



ENDORSED

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A HANDBOOK FOR VHSL HIGH SCHOOL WRESTLING COACHES



By
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A

HANDBOOK

**FOR VHSL
HIGH SCHOOL
WRESTLING COACHES**

This Handbook can also be downloaded from the Roanoke Valley Wrestling Association website at <https://www.roanokevalleywrestling.com/>

We welcome feedback and/or ideas for improving this Handbook,
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For VHSL High School Wrestling Coaches

1. Handbook Objectives

Our goal is to make it easier for someone to be a successful high school wrestling coach. The Handbook outlines a month-by-month approach to planning and leading a wrestling team through a high school wrestling season.

This Handbook was written specifically for Virginia High School League (VHSL) wrestling coaches, but it can be a reference for coaches in any state. The Handbook helps explain VHSL requirements and procedures. It focuses on the managerial activities a wrestling coach needs to be doing during the course of a year.

Our goal is to make it easier for someone to become a successful high school wrestling coach.

The handbook does not attempt to describe or teach wrestling moves. That has been provided in a number of other excellent books and online resources.

The handbook discusses Virginia High School League wrestling only, also called “Folk Style”. The Handbook does not address Free Style wrestling or Greco-Roman wrestling.

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2. High School Wrestling – Annual Schedule Overview

A high-level summary of the annual wrestling schedule of major activities is shown in the below Table. See the current year's "VHSL Activities Calendar" for specific dates.

Timeframe	Major Activities
March thru August	<ul style="list-style-type: none">• Off Season - weight lifting and wrestling practices• Wrestlers attend wrestling camps
September	<ul style="list-style-type: none">• Recruit wrestlers, coaching staff, team parent, etc.• Attend VHSL Rules Clinic• Inventory wrestling uniforms, equipment, etc. – Identify needs
October	<ul style="list-style-type: none">• Finalize Wrestling Competition Schedule – reserve school space• Finalize Wrestling Budget• Finalize all staffing resources• Re-Certify weigh-in scales• End of Oct. – Begin Wrestler "Weight Certification Process"
November	<ul style="list-style-type: none">• Early Nov. – Complete Wrestler "Weight Certification Process"• Parents Meeting• Obtain "Wrestlers Participation, Parent Consent" Form• Begin Wrestling Practices
December	<ul style="list-style-type: none">• Wrestling Competition - Tournaments and Dual Meets
January	<ul style="list-style-type: none">• Wrestling Competition - Tournaments and Dual Meets
February	<ul style="list-style-type: none">• District / Regional / State Competitions

A more detailed summary of annual activities can be found in Section 4.3 of this Handbook, "**High School Wrestling - Annual Activities Timeline**".

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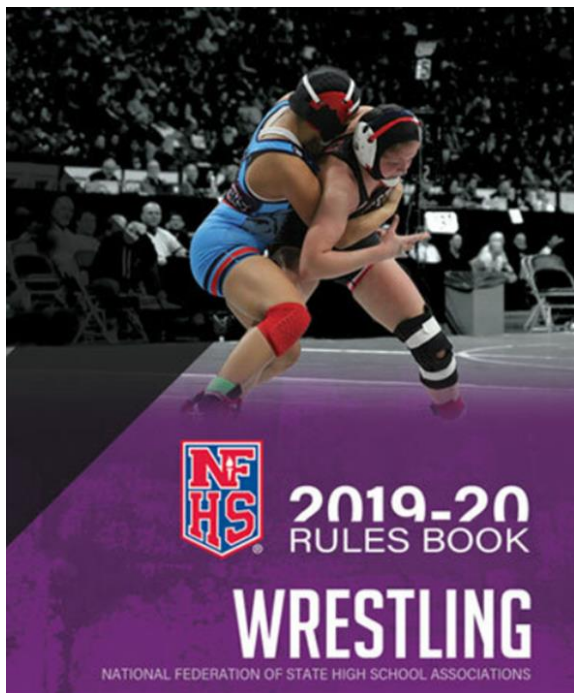
3. Governing Organizations

3.1 National Federation of High Schools (NFHS)

The NFHS is the national leadership organization for high school sports. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities.

The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase opportunities and promote sportsmanship.

Each year, the NFHS issues an updated “Wrestling Rules Book” and a “Wrestling Case Book and Manual”. The NFHS Rules Book provides the governing rules for VHSL Wrestling events.



The Head Wrestling Coach (HWC) should make themselves familiar with all the rules contained in the Rules Book and with any recent changes to the rules. Rule changes and “Points of Emphasis” for the current year are summarized at the beginning of the book.

Each year, prior to the start of the season, the HWC must take mandatory training provided by the VHSL. This “Rules Clinic” training reviews the basic rules, rule changes and Points of Emphasis

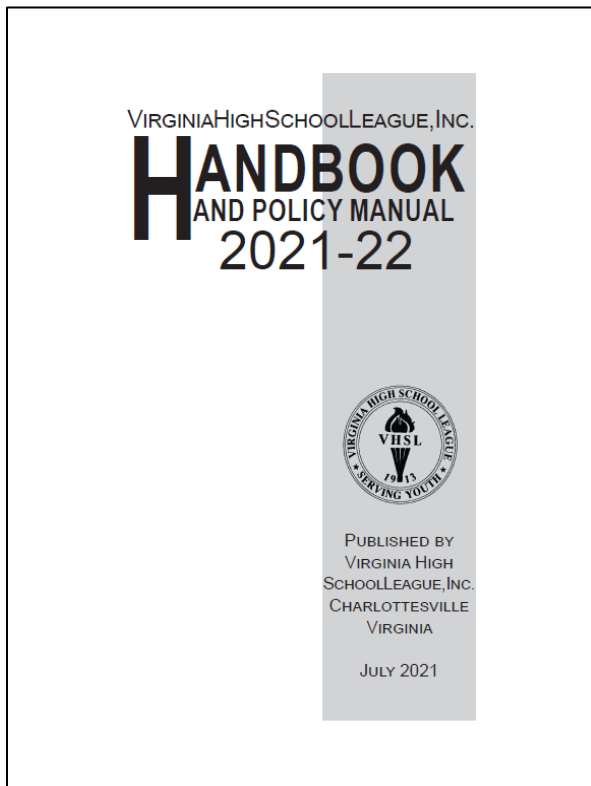
Keeping the Rules Book in the wrestling room can help quickly resolve any differences of understanding / interpretation that may develop during the year.

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3.2 Virginia High School League (VHSL)

The Virginia High School League, Inc. is an organization of public and non-boarding high schools in the Commonwealth of Virginia which join the VHSL with the expressed written approval of their local school boards. The League seeks to encourage student participation in desirable school activities by conducting or supporting programs of interscholastic activities in all fields.



Each year, in July, the VHSL issues an online Handbook intended primarily for the use of member high school Principals, Athletic Directors, coaches and sponsors in the administration of the school activities programs.

The VHSL Handbook contains official information concerning League officers and administration, organization and membership, rules and regulations, and activities programs. It is available on the VHSL website (www.vhsl.org).

The VHSL website has many forms and policy documents which every coach will need. **Appendix C** of this document contains a list of wrestling specific VHSL documents.

THIS HANDBOOK IS NOT AN OFFICIAL VHSL DOCUMENT. Official VHSL documents supersede any statement or guidance in this Handbook. The reader is encouraged to refer to VHSL documents if there is any doubt about a VHSL requirement. Official VHSL documents always govern.

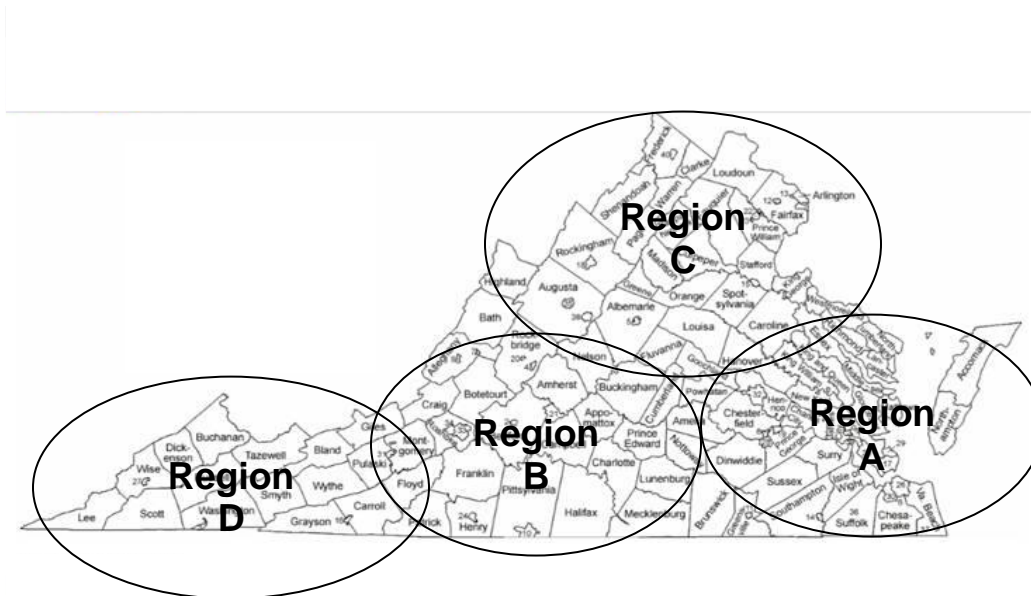
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VHSL High School - Class / Region / District Assignments

In Virginia, VHSL member schools are organized into 6 Classes based on the number of students attending each high school. The largest schools are placed in Class 6 and the smallest schools are placed in Class 1. Further, each Class is organized in 4 Regions, with the Regional designations A through D. Within each Region, schools are assigned to be in individual Districts. The Classes, Regions and District assignments are regularly reviewed to maintain competitive groupings. As a result of this methodology, the areas of the state contained in Region A may be different across the various Classes.

In general, the Regions in Virginia are shown below.



The VHSL website provides an “Alignment Table” that lists which schools are assigned to each Class, Region and District. The Alignment Table may be sorted alphabetically, by Class, Region, District or by number of student admissions (ADM).

<https://www.vhsl.org/alignment/>

The VHSL provides liability insurance coverage program for all coaches. To be covered the high school or coach must purchase a coach’s pass from the VHSL. Once a coach’s pass has been issued, the coverage will apply for coaching activities at all levels in sports recognized by the VHSL, not just the sport in which the coach’s pass was issued. See the VHSL website for complete details of coverage. USA Wrestling also provides insurance coverage for members who may be involved in wrestling clubs, clinics and camps.

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3.3 Commissioner of Wrestling Referees

Contest officials are an integral part of VHSL athletic and academic activities programs. The VHSL registers officials in the sport of wrestling. Officials for all League athletic contests must be mutually agreed upon by the faculty representatives of all schools concerned. Administrative details of officials registration, classification and other regulations are included in the VHSL Official's Handbook, which can be found at <https://www.vhsl.org/officials/>

Officials in Virginia are independent contractors. Most sports officiating in Virginia is "association based," meaning that most contracts for athletic officiating services are made between a school/district or region and a local official's association. Officials associations elect or hire individuals to work directly with the schools, assigning member officials to scheduled contests. Given this situation, prospective officials must affiliate with a recognized officials association in order to work VHSL contests. Though officials are independent contractors, the VHSL and/or local associations may establish qualifying criteria.

3.4 Wrestling Associations and Wrestling Clubs

While these are not "governing organizations", wrestling associations and wrestling clubs play an important role in helping support and develop wrestling.

