

Lincoln-Sudbury Regional High School

Wrestling

2025-26



Parent/Athlete Handbook

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This Handbook is designed to provide wrestlers and parents with answers to questions they may have as well as clearly communicate the expectations for all members of the team.

WHY WRESTLE?

Wrestling prepares a person to compete in the game of life. The wrestler is the athlete that must meet their opponent and do battle completely on their own. There are no bats or balls, no pucks or sticks. No pads or helmets or jerseys.

There's no time to rethink strategy, call time-out, or even catch your breath. There's only you, and your opponent of equal weight and size. Experience, preparation and the will to succeed will determine the victor.

You have no one to check, screen, block or assist you in any way; there is nobody to pass the ball to and no one to blame for your mistakes. When you win, you must display quiet pride and modesty; when you lose, the responsibility is yours.

Success factors in sports are part God-given (i.e. height and size) and part acquired (i.e. endurance). Wrestling does not favor athletes of any particular height, size, weight, muscle type, race or social class.

Wrestlers learn, by the nature of the sport, that long-term success has much more to do with the investment made than the "natural" gifts one is given.

Wrestling truly teaches life skills and values. More than any sport, wrestling prepares you to succeed in the game of life.

"Once you've wrestled, everything else in life is easy."

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

- Coach Dan Gable

2025-26 COACHING STAFF

Joel Mode - Head Coach

Cell: 978-771-6046

Joel has been a member of the L-S coaching staff since 2003 and enters his fourth season as Head Coach. He is a co-founder of L-S Youth Wrestling, MetroWest United Wrestling Club, a graduate of Wayland High School and University of Massachusetts-Amherst. Joel is employed at Wayland HS as a Special Education teacher.

Ray Isaacs - Assistant Coach

Ray will be entering his seventh season at LS and is on the coaching staff at MetroWest United Wrestling Club in Natick. He attended Johns Hopkins University and is taking a leave of absence at Wayland HS, and is a stay at home dad for his baby girl.

Steve Abusheery - Assistant Coach

Steve will be back for his fourth year assisting and is also the Head Coach of the LS Youth Wrestling team. Prior to joining the staff, he spent two years as an assistant coach at North Attleboro HS. He is a 2020 graduate of Plymouth State University where he was a member of the wrestling team for four years. Like Ray, he is also on the staff at MetroWest United Wrestling.

Additional Part Time Coaches

- **Diego Contreras - Lightweights/Middleweights**
- **Carter Mode - Heavyweights/Middleweights**
- **Andrew Marshall - Heavyweights/Middleweights**

GUIDELINES

Practice

Practices will start promptly at 3:45 PM Monday–Friday and will typically end no later than 5:45 but could change as the season progresses. Wrestlers should be in the room preparing for practice no later than 3:40.

Practice Attire/Gear

All wrestlers must wear a clean t-shirt tucked into their practice shorts. Please bring an extra, clean t-shirt to every practice. All workout clothes and gear must be washed daily. Wrestlers should bring a water bottle every day – bring as much water as you need. Do not share water bottles.

Equipment

Each wrestler is responsible for all L-S equipment issued. Parents will be billed for any singlets not returned at the end of the year.

Vacations

All winter sports fall at a tough time on the calendar. There are two school vacations during the season: Christmas break and February winter break. We will practice and compete during both vacation weeks. All wrestlers are expected to attend these events.

Please do not plan family vacations during the season. If you have already made plans that cannot be changed, the coaching staff needs to know in advance.

Communication

Email is an important part of our communication. All wrestlers are required to check their email daily for team updates. Coaches may also send individual emails to wrestlers and will expect a timely response.

The best way to contact your coaches is by phone/text and then a follow-up email. When leaving a voicemail, leave your name and a number where you can be reached. Please send your emails and questions to lswarriorwrestling@gmail.com.

Practice Absence Procedures

If a wrestler is going to be absent from practice on any occasion, the student must text or email Coach Mode prior to the start of practice. Three unexcused absences could result in dismissal from the team.

Practice Attitude

Team members are to show good character on the mat as well as off. Hazing, foul language and childish stunts will not be tolerated.

Assigned Jobs/Responsibilities

Each season, jobs will be assigned to individuals whom the coaches feel have earned the right to hold positions of responsibility within the team. Completing your assigned job is a big part of practice and competition preparation.

Showering After Practice

All wrestlers are REQUIRED to shower immediately after practice in the locker room. This is mandatory – no exceptions.

Skin Rashes

Any kind of skin rash should be brought to the attention of a coach immediately. If contagious, the wrestler will need to get a doctor's note granting him permission for competition. There is a MIAA form that needs to be picked up from the coach to take to the doctor to clear them for competition. Simply covering the rash is NOT acceptable for competition. Whenever in doubt – get it looked at immediately by a medical professional, preferably a dermatologist. For the safety of all LS students, skin conditions will be reported to the LS Nurses and Athletic Department periodically.

