - none have wrestled without pride.”

Dan Gable

Program goals: The main goal of our wrestling program is to improve everyday as a person, student, and wrestler. You are a role model in the community and should do so in a positive manner.

What I expect from athletes.

Order of important – God, Family, School, Wrestling

Act like Gentlemen

Keep your grades up – Don't be on the assignment list

Effort – Not everyone can be a star, but everyone can give effort

Commitment

Unselfish – THE TEAM COMES FIRST!

Self-Discipline

Be Positive

Take pride in our program

NEVER, EVER QUIT!

What you can expect from me.

Respect

Honesty

Discipline

TEAM FIRST – What's best for the team

Organized

Dedication

Take pride in our program

Intense

Be positive

I will be your biggest fan

Coaches' job is to love the players

The players' job is to love each other

Practice Procedures

Practice: we will practice daily starting at 3:45pm to 5:45pm. If you cannot attend a practice for some reason you must inform my prior to that practice. (E-mail, Text, Phone Call)

Practices are required. Those who miss without notifying the coach will suffer the following consequences

1st – Conditioning workout

2nd – Conditioning workout plus no competition for that week

3rd – Dismissal from Team

Those who continually arrive late to practice will have additional work after practice.

Vacation and Saturday practices will be announced. Everyone is expected to attend unless he has been excused.

Equipment Care

Match equipment will be provided for you. You are expected to take care of it and not lose any items. Make sure not to leave it lying around after competitions or practices. You are responsible for washing all your practice and competition clothing. Do so nightly. Wrestling shoes are your responsibility to buy.

Appearance

Clean shaven for Competition

Hair not below shirt collar in the back and on the sides shall not extend below the earlobe.

Mustache cannot extend below lower lip

Fingernails cut

How bad do you want it? Winners are workers!

Team Appearance

You are representing Meade High School and are expected to use good taste in dress while on trips. You are expected to carry yourself as a champion both on the mat, off the mat, and in the classroom.

Diet and Health

In wrestling it is very important to maintain peak physical condition. Your diet and health practices directly affect your physical ability. An athlete that misses practice due to illness will quickly fall behind.

TAKE CARE OF YOURSELF. Dress warm for cold days; wear a hat on your wet head. The key to proper weight loss is burning off more calories than you take in. This negative balance will result in a loss of body fat and will allow you to maintain your strength. If you choose to take in excessive calories, be willing to spend the extra time to burn them off.

Please watch the intake of the following foods.

Sodas

French Fries – and other fried foods

Chips

Pastries – cookies, cakes, donuts

Candy

A Competitor – Perhaps the highest tribute an athlete can earn that you compete at all times in every situation. You never quit. Your pride won't allow it.

Grades and Eligibility

YOU ARE HERE TO GET AN EDUCATION. That's first! You must get a good grade in order to participate. If you don't do the job in the classroom, you won't do the job on the mat and you will not be around very long. We want you to succeed in the classroom as well as on the wrestling mat.

Never skip class

Inform teachers ahead of time when you are going to be gone.

Sit near the front of the class.

Strive for excellence in the classroom

Letter Awards

Varsity letter awards will be granted to wrestlers fulfilling the following requirements:

Finish the season as a regular team member in good standings

Demonstrate loyalty to the program and participate in all team functions on a regular basis.

Compete in 50 % of all scheduled meets or

Finish in top three of league tournament or

Place in top 8 at state tournament

The coach always has the final say in lettering.

“Champions give it everything they've got, when less would have been sufficient.”

TRANSPORTATION POLICIES – GENERAL INFORMATION

Participants in activities are to use school transportation. Any exceptions will be made by a school administrator. A letter from the parent is required. The note will be initialed and a copy placed in the head coach's mailbox. Students are to travel only with parents/guardians. If at the conclusion of a game a student wants to ride home with his/her parents, the parents must talk to the coach and sign the bus list. Prior to leaving an event, the coach should take attendance to make sure all persons have been accounted for.

It is recommended that students be discouraged from riding back with their parents as each athlete should be with their team after an athletic contest or activity. The only exception of not taking the team bus/van back or going home with a parent, is when the parent has given written permission for their child to be transported home with another adult. This must be submitted in writing and approved by the Principal or designee before departure from Topeka High School. Students on activity trips are ambassadors for their school and district. We expect the best in terms of behavior and conduct. The USD #226 Bus Guidelines are to be enforced. The coach is in charge of discipline. The type of dress for participants is the coach's jurisdiction.

TRANSPORTATION WAIVER

Transportation is provided to and from athletic contests by the school district. However, due to convenience or personal reasons, parents may request that their son/daughter find alternative means of transportation to practice or an event.

Furthermore, in order to provide Meade High athletes with appropriate practice experiences, there may be times when practice will be held at other sites other than Topeka High School. Since district sponsored transportation will not always be available, athletes may need to find their own means of transportation. Athletes and parents/guardians must have a **Transportation Waiver** on file with the office before being allowed to drive to activities or practices.

There are many roads in life

The road to the top takes

BLOOD, SWEAT, and TEARS

Standards of Hygiene and Nutrition

- WASH practice uniforms daily, including socks. Let shoes, knee-pads, and head gear air-dry daily (do NOT leave in lockers or closed bags). Clean shoes, kneepads, and head gear weekly.
- DO NOT SHARE ANY GEAR.
- **Shower immediately after practice.**
- No street shoes on mats at any time.
- No food or drinks on mats at any time.
- Remove all trash and food items from wrestling room daily.
- Clean mats with sanitizing solution before every practice.
- Inspect your skin daily for any cuts, abrasions, boils, or rashes and notify coaches immediately of any skin changes.
- Cover cuts and abrasions.
- Get a flu shot. – if you can
- If you have a fever you may not practices with the team.
- Do NOT attempt to lose weight by dehydration or supplement use. If interested in changing weight, coaches can assist with developing a plan of proper nutrition and exercise.
- Personal water bottles must be cleaned daily and brought to practice, labeled with your name. Do not share bottles.

Losers make promises

Winners make commitments.