Wrestling association members are frequently current or former wrestlers, coaches, officials and others who have a passion for the sport of wrestling. Associations can help promote wrestling from youth programs through middle school, high school and college. Wrestling associations can help with staffing and administering wrestling tournaments at all levels. They may recognize wrestlers with college scholarships and awards.

The **Roanoke Valley Wrestling Association** (RVWA) is an example of a wrestling association. The RVWA actively contributed to the creation of this Handbook. The RVWA website can be found at <https://www.roanokevalleywrestling.com/>

Local wrestling clubs frequently provide some or all of the following:

- Youth Wrestling Programs that introduce youngsters to wrestling
- Youth Wrestling Tournaments
- Wrestling Practices and Training
- Wrestling Club Teams that compete together

Local wrestling clubs can supplement school wrestling programs, particularly during the off season.

The Head Wrestling Coach can benefit from having a collaborative relationship with their local wrestling associations and wrestling clubs.

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4. Key Roles and Responsibilities

4.1 High School Principal

The high school principal is responsible for many things including the sports programs and athletic culture of the high school. The principal is in a position to decide which sports team behaviors are rewarded and recognized and which are not.

The high school principal should always encourage and promote friendly relationships between schools and good sportsmanship throughout the school by requiring courtesy and proper decorum. The principal should support a culture that judges the success of the athletic program based on the attitude of the participants and spectators, rather than the number of games won or lost.

The principal also plays an important role in ensuring students who change schools locally are doing it within the prescribed VHSL eligibility requirements. The principals of both the original and new school must approve and sign off on the student's eligibility.

High school principals also serve on VHSL committees what help administer and guide VHSL sports.

4.2 Athletic Director (AD)

The Athletic Director can be a valuable resource to the wrestling team. Many of the activities that the AD performs in support of the wrestling team are shown on the **“High School Wrestling - Annual Activities Timeline”** in Section 4.3 of this Handbook.

The AD is responsible for planning and coordinating many aspects of the sports programs in the high school, often in coordination with other school AD's. The AD is in a position to approve and schedule use of sport facilities and resources in the school.

The HWC should periodically meet with the AD to ensure alignment of:

- Wrestling Competition Schedule
- Student Athlete Eligibility
- Wrestling Team Budget
- Sports Facility Usage
- Understanding of VHSL requirements
- Any need to re-schedule or cancel events
- Weather related decisions
- Assistant Wrestling Coach Eligibility

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4.2.1 Wrestling Competition Schedule

Usually, the prior year's competition schedule can be used as a starting point for the upcoming year. There are typically a few major tournaments during the year whose dates are agreed to by the local Athletic Directors. Additional dual meets to complete the competition schedule must be arranged by the AD and the Head Wrestling Coach (HWC). The HWC is responsible to review the schedule to ensure there are a reasonable number of events to allow the wrestlers to prepare for the end of the season tournaments. The AD should ensure the availability of the Athletic Trainer when developing the schedule.

The school AD sends the Wrestling Competition Schedule to the Commissioner of Referees so that referees can be assigned to meets and tournaments. School competition schedules are due each year by Nov. 1st.

There are three types of competition generally used:

Dual Meets: When two schools compete against each other using a series of matches, with one match in each weight class. These types of meets are easiest to schedule and conduct. Dual meets help build school and team spirit because the competition is team based. Family and friends can easily follow the competition and the team scores because only one match is taking place at a time. The competition can be a fund raiser for the home school.

Dual Tournaments: Typically, these tournaments are a day-long event and a number of schools participate using a dual meet format. Multiple wrestling mats are used to allow multiple schools to compete against each other in a dual meet format at the same time. If many schools are involved, the teams are grouped in "pools" and the winners of each pool face each other at the end of the competition. Often schools must pay a fee to participate in the tournaments.

Individual Tournaments: Competition and scoring in these tournaments is on a school team and an individual basis. There can be large numbers of schools participating. Some schools may choose to only bring their best wrestlers. This format is the most complicated to manage and involves coordinating multiple weight classes competing at the same time sometimes using multiple gymnasiums. Coaches need to keep track of which wrestler is wrestling when and on which mat. Multiple coaches can be leveraged across the mats.

VHSL schools are limited to 12 competition events during the season, not including end of season tournaments. Early season scrimmages are allowed and the specific format can be agreed by the participating team coaches.

The next page has an example format for documenting a team's competition schedule.

Example Wrestling Competition Schedule

DATE	EVENT	LOCATION	START TIME	Comments and Resource Needs
Nov 15	Pre-season scrimmages	Christiansburg HS	9:00 am	No Weigh-in
Nov 20	Pre-season scrimmages	Lexington HS	11:00 am	No Weigh-in
Nov 30-Dec 1	Hedgesville Duals	Hedgesville, WV	1:00pm/9:00am	Overnight Friday Need Drivers
December 7 & 8	Titan Toughman	Hidden Valley HS	2:00pm/10:00am	Host Tournament Need Help Concessions, etc.
December 15	Five Forks Duals	Dinwiddie HS	9:00am	Overnight Friday Need Drivers
December 19	PH Quad	Patrick Henry HS	6:00pm	Local
December 28 & 29	Big Orange Classic	William Byrd HS	10:00am/10:00am	Local
January 5	Albemarle Duals	Albemarle HS	10:00am	Away Match Need Drivers
January 12	Freedom Duals	Freedom HS	9:00am	Overnight Friday Need Drivers
January 17	Pulaski Dual (Senior Night)	Hidden Valley HS	6:00pm	Home – Senior Night
January 19	Brookville Duals	Brookville HS	6:00pm	Away Match Need Drivers
January 23	Blacksburg Quad	Blacksburg HS	6:00pm	Away Match Need Drivers
January 26	Hill City Round Robin Duals	Heritage HS	10:00am	Away Match Need Drivers
January 30	Lord Botetourt Tri	Lord Botetourt HS	6:00pm	Away Match Need Drivers
February 2	District	TBD		TBD
February 9	Region	TBD		TBD
February 15/16	State Tournament	Salem Civic Center		Local

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4.2.2 Wrestling Team Budget

The HWC and AD need to have an ongoing conversation, prior to and during the season, regarding which items of Income and Expense the school is responsible for and which the wrestling team is responsible for. This can be viewed as a four step process:

- 1. List all the Income and Expense Items which need to be discussed.** There is an example Wrestling Team Budget on the next page. This example Wrestling Team Budget can be used as a starting point.
- 2. Determine which Budget Items are owned by who:** Meet with the AD and review the list of Income and Expense budget items. Write the letter "R" in the appropriate column next to each item to designate who is responsible for each Income and Expense Item. Since many of these items are dependent on the Wrestling Competition Schedule, it is important that the season wrestling schedule be pretty firm prior to finalizing the budget with the AD.
- 3. Determine the specific amounts to be paid by the Athletic Department:** Document these amounts in the Table.
- 4. Plan for covering Expenses the Wrestling Team is Responsible for**
The HWC will need to review those budget items they are responsible for to determine how well the Income and Expenses balance each other. Additional fund raising or a reduction in expense amounts may be necessary.

The HWC should plan for when it is time to replace the schools wrestling mats. Wrestling mats can cost in the range of \$ 8,000 to \$ 11,000. Wrestling singlets with the school's name and a custom design cost about \$ 70 each. Head gear cost about \$ 35 each.

Example Wrestling Team Budget

Wrestling Season Budget					
Income	Athletic Budget	Wrestling Team Budget	Expenses	Athletic Budget	Wrestling Team Budget
Ticket Sales - Home Dual Match # 1			Uniform Replacements		
Ticket Sales - Home Dual Match # 2			Equipment Purchases		
Ticket Sales - Home Dual Match # 3			Hygiene / Medical Supplies / Misc Supplies		
Sales - Wall Banner Advertizing			Annual Scale Certification		
Booster Club Contribution			Home Dual Matches		
Team Fund Raising Events			Referee Cost		
Sponsor / Company Donations			Ticket Takers		
Income From Hosting a Tournament			Scorekeepers		
Team Participation Fees			Tournament #1		
Tournament Ticket Sales			Team Participation Fee		
Consession Sales			Transportation - Bus Driver / Rental Van		
Shirt Vendor Fees			Team Lodging		
			Team Food while traveling (optional)		
			Tournament #2		
Other Income			Team Participation Fee		
TBD			Transportation - Bus Driver / Rental Van		
			Team Lodging		
Total Income			Team Food while traveling (optional)		
			Tournament #3		
			Team Participation Fee		
			Transportation - Bus Driver / Rental Van		
			Team Lodging - Overnight Torunaments		
			Team Food while traveling (optional)		
			Away Dual Match Participation		
			Match #1 - Transport, etc.		
			Match #2 - Transport, etc.		
			Match #3 - Transport, etc.		
			Expenses Associated with Hosting Tournament		
			Tournament Management / Scorekeeping		
			Tournament Referees		
			Security Staff		
			School Charges for use of facility		
			Extra Mat transportation to tournament site		
			Trophys and Award Metals		
			Event Advertizing		
			Misc Equip.- Mat tape, medical supplies		
			Total Expenses		

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4.3 Head Wrestling Coach (HWC)

The role of the HWC has many dimensions. Good management skills and leveraging the help of others is essential to being a successful wrestling coach. The HWC needs to work inside the high school primarily with the Principal, Athletic Director and Athletic Trainer. The HWC provides leadership to their staff of Assistant Wrestling Coaches, Team Captains, Student Managers and Team Parent(s). The HWC must work within the VHSL system of policies and event management.

On the next page is a diagram that summarizes most of the VHSL requirements and activities that the HWC and AD must perform. The months of the year are shown across the top of the diagram. As you will see, the responsibilities of the HWC extend outside of the November to February wrestling season.

The NFHS, VHSL, AD and HWC roles are each represented on a separate row. Each activity is represented by a yellow box. In some cases, a red arrow is used to show when information is passed from one person/organization to another.

The yellow activity boxes that are outlined in red denote where a VHSL fine might result if the activity is not performed correctly or not performed on time. Additionally, there is a green box on the lower right of the diagram that lists a number of other potential VHSL fines. It is important for the AD and HWC to know the VHSL rules and regulations and where the potential for fines exist.

The exact dates when the weight certification process can begin, when the wrestling season begins, when additional weight allowance are effective and other activities occur can change slightly from year to year. The HWC should consult with the AD and the current year VHSL Activities Calendar to determine the specifics dates for each season.

The HWC should review the most current VHSL Handbook and Policy Manual to understand the full range of VHSL requirements and any recent changes. Many VHSL requirements which apply to all sports are discussed in the section on “Rules and Regulations”. There is a separate section in the VHSL Handbook and Policy Manual for each sport, including wrestling, that has sport specific guidance and requirements.

In this Handbook, we tried to extract those VHSL rules, regulations and policies which apply specifically to wrestling.

Failure to do Activities in Boxes with Red Outline can result in a VHSL Fine



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4.4 Assistant Wrestling Coaches (AWC)

Before the start of the wrestling season, the Head Wrestling Coach should confirm commitments with people who have expressed an interest in helping. All first year Assistant Wrestling Coaches will need to submit to the school system's background check procedure. The HWC should interview potential coaches to ensure they understand and support the HWC's coaching philosophy. Any paid Assistant Wrestling Coach, that is not a school employee, will need to complete the school system employment process and be issued a security badge.

The preferred number of Assistant Wrestling Coaches depends on the size of the team. A team with more than 18 wrestlers will benefit from having more than one AWC. Assistant coaches will likely have wrestling skills different from the HWC and can offer different interpretations of moves. AWC's also provide more sets of eyes in the room to review skills and monitor behaviors.

