

**Lincoln-Sudbury Regional High School**

# **Wrestling**

## **2021-22**



## **Parent/Athlete Handbook**

**Lincoln-Sudbury Wrestling website:**

[www.lswrestling.com](http://www.lswrestling.com)

**Lincoln-Sudbury Wrestling Email:**

[lswarriorwrestling@gmail.com](mailto:lswarriorwrestling@gmail.com)

**Lincoln-Sudbury Regional High School Main Office**

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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.

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***"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***

## **2021-22 COACHING STAFF**

### **John Gabordi Head Coach**

*Cell: 860-367-7628*

John begins his fourth year as Head Coach of the LS Wrestling program. He was a member of 3 state championship teams at Ledyard High School in Connecticut, a conference champion and a state finalist. He was a four year wrestler at Springfield College, winning multiple tournaments and garnering the Most Outstanding Wrestler award at the New England Conference Dual Championships. After graduating in 2013, John was an assistant coach at Trinity College for four years. While there, he also served as a board member for Beat the Streets Connecticut and served as their Community Engagement Coordinator. John is currently employed as a fourth grade teacher in the Fitchburg Public Schools.

### **Joel Mode Assistant Coach**

*Cell: 978-771-6046*

Joel has been assisting with the LS team since 2006 and leading the Sudbury Youth Wrestling program since 2001. He is a founder and president of 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.

### **Joel McKenna Assistant Coach**

*Cell: 978-835-5290*

We are thrilled to welcome Joel to the LS wrestling staff. Joel was the head coach at Wilmington High School from 2014-20 and assistant coach from 2004-13. This will be the first year Joel helps with the Lincoln Sudbury wrestling program. A 2003 graduate of UMASS Amherst, Joel is currently coaching 9th football at LS and he is an academic advisor and academic interventionist in the LS METCO program.

### **Ray Isales Assistant Coach**

Ray will be entering his third season assisting with both the LS and Sudbury Youth Wrestling teams and is on the staff at MetroWest United Wrestling Club in Natick. He attended Johns Hopkins University and currently works at Wayland HS.

### **David Watts Assistant Coach**

We are very excited to have David helping us out this year. Bringing plenty of coaching experience, David will join us this year as a new member of the LS History faculty. Prior to LS, he was an assistant coach at Lexington Christian Academy for five years.

### **Additional Clinicians/Alumni**

Numerous L-S alumni wrestlers are expected to assist during the season. We greatly appreciate the support of all our wrestling alums.

# **GUIDELINES**

## **Practice**

Practices will start promptly at 4:00 PM Monday–Friday and will typically end no later than 6:00 but could change as the season progresses. Wrestlers should be in the room preparing for practice no later than 4:00.

## **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**

Wrestling (and all L-S winter sports) falls 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](mailto: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 Gabordi 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 L-S students, skin conditions will be reported to the L-S 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 (Ando), please notify a coach first and then go to the athletic training office. If Ando is not in his 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, slacks, belt and appropriate shoes. This is to stay on all day until weigh-ins.
- **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, slacks, belt and appropriate shoes. This is to stay on all day until weigh-ins.
- **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 L-S. 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 L-S 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. A wrestler holding a 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 L-S wrestlers are student-athletes, and "student" comes first. Wrestlers must be able to balance the school load and the 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 (L-S Athletic Department policy).

### **2021-22 Weight Classes**

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

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 a doctor's recommendation. 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.

## **COVID 19 Guidelines**

We will follow all mandates and directives as indicated by L-S, the Sudbury Board of Health and MA State COVID taskforce. We anticipate being in masks for all practices and competitions for the year.

## **2021-22 L-S 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 assigned weight for every dual meet or tournament.** This is the responsibility of the wrestler – not the coach, not the parent.
4. **All wrestlers will participate in all events.** Even if you are not competing, you are an important part of this team. Your positive presence will help your fellow teammates and coaches.
5. **Any skin rashes must be reported to the coaching staff immediately.** It is the wrestler's responsibility to obtain a doctor's note.
6. **All wrestlers are to be respectful at all times.** No disrespectful actions will be tolerated toward coaches, referees, teachers, teammates, opponents, etc.
7. **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.
8. **Always keep a positive attitude.** Negativity will not be tolerated.





## LINCOLN-SUDBURY WRESTLING 2021-22 SCHEDULES - TENTATIVE

### Regular Season

<u>Date</u>	<u>Weigh In</u>	<u>Start Time</u>	<u>Location</u>	<u>Opponent/Event</u>
12/11	9 AM	10 AM	Ashland HS	Ashland Early Bird Tournament
12/15	6 PM	7 PM	L-S	Dual vs. St. John's HS
12/18	7 AM	9 AM	Wakefield HS	Lisitano Memorial Tournament
12/24	9 AM	10APM	Wayland HS	Dual vs. Wayland*
12/27	7 AM	9 AM	Tsongas Arena	Lowell Holiday Tournament (Day 1)
12/28	9 AM	11 AM	Tsongas Arena	Lowell Holiday Tournament (Day 2)
12/30	8 AM	9 AM	Agawam HS	Agawam Holiday Tournament
1/5	5 PM	6 PM	Westford Academy	Dual vs. Westford Academy*
1/8	8 AM	9 AM	Natick HS	Red Hawk Duals
1/12	5 PM	6 PM	L-S	Dual vs. Concord Carlisle*
1/15	8 AM	9 AM	Springfield Central	Springfield Central Wrestling Festival
1/20	5 PM	6 PM	Boston Latin	Dual vs. Boston Latin*
1/22	9 AM	10 AM	St John's Prep	SJP, Holliston, BC High & Mt. Hope (RI)
1/26	5 PM	6 PM	L-S	Dual vs. Whittier Tech
1/29	9 AM	10 AM	L-S	Woburn, Agawam & Plymouth North
2/2	5 PM	6 PM	L-S	Josiah Quincy Upper School (Senior Night)
2/5	7:30AM	8:30 AM	Haverhill HS	Haverhill Duals

\* Dual County League Match

### Junior Varsity Tournaments

TBD

### Post Season Schedule

2/12	7 AM	9 AM	TBD	D1 Central/West Sectional Tournament
2/28	11 AM	1 PM	TBD	D1 State Championships (Day 1)
2/19	9 AM	11 AM	TBD	D1 State Championships (Day 2)
2/25	3 PM	5 PM	TBD	All-State Tournament (Day 1)
2/26	10 AM	11 AM	TBD	All-State Tournament (Day 2)
3/4	3 PM	5 PM	TBD	New England Championships (Day 1)
3/5	11 AM	11 AM	TBD	New England Championships (Day 2)

**ALL SCHEDULES ARE SUBJECT TO CHANGE**