Injury Policy

1. If you are injured, you are still required to attend practice and participate as much as possible (learning moves, drilling, conditioning). If you feel your injury is so severe that you cannot practice - please contact a coach.
2. If you need to see the trainer, please notify a coach first and then go to the athletic training office. If the trainer is not in their office, come back to practice immediately.

EVENT INFORMATION

Basic Procedures

We are a team! This means we will always support each other. After every match you wrestle, WIN OR LOSE, you are to keep your emotions under control. Run off the mat and go outside the competition area and jump rope, run sprints and do pushups for 10 minutes. Use this time to think about what you just experienced in your match. Learn from it and start mentally preparing for your next match.

Home Meets (Duals)

All wrestlers must attend dual meets from start to finish. We will need everyone to move the mats to and from the wrestling room.

- **Dual-day Attire:** School Attire - a button down shirt with a tie, pants, belt and appropriate shoes.
- **Weigh-ins:** Official weigh-ins will occur approximately 1 hour before the meet starts. Wrestlers will be informed when to report to the wrestling room.
- **Food:** Wrestlers will have the opportunity to eat after weigh-ins. Each athlete will be responsible for their own food. Please, only healthy items – no junk food. Use the coaches as a resource for guidelines on proper nutrition.

Away meets (Duals)

We will always meet in the wrestling room immediately after school (unless the team is dismissed early) and check weight. All wrestlers must travel with the team both to and from the event.

- **Dual-day Attire:** School Attire - a button down shirt with a tie, pants, belt and appropriate shoes.
- **Courtesy:** Each athlete is expected to keep the bleachers clean at all competitions. Pack out what you pack in.
- **Food:** Wrestlers will have the opportunity to eat after weigh-ins. Each athlete will be responsible for their own food. Please, only healthy items – no junk food. Use the coaches as a resource for guidelines on proper nutrition.

Tournaments/Quad Meets

We compete in tournaments and quad meets almost every weekend during the season. For Saturday events, we will meet in the wrestling room unless otherwise stated. Departure times will be communicated at practices, via email and on the website. All wrestlers must travel with the team both to and from the event.

- **Tournament/Quad Day Attire:** The day of a tournament/quad meet, all wrestlers must wear matching team attire (warm-ups). Take pride as an athlete representing LS. After weigh-ins, change into singlet and warm-ups. Bring a clean towel and soap to all tournaments.
- **Awards:** All wrestlers who place at a tournament will stay for the awards ceremony and must wear LS Wrestling team apparel on the medal stand. No hats on the medal stand.
- **Weigh-ins:** Be on-weight and ready to weigh-in as soon as we arrive at the tournament venue.

Starting Lineups

The starting lineup for all dual meets is determined by the coaching staff. At dual meets, wrestlers should always be ready. Wrestling a dual meet can be like a game of chess. Understand that it is possible your coaches could have you warming up even if you are not competing that day. Wrestlers are sometimes told to wrestle at a heavier weight class during a dual based on the other team's line-up. BE READY!

The varsity line-up for regular season tournaments may be determined by wrestle-offs and/or coaches' decisions. A wrestler holding the varsity spot must lose two straight matches to the same wrestler in order to lose their starting position for an upcoming tournament.

Lettering Criteria

Awarding of varsity letters is always at the discretion of the coaches. To be eligible to qualify for a letter, you must wrestle a minimum of 8 varsity matches.

Academics

All LS wrestlers are student-athletes, and "student" comes first. Wrestlers must be able to balance their school load and their athletic load at the same time. It is your job as an athlete to take responsibility and seek academic help if you need it. Talk to the coaches if you are having trouble — we will be happy to help or find someone who can assist.

Academic Eligibility

Wrestlers must maintain a passing grade in at least 4 major classes (LS Athletic Department policy).

2025-26 Weight Classes

- Mixed Gender: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215 & 285
- Girls: 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

All weights receive a 2 pound growth allowance after January 1. A wrestler must have made "scratch weight" at least once to be granted the 2 pound growth allowance.

Weight Management

Every wrestler's lowest allowable weight class is determined by an authorized medical professional. Weight certification will take place during the first 10 days of practice and the official MIAA Weight Certification sheet must be signed by the Doctor, Wrestler and Parent and returned to the coaches immediately.

Maintaining weight is important for success - your coaches will never "force you to cut weight". It is a wrestler's choice if they wish to go to a lower weight class (within the coach's parameters). It is the responsibility of each wrestler to make weight.