Prior to the start of the season, the HWC should hold a meeting with the Assistant Wrestling Coaches. Possible discussion topics to include are:

- Review Wrestling Season Schedule
- Plans for away events - transportation / lodging
- Date of First practice
- Review any rule changes / Points of Emphasis
- Season Teaching and Practice Plan
- Weight Certification Program (WCP) schedule
- Plans for the Parents Meeting
- Selection of Team Captains
- Status of Employment Contracts / background checks

There are three levels of coaches recognized by the VHSL:

1. **Faculty Coaches:** These are certified teachers regularly employed by the school board and responsible to the school principal.
2. **Non-Faculty Coaches:** These coaches, through a special request by the high school principal and division superintendent are registered with the VHSL for one sport season. These registered non-faculty coaches have full coaching status.
3. **Volunteer Coaches:** These coaches can help during practice sessions under supervision of the HWC. However, they are not allowed to be on the team bench, sidelines, and/or press box during a VHSL competition.

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4.5 Athletic Trainer (AT)

The Athletic Trainer is a skilled and certified medical support staff. They play an important role in managing the health and safety of the wrestling team. The HWC should talk with the high school's AT to discuss wrestling team support needs.

Frequently the AT is not a school employee but instead a member of a contracted medical support network. As part of this network, the AT can usually obtain next day appointments with a doctor who specializes in sports medicine. The AT can also provide daily follow-up for the wrestling team. The AT can assess a wrestler and determine the difference between something that hurts and something that is injured and needs to be treated.

The months of October and November are when the fall sports enter championship tournaments. It is also the time when the AT is most involved with the wrestling team. The HWC should anticipate the time demands on the AT and schedule support needs in advance.

Athletic Trainer support provided to the wrestling team includes the below topics.

- **Weight Certification** – The AT is typically a VHSL Certified Measurer and approved to take weight measurements. The AT must input the measurements for each wrestler into **TrackWrestling** which will produce a Weight Loss Plan (WLP) for each wrestler.
- **Wrestling Practice Support** – The HWC and AT should discuss the availability of the AT during regular practices and agree on how to summon the AT's help should a wrestler be injured. The AT keeps a record of significant injuries and the agreed upon treatment.

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- **Competition Schedule Support** – The Athletic Director should ensure the availability of the Athletic Trainer when developing the Wrestling Competition Schedule. The AT should attend and be ready to provide medical support for all wrestling competitions held at the high school. The HWC should confirm the dates and likely support needs of each event.
- **Treatment of Common Minor Injuries** (See next page) – Wrestling staff should only provide first-aid in the absence of a certified Athletic Trainer. The HWC should be familiar with treatments for common minor injuries.
- **Medical Box Supplies** –. At the start of each season, the Team Manager should review the supply level and check expiration dates of all items in the medical box. The HWC should ask the AT for any supplies needed to complete the wrestling team medical box

If a wrestler is suspected by a referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the wrestler/coach will be required to provide a NFHS Medical Release Form as defined by the VHSL, signed by an appropriate health-care professional, stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent.

The NFHS Medical Release Form (Appendix B) shall be furnished at the weigh-in for the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.

On the following pages is a summary of treatments of some common minor wrestling injuries. The treatment of sports injuries depends on the severity of the injury. Wrestlers and parents should seek professional medical guidance for all serious injuries.

The Athletic Trainer should keep a record of any significant injuries including what occurred and what action was prescribed and administered. They also help the HWC recall the prescribed treatment and limits of participation.

The HWC and AT should develop an "Injury Response Plan" that defines the planned response when there is an injury in the wrestling practice room or when away at a match. The plan does not need to be complicated but should describe who will stay with the wrestler, who will summon the AT, who will contact the wrestler's parents and, depending on the severity of the injury, call 911, notify the AD and school principal, etc.



Minor Aches and Pains

The **RICE Method** is a home treatment method that can be used on specific areas of the body during the first 48 -72 hours depending on the seriousness of the injury. **RICE** is an acronym to help remember the four most important things to do following a sprain / strain and soft tissue type injuries.

The RICE Method:

REST: Keep weight off the affected joint or limb. Limit the use of the muscle / joint.

ICE: Apply cold treatments in the form of ice packs to injuries involving muscle strains, sprains and soft tissue damage. You should apply an ice pack (frozen vegetable package or a cold pack from the pharmacy) on the injured area for 20 minutes, several times a day. This can help reduce swelling and inflammation and numbs the area to reduce pain. The icepack should be wrapped in something such as a cloth and not placed directly onto the skin. Icing for longer than 20 minutes is not advisable as this can damage the skin. Cold treatments are generally used during the first 48 – 72 hours after injury.

Compression: Use a compression bandage to put an even amount of pressure on the injured area. This helps reduce swelling and can reduce pain. Be careful not to make the bandage too tight. Compression is helpful for swelling and for pain, so if either of these exists, there's no real reason to stop compression.

Elevation: Keep the injured area elevated above heart level to reduce swelling.

Heat treatment is best used only after the first 48-72 hours following the injury. Heat treatments are used to ease muscular pains and to help increase blood flow to the affected area. This is why heat therapy is **not** advisable immediately after an injury as this will increase body temperature and increase bleeding.

In general, after the first 48-72 hours, use heat before exercise and ice after exercise. Additionally, alternating hot and cold baths can be used after the first 48 -72 hours. Start with warm water (as hot as the child can comfortably stand, from the tap), place the injured area in the warm water for 3 minutes, and then move into ice water for 1 minute. Repeat at least three times for best results.

Taking medication (Ibuprofen, aspirin and Acetaminophen) to relieve pain can be helpful. Wrestlers' should always talk with their parents prior to taking any medications.

You can also treat minor aches and pains that result from a wrestling practice with a warm Epsom salt bath. After you have showered from practice, at home, sit in a warm bath with Epsom salt sprinkled in for about 30 minutes. This helps to combat any general soreness from sports participation.



Minor Cuts / Nose Bleeds

Immediately apply direct pressure over the cut. Continue pressure until evaluated by the Athletic Trainer. The Athletic Trainer will determine if and how the cut can be bandaged or if further medical assistance is required. Minor cuts and scratches can frequently be covered and wrapped with tape and the wrestler can return to practice. Deeper cuts may require stitches.

Nose bleeds can be treated with direct pressure by pinching the nostrils. After the bleeding has reduced, a cotton nose plug can be inserted into the nostril to apply constant pressure and prevent the loss of blood. The wrestler can usually continue wrestling with a nose plug.

Ringworm and MRSA

Ringworm is a common skin fungus that can develop on a wrestler. Ringworm usually develops on parts of the skin that are not covered by the uniform or practice clothes. Ringworm typically has the appearance of a small red rash (less than one inch diameter) with a circular shape.

Treatment for Ringworm: Ringworm can usually be treated with non-prescription antifungal creams, lotions, or powders applied to the skin for 2 to 4 weeks. There are many non-prescription products available to treat ringworm, including: Clotrimazole, Lotrimin, Mycelex.

A wrestler can usually return to practice and competition after the infection is dry and a crust has developed. This typically happens after the infection has been treated for at least 72 hours. After that time, a taped bandage over the affected area is used to prevent skin damage during wrestling.

MRSA

A much less common type of infection is called **MRSA** (Methicillin-Resistant Staphylococcus Aureus). MRSA is caused by a type of staph bacteria that's become resistant to many of the antibiotics used to treat ordinary staph infections. MRSA, generally starts as swollen, painful red bumps that might resemble pimples or spider bites. These can quickly turn into deep, painful abscesses that require surgical draining. Sometimes the bacteria remain confined to the skin. But they can also burrow deep into the body, causing potentially life-threatening infections in bones, joints, surgical wounds, the bloodstream, heart valves and lungs.

MRSA is a serious medical condition. The AT should be consulted if there is any concern of a possible MRSA infection. If a wound appears infected or is accompanied by a fever, see your doctor. Typically, the entire wrestling room and all equipment needs to be sanitized if a case of MRSA develops.



Head, Neck & spinal injuries should be taken very seriously

All head, neck and spinal injuries should be taken very seriously. Injury to the head, neck and spine should be stabilized until the Athletic Trainer can be summoned to perform an evaluation.

Concussions are a serious form of traumatic brain injury. Any possible concussion needs to be evaluated by the Athletic Trainer or other trained medical professional. The trained medical provider will determine what steps are recommended and how to handle each situation.

When in doubt, sit the athlete out. A concussion can be a medical emergency. If the wrestler sustains a loss of consciousness for any amount of time or has any of the following “Red Flag” signs/symptoms they should immediately be taken to Emergency Room.

Red Flag Symptoms include:

- Any loss of consciousness, even if brief
- Seizure
- Increased sleepiness
- Worsening headache
- Persistent vomiting

Other signs and symptoms of a concussion include: dazed or stunned appearance, confusion, forgetful, uncertain, clumsy movements, slow response to questions, inability to recall events, headache, nausea, blurry vision, balance problems and dizziness, more emotional (sad, irritable), difficulty remembering or concentrating, trouble sleeping or sleeping more than normal, dilated pupils.

Medical Box

Recommended Contents and Use of Items

Medical Item	Amount	Use of Item
List of Emergency Contact Numbers		Includes parent contact information
Scissors	1	For cutting tape
Nail Clippers	1	
Shaving Razors	6	
Shaving lubricant	1	
Bleeding		
Rubber Gloves	12	Prevent spread of blood borne diseases
Red medical trash bags - small	4	Dispose of blood soiled materials
Nose Plugs	60	Stop nose bleeds
Assorted Band aids	30	Cover cuts
4" x 4" Gauze Pads	10	Cover cuts
3" x 3" Gauze Pads	10	Cover cuts
Sterile wipes	50	Clean cuts prior to covering
2" Elastic Tape	4	Taping joints that need movement
Gauze Wrap	4	Securing gauze pads in place
Antibacterial ointment - Neosporin	1	Mild anti-bacterial to prevent infection
Hydrogen Peroxide	1	Mild antiseptic used on the skin to prevent infection of minor cuts, scrapes, and burns.
Skin Lubricant (Vaseline)	1	Slow bleeding
Sprains & Bruises		
Ice Packs	4	Reduce swelling and pain
Pre-Wrap	2 rolls	To protect skin from tape adhesion
4" Compression / Elastic Wrap	2 rolls	Many uses – secure ice packs, compression on bruises,
2" Compression / Elastic Wrap	2 rolls	Use on hands
Arm Sling	1	Immobilize shoulder joint
1" Athletic Tape	12 rolls	Immobilizing joints
Teraderm Film / Moleskin	6	Covering blisters

Wrestler Injury Report

Date Of Injury	Wrestler Name	Description of Injury	Treatment	Participation Status

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For VHSL High School Wrestling Coaches

4.6 Team Captains

The Head Wrestling Coach (HWC) has ultimate say on how the Team Captains are selected. The HWC can select one or all of the Team Captains or the team members can be invited to participate in the process.

The Team Captain(s) should be wrestler(s) who demonstrate a commitment to the sport and who are self-motivated in the wrestling room. They should role model good sportsmanship behaviors and good personal behaviors. Captains are typically in their junior or senior year of high school and have had a history of success on the mat.

Additional roles of the Team Captain(s) include:

- Team Representative in high school events
- Leading team practice warm-ups and cool down exercises
- Demonstrating moves during practice
- Preventing all forms of hazing
- Policing locker room / shower room behaviors
- Policing social media use
- Preventing “Trash Talk” online
- Informing the HWC of team issues that need HWC attention

4.7 Team Manager(s) – Student

Having a student Team Manager provides additional resources which the HWC can leverage. One or more Team Managers can be used to provide support. The Team Manager should be treated as a member of the wrestling team and eligible to earn a varsity letter upon successful completion of the season.

The role of Team Manager(s) can include providing support in the areas of equipment management, maintaining the score book at competitions, ensuring the medical box contains required supplies, cleaning wrestling mats before or after practice, helping with team logistics during travel, assisting with home dual meet and tournament set-up, entering weigh-in data into **TrackWrestling** and providing generally assistance to the team and coaching staff. A Team Manager’s role may also include recording video of matches and tracking individual wrestler and team performance.

The next page shows an example form that the Team Manager might use to track equipment issued to wrestlers and completion of forms each wrestler must supply.

Example Forms and Equipment Tracking

Date: _____

	Name of Wrestler	Sports Medicine Form	Athletic Participation / Parent consent / Physical Form	Weight Certification Complete	Parent Contact Information	Goals Sheet	Issued Lock & Locker	Issued Head Gear	Issued Warm-Ups	Issued Uniform	Issued Gym Bag	Other: _____
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												

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For VHSL High School Wrestling Coaches

4.8 Team Parent

This is an important role and should be planned for before the start of the season. Having a good Team Parent helps enable a successful wrestling season. The Team can benefit from having more than just one Team Parent. Good organizational skills can help leverage the entire school wrestling family.

*There are a number of online apps, such as “**SignUpGenius**” that the Team Parent can use to simplify the recruitment of parent volunteers and assignment of tasks.*

The role of the Team Parent can include the following:

- Organizing volunteers to provide food, drinks for home/away competitions
- Organizing volunteers to staff concession stand during home events
- Managing the concession during events
- Assisting with fund raising efforts
- Manage Team Bank account
- Organizing end of the season Awards Event
- Liaison with Booster Club

Regularly letting the Team Parent know how much they are appreciated may influence the Team Parent’s decision to help in future years.

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For VHSL High School Wrestling Coaches

4.9 Middle School Wrestling Coach

The middle school wrestling coach helps prepare younger wrestlers for a successful high school career. The HWC should reach out to the middle school wrestling coach and establish a good working relationship. Developing a good relationship with the middle school wrestling coach can help ensure an ongoing supply of freshmen wrestlers. A close relationship with the middle school wrestling coach can also ensure a smooth and supportive transition for the middle school wrestlers coming into the high school.

Developing a good relationship with the middle school wrestling coach can help ensure an ongoing supply of freshmen wrestlers.

The HWC or Assistant Coaches should, as much as practical, visit middle school practices, provide instruction and develop a relationship with the middle school coach and wrestlers. The success of a high school team in competition is often impacted by how many weight classes are populated with wrestlers.

The HWC can review their own high school wrestling "Teaching and Practice Plan" with the middle school wrestling coach and ask the middle school wrestling coach to help prepare the wrestlers by teaching selected moves at the middle school level.

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For VHSL High School Wrestling Coaches

5. VHSL - Weight Control Program (WCP)

5.1 Weight Control Program Overview

This section contains an overview of the key requirements of the VHSL Weight Control Program. A complete explanation of the VHSL Weight Control Program can be found in the document “**VHSL Medical Advisory Committee – Wrestling Weight Control Program**” on the VHSL website.

VHSL uses a software program (OPC – Optimum Performance Calculator) inside **TrackWrestling** to calculate a schedule for safe weight loss to allow a wrestler to gradually reach their desired and allowable weight while wrestling their way down through weight classes during the season.

The VHSL Weight Control Program requires that at the beginning of the season each wrestler establish a Minimum Wrestling Weight (MWW) at which they can compete in the upcoming season. Wrestlers must establish their minimum weight during a three week time window that begins one week before the beginning of the season and ends two weeks after the season has begun.

The VHSL Weight Control Program involves the determination of the Minimum Wrestling Weight (MWW) at 7% body fat for males and 12% body fat for females. It is ill advised and frequently harmful for high school wrestlers to reduce body fat content below that level. Measurement of body fat, baseline weight, and assessment of hydration are the utilized to determining the MWW.

*The complete VHSL Weight Control Program can be found in the document “**VHSL Medical Advisory Committee – Wrestling Weight Control Program**” on the VHSL website.*

Special allowances are made for athletes participating in fall sport playoff events that occur after Dec 1st. (See Section 5.3 for additional information on this topic). Those athletes have up to 8 days after their last contest to establish a minimum wrestling weight and still be eligible for the first annual growth allowance pound. The earlier a wrestler establishes a MWW the more time they will have to safely reach their desired weight.

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For VHSL High School Wrestling Coaches

VHSL uses a software program (OPC – Optimum Performance Calculator) inside TrackWrestling to calculate a schedule for safe weight loss during the season.

5.2 Weight Certification Process

The Weight Certification Process consists of the following:

- The Head Wrestling Coach (HWC) enters the Team Roster into **TrackWrestling**.
- The HWC coordinates with the AT to schedule the date / time for taking weight measurements.
- A VHSL Certified Measurer (CM) must perform body fat, baseline weight, and assessment of hydration of each wrestler. Typically, the Athletic Trainer is the CM. The Head Wrestling Coach should supervise the Weight Certification Testing.
- Within 18 hours of taking weight certification measurements, the CM should enter the wrestler certification data into **TrackWrestling** / Optimum Performance Calculator (OPC).
- After the data is entered into the OPC / **TrackWrestling**, the CM will receive an email alerting them that the data is ready for review. The CM will have 3 business days to review the data and either approve it or report any discrepancies they found. The CM should review the input data, MWW and WLP's for each wrestler and determine if any appeals are necessary. The AT / CM should review any areas of concern with the HWC.
- The **TrackWrestling** program will calculate the Minimum Wrestling Weight and a Weight Loss Plan (WLP) for each wrestler.
- The coach and each wrestler should be informed of the MWW and WLP.
- Each wrestler should understand the daily limitations placed on any weight loss.
- Each wrestler should decide in which weight class(es) they will complete.
- Each wrestler should monitor their weight prior to the start of each practice.

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For VHSL High School Wrestling Coaches

- Weight fluctuations of more than 3% in one day should be understood by the wrestler and coach and corrective actions taken.
- Prior to all competition matches, all wrestlers must weigh-in in order to be eligible to compete.
- Weigh-ins must take place no more than 1-hour prior to the start of competition.
- Each wrestler must have a least one official competition weigh-in at scratch weight to be eligible for conference tournament participation at that weigh class.

Each school should have a certified, accurately functioning digital scale to determine weight. This should be the same scale used for wrestling official weigh-ins and it should be re-calibrated and/or re-conditioned prior to the official testing window each year.



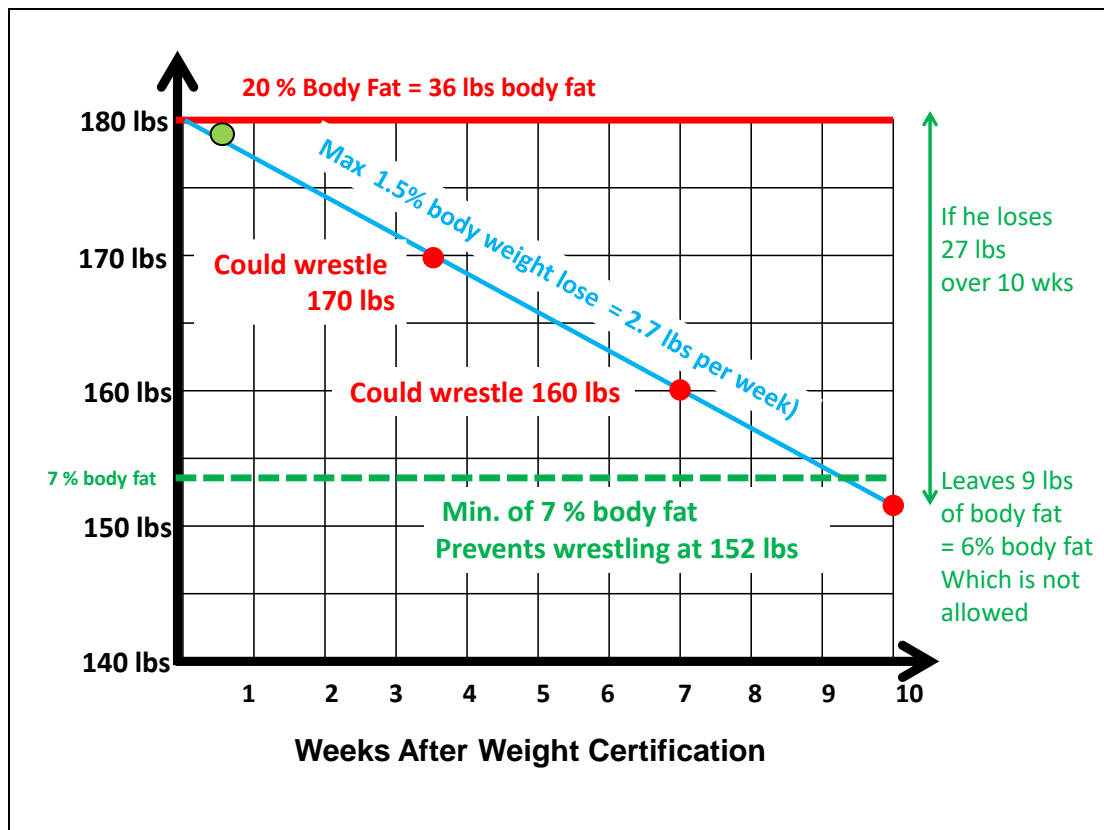
5.3 Weight Loss Plan Overview

The graphic on the next page, shows the typical Weight Loss Plan for a wrestler who weighs in at 180 lbs, at the time of weight certification, and has 20% body fat. The wrestler is represented by the green dot at the upper left of the chart. The Blue sloped line represents the maximum rate of weight loss the wrestler is permitted. The wrestler can continue to lose weight at the rate of 1.5% body fat per week until they reach a point where their % body fat is reduced to 7% which is shown as a dashed green line on the chart. During the season, the wrestler could qualify to wrestle at progressively lower weight classes as shown by the chart.

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For VHSL High School Wrestling Coaches

During the season, there will be increases to the allowable weight of each weight class. Typically a pound is added near the end of December and another additional pound is allowed toward the end of the season. The HWC should check with their AD or VHSL to determine the timing and amount of these extra pound allowances.



When actual weights from the weigh-in are entered into **TrackWrestling** the program will highlight if any wrestler weighs in at less than their Eligible Weight. If a wrestler has lost too much weight, too quickly, it can result in a VHSL fine. Fortunately, there is a “buffer” tolerance allowed for small mistakes. See VHSL WCP documentation for specifics.

On the next page, is an example of a Weight Loss Plan (WLP) created in the **TrackWrestling** OPC program. Each Wrestler’s WLP is updated after each weigh-in.

Following the WLP is an example of a “W1 - Official Weigh-In Report” that is used during the weigh-in process for each competition.