Parental Support

Our team needs all the parent support we can get, including help with fundraising. If allowed, we will need support at our home dual meets with concessions. If you are available to help, let the coaches know. Your support is always greatly appreciated.

2025-26 LS WRESTLING TEAM RULES

1. **Be on time.** Be ready to wrestle or workout at the start of practice.
2. **Attend every practice.** If you are not able to practice, the coach must be notified with a phone call, text or email from the wrestler, or under extenuating circumstances by the parent.
3. **Make your assigned weight for every dual meet or tournament.** This is the responsibility of the wrestler – not the coach or the parent.
4. **Any skin rashes must be reported to the coaching staff immediately.** It is the wrestler's responsibility to obtain a doctor's note.
5. **All wrestlers are to be respectful at all times.** No disrespectful actions will be tolerated toward coaches, referees, teachers, teammates, opponents, etc.
6. **Proper uniforms must be worn at each practice, tournament and dual meet.** It is the wrestler's responsibility to keep clothing clean and ready for each event.
7. **Always keep a positive attitude.** Negativity will not be tolerated.

L-S WRESTLING 2025-26 SCHEDULE

(Subject to Change)

<u>Date</u>	<u>Weigh In</u>	<u>Start Time</u>	<u>Location</u>	<u>Opponent/Event</u>
12/13	9 AM	10 AM	Sharon HS	Quad: Sharon, Somerset-Berkley, Hopkinton, BC High
12/17	5 PM	6 PM	L-S	Dual Meet vs. St. Johns High School
12/20	8 AM	9 AM	Wayland HS	Wayland Holiday Tournament
12/23	5 PM	6 PM	L-S	Dual Meet vs. Wayland *
12/27	8 AM	9 AM	Framingham HS	Dan Balboni Holiday Tournament
12/30	9 AM	10 AM	Marlborough HS	Quad: Marlboro, Middleboro, Foxboro, Worc. Tech
1/3	8 AM	9 AM	Watertown HS	Quad: Watertown, Wilmington, Lynn, Woburn
1/7	5 PM	6 PM	Northbridge HS	Dual vs. Northbridge
1/10	9 AM	10 AM	Springfield Central	Springfield Central Wrestling Festival
1/15	5 PM	6 PM	Boston Latin	Dual Meet vs. Boston Latin *
1/17	8 AM	9 AM	Bedford HS	Quad: Bedford-AB, Lowell, Nashua North
1/21	5 PM	6 PM	L-S	Dual Meet vs. Westford Academy *
1/24	9 AM	10 AM	New Bedford HS	Whaler Invitational Tournament
1/28	5 PM	6 PM	Xaverian Bros. HS	Dual Meet vs. Xaverian
1/31	9 AM	10 AM	Marshfield HS	Quad: Billerica, Belmont, Norwood. Marshfield
2/4	5 PM	6 PM	L-S	Josiah Quincy Upper School (Senior Night)
2/7	9 AM	10 AM	Greater Lowell Tech	Quad: Greater Lowell, Winchester, Gloucester
2/11	5 PM	6 PM	L-S	Dual Meet vs. Concord-Carlisle *

* Dual County League Match

Girls-Only Tournaments - Tentative Events

<u>Date</u>	<u>Weigh-in</u>	<u>Location</u>	<u>Description</u>
12/27	TBD	Framingham HS	Dan Balboni Women's Tournament
12/28	TBD	North Andover HS	North Andover Girls-Only Tournament
1/11	TBD	Belmont HS	Brendan Grant Memorial Girls Tournament
1/11	TBD	Springfield Central HS	Lady Eagle Invitational
1/18	TBD	Mahar Regional HS	MLK Day Girls-Only Tournament
2/8	TBD	Excel School	Girls Last Chance Tournament

Junior Varsity Tournaments - Tentative Events

<u>Date</u>	<u>Weigh-in</u>	<u>Location</u>	<u>Description</u>
12/27	8 AM	Natick HS	Natick JV Tournament
1/12	TBD	Brookline HS	Brookline JV Tournament
1/18	TBD	Holliston HS	Holliston JV Tournament
2/9	TBD	Natick HS	Who's #1 Freshman Tournament

Post Season Schedule - Select Varsity Wrestlers Only

<u>Date</u>	<u>Weigh-in</u>	<u>Location</u>	<u>Description</u>
2/14	7:30 AM	TBD	D1 Central/West Sectional Tournament
2/20	10 AM	TBD	D1 State Championships (Day 1)
2/21	9 AM	TBD	D1 State Championships (Day 2)
2/27	2:30 PM	TBD	All-State Tournament (Day 1)
2/28	10 AM	TBD	All-State Tournament (Day 2)