Example

OPC Generated Weight Loss Plan

Weight Loss Plan

NWCA Wrestling Weight Certification

David Brooks – Farmingdale High School

 Initial weight: **191.8 lbs**  Weight loss per week: **2.88 lbs**

Minimum weight class: **170** Minimum weight: **161.00**

Date		Eligible Weight	Eligible Weight Class	Actual Weight
11/16/2018	Initial Assessment	191.80	195	191.80
11/17/2018	Day 1	191.39	195	
11/18/2018	Day 2	190.98	195	
11/19/2018	Day 3	190.57	195	
11/20/2018	Day 4	190.16	195	
11/21/2018	Day 5	189.75	195	
11/22/2018	Day 6	189.33	195	
11/23/2018	Day 7	188.92	195	
11/24/2018	Day 8	188.51	195	
11/25/2018	Day 9	188.10	195	
11/26/2018	Day 10	187.69	195	
11/27/2018	Day 11	187.28	195	
11/28/2018	Day 12	186.87	195	
11/29/2018	Day 13	186.46	195	
11/30/2018	Day 14	186.05	195	185.10
1 lbs consecutive day allowance				
12/01/2018	Day 15	185.63	195	
12/02/2018	Day 16	185.22	195	
12/03/2018	Day 17	184.81	195	
12/04/2018	Day 18	184.40	195	
12/05/2018	Day 19	183.99	195	
12/06/2018	Day 20	183.58	195	
2 lbs consecutive day allowance				
12/07/2018	Day 21	183.17	195	180.80
12/08/2018	Day 22	182.76	195	

Example

Form W1- Official Weigh-In Report

W-1 Official Weigh In Report												
School: Farmingdale HS			Event: 2018 Titan Toughman Wrestling Tournament				Date: 06/14/2019					
12/06/2018 1 lbs consecutive day allowance			12/07/2018 2 lbs consecutive day allowance				12/08/2018 0 lbs consecutive day allowance					
Weight	Name	EWC	EWV	Actual Wt.	EWC	EWV	Actual Wt.	EWC	EWV	Actual Wt.	Last Official Weigh-In	Skin Check
106	Gil Hodges			106	102.88	104.70					11/30/2018 104.4	
106	Cleon Jones			106	104.22	105.70					11/30/2018 105.8	
106	Tommie Agee			106	95.57	97.80					11/30/2018 97.0	
113	Jerry Koosman			113	110.21	111.60					11/30/2018 111.9	
113	Casey Stengel			113	103.77	107.90					11/06/2018 106.9	
113	Tom Seaver			113	110.91	111.70					11/30/2018 112.6	
126	Ed Kranepool			126	124.77	125.80					11/30/2018 126.7	
138	Tug McGraw			138	134.93	137.70					11/30/2018 137.0	
138	Ron Swoboda			138	136.67	136.70					11/06/2018 146.4	
152	David Brooks			152	145.99	146.00					11/30/2018 148.2	
152	Michael Brooks			152	148.21	149.30					11/30/2018 150.5	
160	Ken Boswell			160	156.28	158.10					11/30/2018 158.7	
170	Duffy Dyer			170	161.06	162.60					11/30/2018 163.5	
182	Bud Harrelson			182	178.49	177.70					11/30/2018 181.3	
182	Al Jackson			182	178.28	180.70					11/30/2018 180.2	
195	Alan Willard			195	191.15	193.20					11/30/2018 194.1	
195	Ray Chapman			195	183.17	180.80					11/30/2018 185.1	
195	Larry Ziems			195	186.07	189.20					11/30/2018 188.9	
220	Tiger Woods			220	210.87	214.40					11/30/2018 214.1	
220	David Duval			220	200.53	203.30					11/30/2018 203.6	
285	Phil Lefty			285	278.70	282.30					11/30/2018 283.0	

VHSL does not permit off-site weigh-ins

Weigh-in Time

Medical/Skin Check Completed By

Certified By Coach (name)

Certified By Administrator * (name)
* if honor weigh-in performed

Certified By Opponent Coach (name)

Referee (name)

Referee (name)

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For VHSL High School Wrestling Coaches

5.4 Wrestling Nutrition

Wrestler nutrition seeks to balance the sometimes competing needs of losing/maintaining weight, building strength and maximizing performance.

Typical weight loss is driven by two primary components: 1) Reduction in % body fat and 2) water loss. The reduction in % body fat is a result of long-term actions that come from regulating diet and exercise. The weight loss due to dehydration is short term and should only be used for small decreases in weight. Short term weight loss for periods lasting less than one day should not exceed 5% body weight and is best if held to 3%.

A wrestler can lose body fat, not muscle, by slowly losing weight. Each wrestler needs to select their desired weight class based on the results of the weight certification and established maximum weight loss amounts. A wrestler can reasonably sustain a weight which is 2-5% over their weight class and plan their regular body weight fluctuations to allow them to safely make weight at weigh-in.

The reduction in body fat can result over long periods of time if the wrestler maintains a healthy diet that takes in approximately 300-500 calories less than their body's requirements. Watching calorie intake, eating healthy foods and making the right choices will impact the wrestler's ability to build strength and maintain peak performance. A poor diet can make a wrestler weak and tired.

Wrestlers need to weigh themselves regularly to determine the weight range they fluctuate within, such as; the difference between what they weigh when they go to bed and when they wake up, the difference between what they weigh when they wake up and when they arrive for wrestling practice, and what they weigh at the beginning of wrestling practice and what they weigh at the end of practice. These ranges of "float" can help a wrestler determine what they need to do to manage their weight as they prepare for weigh-in. A typical wrestling practice workout can result in a weight fluctuation of 2-3%.

There are three different types of food that need to be included in a healthy diet: Proteins, Carbohydrates and Fats. There are "good" and "bad" foods of each type in each category. In general, a good diet for an athlete is a combination of 30% Proteins, 40% Carbohydrates and 30% Fats.

The next page provides a high-level summary of nutrition which can be shared with the wrestling team.

High Level Summary Table Wrestler Nutrition

Proteins

Promotes muscle maintenance and muscle recovery

"Good" Proteins	"Bad" Proteins
Lean ground beef, chicken, turkey	Fatty meats
Canned Tuna / Fish	High Fat Dairy
Low Fat Cottage Cheese	
Almonds / Peanuts	
Low Fat - Milk / Cheese / Greek Yogurt	
Eggs	

Carbohydrates

Needed to maintain calorie requirements to prevent muscle depletion. Important source of energy.

"Good" Carbohydrates - Complex	"Bad" Carbohydrates - Simple
Wheat bread / Grains	Sugar/ Fruit Juice
Pasta	Sports drinks
Bananas	Soda
Apples	Candy
Pears	Cookies
Vegetables	Cake

Fats

Cushions and protects organs, concentrated energy source for the body

"Good" Fats – Unsaturated Fats	"Bad" Fats – Saturated Fats
Nuts	Ice Cream
Low Fat Milk	Whole Milk
Lean Meats	Butter
Low Fat Dairy	Saturated Fats
Low Fat Cottage Cheese	Trans Fats
Low Fat Greek Yogurt	Baked goods
	Cream cheese



Wrestlers use a lot of water during practices and competition. They need to be constantly hydrating to replace those fluids.

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5.5 Wrestling Team - Depth Chart

The below Table helps identify and track which wrestlers are wrestling in each weight class. Completing this Table helps the HWC determine where additional wrestlers are needed and where adjustments can be made to ensure that each weight class has a competitor. The weight classes in which each wrestler is eligible to compete may likely change during the season. The Team Depth Chart is fluid and needs to be updated for each competition.



Wrestling Team - Depth Chart

Weight Classes		Wrestlers Name	Wrestlers Name	Wrestlers Name
1.	106 lbs			
2.	113 lbs			
3.	120 lbs			
4.	126 lbs			
5.	132 lbs			
6.	138 lbs			
7.	145 lbs			
8.	152 lbs			
9.	160 lbs			
10.	170 lbs			
11.	182 lbs			
12.	195 lbs			
13.	220 lbs			
14.	285 lbs			

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For VHSL High School Wrestling Coaches

6.0 Communications

6.1 Parents Communications

Good communications can eliminate many potential problems. Successful parent relationships can make a season run smoothly.

6.2 Parents Meeting

The Parents Meeting is an opportunity to meet and engage the parents / guardians / family of the wrestlers. It is an opportunity to explain the wrestling program and solicit parent support. The Parents Meeting needs to communicate a lot of important information and should take place no later than the first day of wrestling practice.

The Parents Meeting is also a chance to engage with the parents and get them excited about the season. The more parents / guardians / family members that learn about the sport and enjoy watching their children compete, the bigger pool of people you can tap into for necessary resources and support. The HWC might ask if there is interest in having the rules and scoring explained, perhaps immediately following the main meeting.

On the next page is an example Parents Meeting Agenda. You can insert the names and contact information into the template and/or modify the agenda topics to meet your needs.

Parents Meeting Agenda

Welcome & Wrestling Staff Introductions

Head Coach:

Name: _____ Phone: _____ E-mail: _____

Assistant Coaches:

Name: _____ Phone: _____ E-mail: _____

Name: _____ Phone: _____ E-mail: _____

Team Parent:

Name: _____ Phone: _____ E-mail: _____

Wrestler Parent Contact Sheet – Route around room for parents to fill in.

My Coaching Philosophy

- Health, Safety and Well Being come first
- Sportsmanship, value of hard work, **you get back what you put in**

Role of Parents of Wrestlers / What I need From Parents

- Get the necessary forms back to the Coach ASAP
 - Athletic Participation / parent Consent / Physical Form
 - Car Insurance / Vehicle Insurance Certification Form
 - Other Forms?
- Be part of the team / Show up for matches / Get to know the other parents
- Learn the scoring – it will make watching the matches more enjoyable
- Help with our Annual Tournament - our main fund raiser
- Help with transportation / food for away matches
- Please be on time to pick-up your wrestler – 6:30 PM sharp

Wrestling Practice

- School Days: **Practice Starts 4:00 PM** Sharp - All dressed – ready to go
- Ends in time for wrestlers to shower and change – **Pick-up at 6:30 PM**
- Saturday Practice Starts 9:00 AM – Wrestlers pick-up at 11:30 AM

Wrestling Season Schedule

- Wrestling Schedule shows date / format / location / transportation needs
- Includes exhibition matches prior or after dual meet
- Drivers need to complete insurance form – We need drivers

Equipment and Uniforms:

School Provided:

- Locker with combination lock
- Head Gear
- Competition Uniform
- Travel Bag

Wrestler Provided Equipment:

- Wrestling shoes (prefer school colors, or black, white, but any color is OK)
- Mouth guard is required, if wearing braces
- Practice clothes / T-Shirt / Shorts
- Shower towel, disinfectant soap, shampoo

Laundry – Practice Clothes

- Suggest you supply two sets of practice clothes
- Do laundry every other night – Use baking soda and/or vinegar
- Long sleeve shirts are good / Shorts with a waist band / No tank tops

Laundry – Competition Uniforms

- Team Manager will launder school uniforms after a competition

Weight Control Program

- Health and Safety first
- VHSL program manages how quickly wrestler can lose weight
- Based on starting weight and % body fat

Personal Hygiene / Showers

- Wrestlers must shower every day at school after practice
- Bring their own towel, disinfectant soap, shampoo

Communications

- Head Coach will communicate to Parents using: E-Mail or _____
- Need you to provide Parent Contact information on sheet that is routing
- Head Coach will communicate to wrestlers using Facebook

Closing Remarks

- Look forward to the season and working with your boys
- Any questions?
- If during the season, you have any questions or concerns please call me.

Wrestler's Parents Contact List

Name of Wrestler	Name of Contact	E-mail Address	Primary Phone Contact	Secondary Phone Contact

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For VHSL High School Wrestling Coaches

6.3 Team Communications

Prior to the beginning of the season, the HWC should establish communications with the returning wrestlers and incoming freshmen wrestlers. This provides the coach with an opportunity to get the team ready for the season. Some topics of communication are the following:

1. **Routine Communications:** Determine how you will communicate to the wrestlers on an ongoing basis. Tell the team how you will communicate with them and if they need to access any particular Social Media (Facebook, etc.) and how to join the Team Page.

2. **Athletic Participation / Parent consent / Physical Form:** Inform wrestlers of the requirements to have this form completed. Tell wrestlers how they can get a copy of the form and when it needs to be completed. The form also includes a list of eligibility requirements (academics, residency, etc.).

3. **Start of Wrestling Season:** Tell the wrestlers when the first day of practice will be, what the start / finish times are and where practices are held. All wrestlers also need to be reminded of what equipment they are required to supply (e.g. wrestling shoes, practice clothes, shower soap, shower towel, etc.).

4. **Parents Meeting:** Communicate to wrestlers the date / time of the start of season Parents Meeting. Express the importance of at least one parent attending.

5. **Weight Certification Process:** All wrestlers need to establish themselves eligible for weight classes they will compete in. The weight classes they may compete in are determined by the Weight Certification Process. At the start of the season, the AT will weigh each member of the wrestling team, measure their percent body fat and ensure they are properly hydrated at the time of these measurements. The AT will enter these measurements into a computer program that calculates the maximum amount of weight each wrestler can lose each week. This program of weight loss determines the lowest weight class the wrestler can compete in each week and at the end of the season.

6. **Team Clothing Store**

You or the Team Parent may decide to establish a relationship with a local or online vendor to sell team clothing for wrestlers and their family and friends. Clothing items like sweat shirts, T-shirts, polo type shirts with the team name and logo may be available for purchase.

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For VHSL High School Wrestling Coaches

7. Recruit Wrestlers: Your team will be more competitive if you have one or more wrestlers in each weight class. It is a good idea to encourage your wrestlers to recruit their friends who are interested in wrestling. Also, talking with football coaches can often provide leads to potential wrestlers to help fill out the upper weight classes. For specific needs, such as heavier weight classes, nothing beats walking the hallways and talking with students that might fill the weight class gaps and who would enjoy wrestling.

6.4 First Wrestling Team Practice

The first meeting / practice is important for establishing the culture of the team. By culture, we mean what behaviors are acceptable and lead to success and what behaviors are not acceptable. The wrestling team will look to the HWC to determine what behaviors are acceptable.

Discussion Topics for First Wrestling Team Practice

- Introduce coaching staff – build credibility – tell your credentials.
- HWC - Coaching Philosophy
- Wrestlers introduce themselves to each other
- Competition Schedule
- Weight Certification: weight / hydration / % body fat
- Nutrition
- Hygiene - Towels / soap / shampoo / wipe feet / keep mat clean
- Sportsmanship Pledge
- Behaviors have consequences
- Wrestling Practice: Start – stop times
- Typical Practice – Warm-up, teaching, drill skills, conditioning, cool down

Behaviors the wrestlers will notice and learn from the coaching staff:

- We start and end practices on time
- We prepare in advance
- We stay focused on the work at hand
- We treat everyone with respect
- We do not use profanity
- We use positive reinforcement

The Team Manager can collect many of the forms and keep track of what equipment was issued to each wrestler. The HWC should receive and hold the **Athletic Participation / Parental Consent / Physical Forms** as they may contain private and confidential information. ***This form also includes an Emergency Authorization for medical care. The HWC should always have these forms available during practices and competitions.***

HANDBOOK

For VHSL High School Wrestling Coaches

7.0 Sportsmanship

Learning good sportsmanship is a primary objective of high school athletics. Good sportsmanship is a culture that begins in the practice room. The coaching staff is responsible for teaching and building sportsmanship culture.

Good Sportsmanship is a top priority of the Virginia High School League. The manner in which your school is represented is far more important than wins and losses. Good Sportsmanship is about respect – respect for oneself, for teammates and coaches, for your opponents, contest officials and the game itself.

7.1 NFHS Sportsmanship Pledge



The image shows the NFHS Sportsmanship Pledge form. It has a red header with the NFHS logo and the text "National Federation of State High School Associations". Below the logo is the slogan "Sportsmanship. It's up to you.™" and the title "Sportsmanship Pledge". The main body of the form is white and contains the following text:

I, _____, make a commitment today to support my school to the best of my ability, to maintain a positive attitude and to be a role model for students, fans and community members. I will exhibit appropriate SPORTSMANSHIP behavior and lead by example.

I will accept the responsibility of representing my school and community by:

- Adhering to the rules
- Respecting the authority and judgment of coaches/advisors and officials
- Demonstrating self-control—both physically and verbally
- Treating opponents with respect
- Congratulating opponents following victory or defeat

Signed: _____

Date: _____

Witness: _____

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The NFHS Sportsmanship Pledge form can be used to frame a discussion with your team about sportsmanship and define what is expected of them. Each wrestler should be required to sign the “Sportsmanship Pledge” at the start of each season. A blank pledge form can be found in Appendix D.

HANDBOOK

For VHSL High School Wrestling Coaches

7.2 Incident and Ejection Reporting

There are very specific requirements for reporting sportsmanship incidents and Ejections. The following is an excerpt from the “VHSL – Officials Association Guide”.

18. REPORTING SPORTSMANSHIP “INCIDENTS”

Sportsmanship “incidents” are situations that can occur during the contest, but that often occur following a contest and can involve players, coaches, spectators or school administrators. Examples of incidents that must be reported are as follows:

- A. Any incident involving a spectator, before, during or after the contest.*
- B. Incidents involving damage to school or personal property.*
- C. Physical or verbal altercations or other unsportsmanlike conduct between players, coaches, spectators or officials.*
- D. Verbal abuse by players, coaches, or spectators directed toward opposing teams, coaches, or officials.*
- E. Public criticism of officials by coaches in news media or social media.*
- F. Coaches, players or school administrators entering the officials’ dressing area or standing immediately outside that area at any time for the purpose of criticizing, threatening or berating game officials.*

Sportsmanship incidents must be reported by the school and by the assigning association.

7.2.1 Incident Reporting

VHSL requires that all Incidents be reported to the VHSL and any impacted school by either phone call or e-mail on the first working day after the incident. The high school Principal must submit a completed “**High School Sportsmanship Incident Report Form**” to the VHSL and to the Principals of impacted schools within 5 working days of the incident. See **Appendix D** for the VHSL School Sportsmanship Incident Report Form.

7.2.2 Ejection Reporting

VHSL requires that all Ejections be reported to the impacted schools and the VHSL by either phone call or e-mail within 24 hours. A completed “**VHSL School Ejection Report Form**” must be submitted to the VHSL and impacted school Principals within two working days. See **Appendix D** for the VHSL School’s Ejection Report Form.

Note, the referee or official assigned to the event must submit a “Commissioners’ Ejection Report” to VHSL. A completed “Commissioners Ejection Report Form” must be submitted within 2 working days.

HANDBOOK

For VHSL High School Wrestling Coaches

8. Teaching and Practice Plan

The HWC should develop a Teaching and Practice Plan for the season that outlines what moves will be included and what order they will be introduced into the team practices. There is a balance between teaching, drilling, conditioning and live-wrestling that the HWC needs to decide upon.

8.1 Developing a Plan

Developing and following a season long training and practice plan ensures that the entire coaching staff know what moves they will teach and the sequence they will follow each week to teach new moves. Below is a table of wrestling moves that shows all the moves which will be taught during the year. Following the Table are examples of how the overall training plan might be introduced to the team in a sequential manner.

The Head Coach should develop a training sequence that makes sense to them. Having a Training Plan provides a schedule to insure all moves are covered before key competitions. It also provides a reference for discussions with the assistant wrestling coaches.

This approach can be used year after year, to plan what moves will be taught to the team, in what sequence the moves will be taught and over what time period. An example Wrestling Season Training Plan is shown on the following pages. The plan is organized in three categories: 1) Take Downs, 2) Top Wrestler Moves and 3) Bottom Wrestler Moves.

It is the role of the HWC to develop an overall wrestling season practice strategy that progressively adds material and increases the skill level of the team. Making a plan for each day of practice helps the HWC run an efficient practice and stay aligned with the overall season plan

Wrestling Season Training Plan (Page 1)

	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>
Standing - Neutral Position / Take Downs				
• Arm drag	X			
• Slide by	X			
• High Crotch Shot into a double leg	X			
• Single leg sweep – finishes for leg positions #1, #2, #3	X			
• Blast double leg	X			
• Snap Down – go behind / Head in the hole		X		
• Snap Down – Snake / Twister / Knee pick		X		
• Sprawl and finish with butt drag		X		
• Head & Arm – Head & Arm roll thru counter			X	
• Firemen's			X	
• Head & Heel (Ankle pick)			X	
• Elbow pass / pull / pop			X	
• Under Hook – Series				
• High Crotch – Lift and Turk				X
• Duck under arm drag into double leg				X
• Lateral Drop				X
• Lazy man Lateral				X
• Russian – Into a single leg, duck under				X

Wrestling Season Training Plan (Page 2)

	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>
Bottom Wrestler Moves				
• Stand-up - Inside	X			
• Stand-up - Outside	X			
• Switch & re-switch		X		
• Wrist control		X		
• Breaking a 2-on-1 grip		X		
• Greek Roll			X	
• Granby Roll			X	
• Lorenzo Roll				X
• Standing Switch				X
• Arm Bar Defense				X
Top Wrestler Moves				
• Chop Breakdown	X			
• Far Knee / Far Ankle Breakdown	X			
• Half Nelson Turn & Pin	X			
• Spiral Breakdown		X		
• Near Side Cradle		X		
• Cross Face Series – Far side cradle / Turk / Southern Cross		X		
• Leg Ride – Power Half, Guillotine, Banana Split			X	
• Arm Bar / Double Arm Bar			X	X
• Hammer Lock			X	
• Dirt Ride into Near side Cradle				X

Example Early Season - Practice Plan

Duration	ACTIVITY
15 minutes	Warm-Ups
	Jogging
	Stretching
	Shadow drills – practice takedown shots
	Practice stand-ups without partner
20 minutes	Reviewing Moves Previously Taught
	Double Leg Takedown
	Single Leg Takedown
	Arm Drags
	Blast Double
	Inside Stand-up
	Outside Stand-up
	Chop Breakdown
5 minutes	Water Break
40 minutes	Teach New Moves – Follow Training Plan
	Fireman's
	Snap Down – Series – Go behind / Snake / Head in Hole
	Greek Roll
15 minutes	Live Wrestling / Conditioning
	Start in Neutral Position – take downs only - return to neutral
	Start in Referees Position – 20 second go's
	Spinning drills
	Sprawling drills
	Short sprints
10 minutes	Cool Down
	Jogging
	Spinning
	Stretching

Date: _____

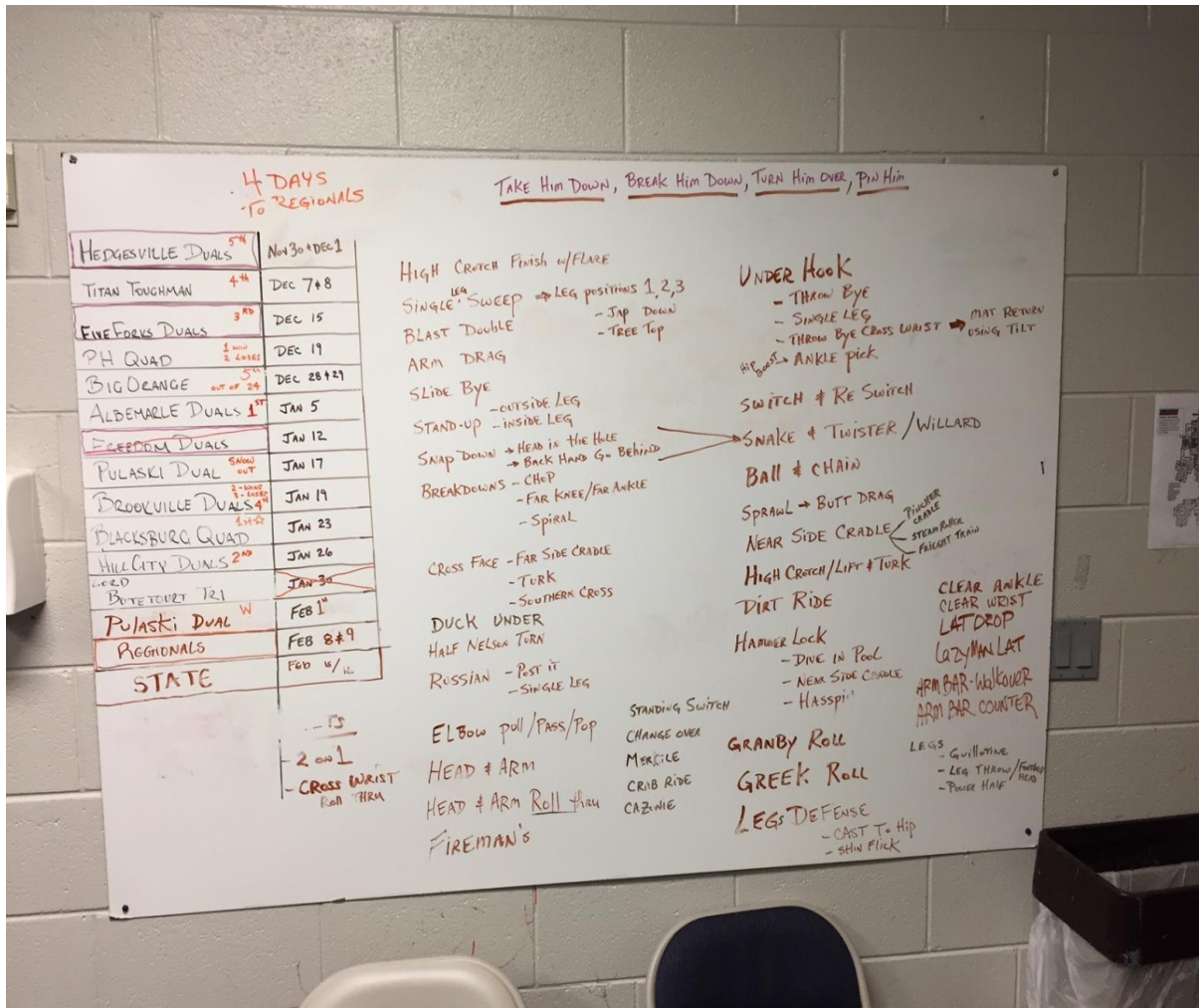
Daily Practice Plan - Template

Duration	ACTIVITY
15 minutes	Warm-Ups
20 minutes	Reviewing Moves – Previously Taught
5 minutes	Water Break
15 minutes	Teach New Moves – Follow Training Plan
30 minutes	Live Wrestling / Conditioning
10 minutes	Cool Down

HANDBOOK

For VHSL High School Wrestling Coaches

Using a white board in the wrestling practice room helps coaching staff and wrestlers keep a record of moves that have been covered and other important communications.



HANDBOOK

For VHSL High School Wrestling Coaches

8.2 Wrestling Team Strategy

Each HWC needs to determine their own wrestling team strategy. A strategy answers the question “What does my team do differently than other teams and why?” Below is an example of a wrestling team strategy.

Most of us have seen wrestling matches where one wrestler takes down his opponent and after being awarded 2 points the same wrestler releases his opponent and proceeds to take-down his opponent again using the exact same takedown. Sometimes this is repeated 3 or more times.

We believe that wrestlers should know all the moves; we also believe that many wrestlers can be very successful if they focus on a few takedowns, a few moves off bottom, breakdowns and pinning combinations. We think being very good and fast at a few moves is more valuable than being pretty good at all the moves.

This applies even more for wrestlers who start wrestling relatively late in their high school careers (juniors and seniors). Spending more time on learning to set-up the same take down multiple ways is more valuable than adding more moves.

As said in the immortal words of Bruce Lee:

“I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.”

We think each wrestler should have a plan for what they are going to do before they go onto the mat. Having a plan allows the wrestler to be aggressive and dictate what happens on the mat. Having a plan does not prevent the wrestler from changing the plan due to conditions on the mat.

Overall, we do not care what our opponent plans to try to do to us. We do not wrestle defensively and try to anticipate what our opponent is going to try and do to us. We go out on the mat and intend to dictate what happens. Our wrestlers are encouraged to develop multiple ways to set-up their best take-downs. If we can make our opponent follow our wrestlers’ lead, our wrestler is going to decide the match.

Our wrestlers need to learn and practice all moves because we want them to be able to anticipate and counter moves their opponent may use. They may also decide to change which moves are their go-to moves.

HANDBOOK

For VHSL High School Wrestling Coaches

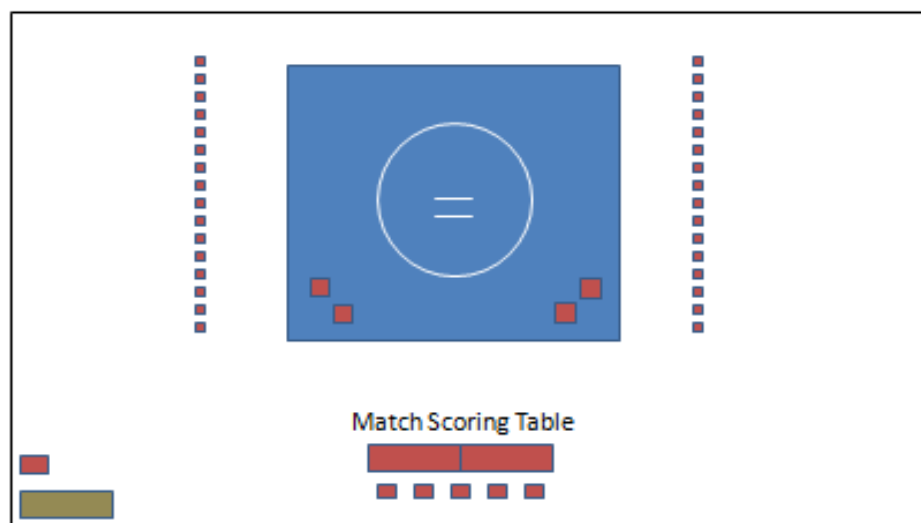
9.0 Hosting a Home Dual Wrestling Meet

Dual Meets provide an opportunity to build team spirit and support within the school. Home Dual Meets help generate interest for the sport within the school and recognition for the athletes. It is an opportunity to engage parents, family and friends of the wrestlers. It is also frequently a revenue generator for the team. Inviting the High School Cheer Team to cheer for the wrestling team can help motivate the wrestling team and demonstrates a level of school support for the team. It also tends to increase attendance and makes the event more fun for all.

9.1 Resource Needs

Ticket Taker:	To staff a table at the entrance and sell tickets
Referee:	Usually scheduled by the Athletic Director.
Athletic Trainer:	To provide on-site medical aid.
Concessions Staff:	Need to plan and purchase refreshments and staff the concession stand before and during the match.
Time Keeper:	Keeps official clock of match time.
Scorers:	Records individual match scores and team score
Tapper:	Signals to the referee when time has expired.

Dual Meet - Gymnasium Set-up



Trainer's
Station

Totals: 2 Tables
40 Chairs – for teams and table workers
2 Rugs – under coaches chairs to protect mat

HANDBOOK

For VHSL High School Wrestling Coaches

9.2 Coach's Observations – Wrestler Feedback Notes

Below is an example of a form the HWC and AWCs might use to write down what they see during a match and what they want to give as feedback to their wrestlers to help them improve. Another technique is to use separate 3x5 card for each wrestler on which the coach captures their observations

Coach's Observations Wrestler Feedback Notes

Weight Class	Name	Observations

HANDBOOK

For VHSL High School Wrestling Coaches

9.3 Senior Night Text

Below is example text that can be used to introduce the seniors prior to competition.

Good evening ladies and gentlemen. Welcome to a night of wrestling at _____ High School where your _____ will host _____ High School. Please stand and remove your headgear as we honor America with the playing of our national anthem.

Please be seated. Tonight we would like to recognize our seniors before they compete in their final home event.

Our first senior is _____ he is accompanied by his parents _____ and _____. This is _____ third year wrestling for our high school. After graduation, _____ plans to attend _____ to study _____.

Our next senior is _____ he is accompanied by his parents _____ and _____. _____ has wrestled all four years in High School. Last year he was District Champion. After graduation, he plans to attend _____ and major in _____.

Our next senior is _____ he is accompanied by his parents _____ and _____. This is _____ third year wrestling for our high school. After graduation, _____ plans to join the _____.

Let us give all these seniors a round of applause and wish them well in their future endeavors.

10. Hosting a Tournament

Hosting a tournament involves a lot of planning and preparation. Hosting a tournament can generate a large amount of income for the school and wrestling team. The specific way that income and expenses associated with a tournament are allocated should be determined at the start of the season when the wrestling budget is established by the AD and HWC.

Starting with a smaller tournament will allow the AD, HWC and others to gain experience and increase the chances of hosting a successful tournament. When planning a tournament, you will want to think about the number of teams / wrestlers you can effectively manage. Two-day tournaments can be expensive for schools that need to travel and rent hotel rooms for their team.

10.1 Designing the Tournament

Below is an overview of issues to be considered and planned for when deciding to host a tournament. Some of the listed expense items may be provided by the school and this will help reduce costs.

Tournament Economics

○ Expenses

- Referees' Fees
- Tournament Director's Fees
 - Include skilled table workers fees
- TrackWrestling usage Fee
- Athletic Trainer(s)
 - Extra Medical Supplies
- Security staff
- Visual Media – Clocks / match score display
- Tournament Bracket - Display screens
- Internet connectivity and electric power to tables
- Ankle bands for each mat
- Lots of mat tape
- Transporting borrowed mats to the tournament site
- Place finisher awards
- Hospitality Room food and supplies

○ Income

- Team Registration Fees
- Ticket sales
- Concession sales
 - T-shirt sales

HANDBOOK

For VHSL High School Wrestling Coaches

Doing a quick estimate of the anticipated expenses and income, will give you a ballpark estimate of how profitable your tournament might be. Keep in mind that during wrestling season weather cancellation is always a risk and weather can significantly impact ticket sales and profitability. It can even result in the tournament being cancelled and your school being responsible for some of the upfront expenses.

10.2 Tournament Planning

Before you commit to hosting a tournament, you should get a sense of how interested other wrestling teams would be to participate. You should talk with other wrestling coaches, as much as a year in advance; to determine if they are interested and if they can fit the tournament into their team's Wrestling Competition Schedule.

Schedule Key Resources: Early on you will want to work with the AD to firm up the availability of the necessary school building space, referees, tournament officials, skilled table workers, display screens and wrestling mats.

Send out Invitation: Once you have the key resources scheduled, you will want to communicate the tournament specifics to your target schools' AD and wrestling coaches. The invitation letter / e-mail should include the date(s), specific location, tournament format, daily schedule for the event, entry fee, registration deadline, entry fee deadline and awards to be presented. The invitation can include a registration form.

Tournament Director (TD): A medium size wrestling tournament can utilize anywhere from 4 to 8 wrestling mats spread across multiple gymnasiums and rooms. Using a professional Tournament Director greatly facilitates the delivery of a successful tournament. The TD can arrange for staffing of the scorer's table staff for each mat. The TD keeps track of the results of each match and keeps the running team scores of the tournament. The TD can use **TrackWrestling** software and have real-time online information available to tournament participants and observers.

The Tournament Director should lead the process to set-up the tournament wrestling brackets. In individual wrestler tournaments, individual wrestler seeding is typically decided based on a wrestler's competition record so far in the current season and their prior year's performance. The Seeding Meeting is typically held a day or more before the start of the tournament. Participating teams will need to supply the wrestling record for each participant.

HANDBOOK

For VHSL High School Wrestling Coaches

Summary of Responsibilities of Key Staff

R = Responsible Party	Athletic Director	Head Wrestling Coach	Wrestling Commissioner	Tournament Director	Team Parent	Althetic Trainer
Prior to Tournament						
Establish Date for Tournament	R	R				
Communicate to other schools	R	R				
Communicate need for referees	R					
Hire Tournament Director	R					
Schedule Referees			R			
Arrange for table workers				R		
Arrange for additional mats	R					
Plan food for Hospitality Room					R	
Lead - Bracket / Seeding Meeting				R		
Plan and schedule table workers				R		
During Tournament						
Set-Up Gymnasium		R				
Arrange for concession volunteers					R	
Supervise Table workers				R		
Supervise referees			R			
Keep team and individual results				R		
Supervise Hospitality Room					R	
Set-Up Aid Station and provide aid						R
Shut-Down Gymnasium		R				
Money Management - Tickets and Concessions	R				R	

HANDBOOK

For VHSL High School Wrestling Coaches

10.3 Tournament Delivery

Two to Three Weeks in Advance of the Tournament

- Reconfirm all key resources and staff
- Review tournament plans with Tournament Director
- Reconfirm team participation
- Reconfirm all equipment and supply plans
- Arrange specifics for wrestling mat transportation / return
- Arrange for weigh-in scales
- Schedule Seeding Meeting and Coaches Meeting
- Concessions and Hospitality Room plans
- Notify local news media of event
- Confirm use of Public Address system, internet access, electric
- Understand how national anthem will be played
- Consider playing upbeat music during warm-ups and breaks.
- As required, reconfirm all roles and responsibilities
- Will you have an onsite ambulance?

One to two Days in Advance of the Tournament

- Set-up all wrestling mats and scorer's tables, electric, etc.
- Meet with Team Parent to review staffing / set-up plans
 - Ticket Sales / Entrance / Signs
 - Concessions staffing
 - Hospitality Room
 - Align food with breaks in wrestling schedule
- Tournament Director leads Seeding Meeting
 - Wrestler weigh-in plan
- Remind local news media of event
- Plan for mat sanitation
- Access to copy machine and paper
- Determine team food areas

Good tournament design and planning will lead to a smooth tournament. Ideally, the host school wrestling coach will be able to focus on coaching the school's team during the tournament and rely on the Tournament Director, AD and Team Parent to manage the tournament.

HANDBOOK

For VHSL High School Wrestling Coaches



Day of the Event

- Finalize all set-up
- Conduct Coaches Meeting
 - Distribute Wrestling Brackets & Seeding
 - Encourage HWC's to review the brackets and confirm that all their wrestlers have been seeded
 - Finalize Tournament Activity Schedule
 - Answer questions
- HWC then needs to focus on coaching the team
- Help News Media staff understand event and get what they need
- Ensure money is securely managed

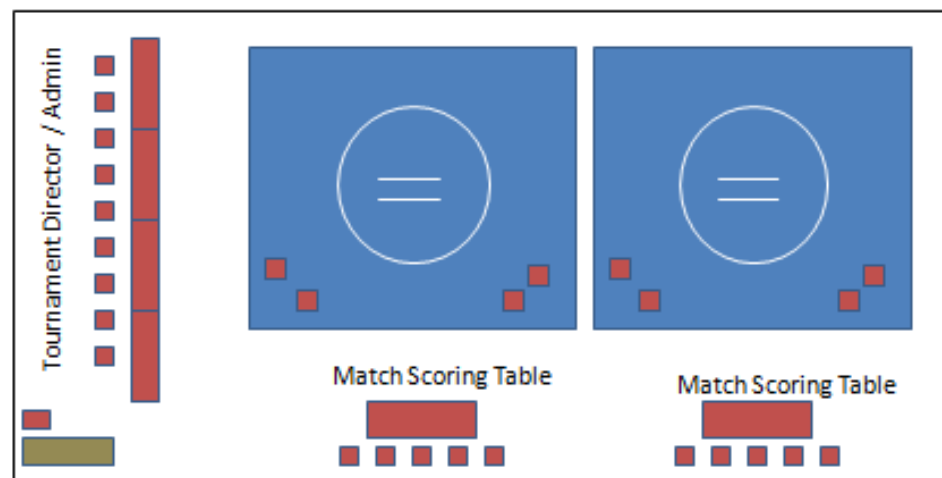
Following the Tournament

- Ensure all bills are paid
- Meet with AD to do a final tally of Expenses and Income
- Thank people who helped make the tournament a success
- Ensure mats are returned
- Put away supplies in an organized manner for use next year
- Make notes of what should be done differently the next year
- Tell AD's / coaches if the tournament will be an annual event

HANDBOOK

For VHSL High School Wrestling Coaches

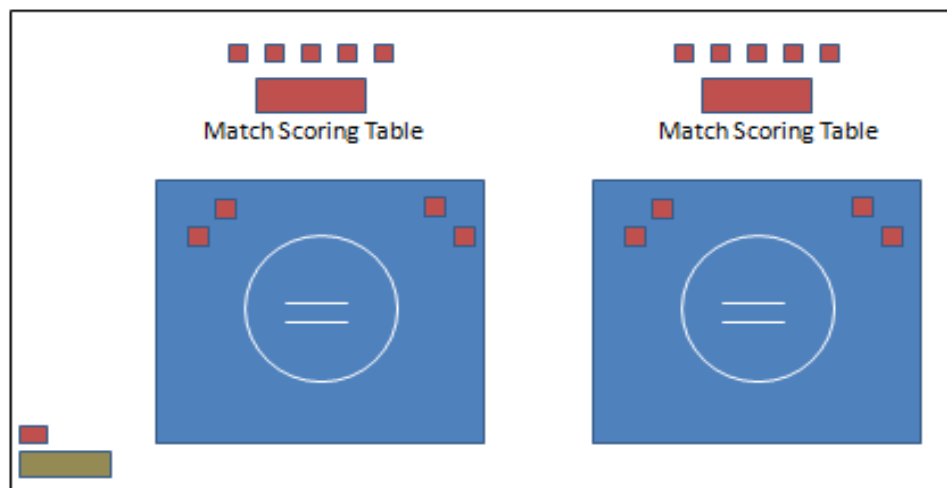
Main Gymnasium - Tournament Set-up



Trainer's
Station

Totals: 6 Tables
1 Trainers Table
28 chairs
4 rugs – under coaches chairs to protect mat

Second Gymnasium - Tournament Set-up



Trainer's
Station

Totals: 2 Tables
18 Chairs
4 rugs – under coaches chairs to protect mat

HANDBOOK

For VHSL High School Wrestling Coaches

11.0 Coaching Advice

As stated earlier, the objective of this document is to focus on the annual process and VHSL requirements and not teaching moves or coaching techniques. However, during the course of conducting interviews and compiling the Handbook we heard many words of advice.

We captured some of the advice we heard below for the reader's consideration.

- *"Make wrestling fun for the kids"*
- *"Get to know the parents and other coaches. Coaching can be a very rewarding part of your life".*
- *"Try to end each practice on a positive note. Give them something fun to look forward to. Recognize someone who did something well".*
- *"Help parents understand the sport of wrestling and match scoring"*
- *"Think long and hard before removing a student from the team. Wrestling may be a primary source of structure and positive role models in their life".*
- *"Only make team rules you will enforce".*
- *"Always conduct yourself, both on and off the mat, in a positive and professional manner".*
- *"Studying and having a working knowledge of the rule book is important. When consulting an official about a call, present your argument in a manner that quotes the rule book as close as possible."*
- *"Emphasis on wrestlers "winning" can result in wrestling paralysis. Wrestlers go out "not to lose" and often do not perform at their best."*
- *"Sometimes the HWC needs to be tough skinned when dealing with parents. Try to address their concerns without being defensive".*

HANDBOOK

For VHSL High School Wrestling Coaches

- *“Never disrespect any official. Any attempt to incite a crowd is very poor sportsmanship. Wrestling is an emotional sport and your behavior will have an impact on your wrestlers and the crowd.”*
- *“The more specific a coach can be when coaching a wrestler during a match the better (e.g. “Control his wrists”, “Use your stand-up” or “Watch out for the Greek Roll” are more helpful than yelling “Keeping going” and “Stay Aggressive”).*
- *“Help wrestlers learn that behaviors have consequences”.*
- *“Teaching Sportsmanship is as important as teaching wrestling moves”.*
- *Coaching comments such as “trust your training” “go have fun” and “let it fly” make competition more enjoyable and productive.”*
- *“Get as many matches for your wrestlers as possible”.*
- *Athletic Trainer: “Hosting a tournament can consume a lot of ankle tape”.*
- *“We award Varsity Letters only to wrestlers who earn 18 team points in matches during the season”.*
- *“Tilts are a big part of scoring in today’s wrestling”.*
- *“Build support for the team. Advertize matches. Invite HS Cheer Team”.*
- *“Build a history of team/wrestler success on the walls of your practice room. Success breeds success”.*

HANDBOOK

For VHSL High School Wrestling Coaches

- *“Keep coach’s talk time to a minimum. Talk about sportsmanship, grades, commitment and weight management. Do not spend much time telling them how much history you know and stories of your past greatness. The wrestlers stop listening”.*
- *“Assign a coach to wrestlers with anger management problems. Get the wrestler off the mat and follow the VHSL prescribed rules of escalating actions and punishments”.*
- *“We tell the referee in advance if our wrestler is having trouble being a sportsman at the end of the match and not shaking hands correctly. The referee can help with this”.*

HANDBOOK

For VHSL High School Wrestling Coaches

Authors

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Tom Willard holds Bachelor and Master's Degrees in Civil Engineering from Virginia Tech. Tom has been a Management Consultant in the oil & gas industry for 38 years. Tom worked with many of the largest companies in the world, in 15 different countries, to help them define and align their long-term goals, strategy, organizational structures and work processes.

In High School Tom wrestled for Fairfax High School in Northern Virginia. He was Northern Virginia District and Regional Champion at 155 lbs in 1975. Tom attended the Virginia Military Institute (VMI) for two years and wrestled varsity at 157 lbs.

Tom has been an Assistant Wrestling Coach at Hidden Valley High School in Roanoke, Virginia since 2010. He is a member of the Roanoke Valley Wrestling Association. Tom is married and lives in Roanoke. He and his wife have two daughters and a growing number of grandchildren.

Otis Dowdy

Otis Dowdy graduated from Virginia Tech with a degree in Health Physical Education and Recreation and Driver Education in 1970. He earned a Master's Degree from Radford University in Administration and Supervision of Secondary Education in 1989.

Otis started the wrestling program at Cave Spring High School and coached there for 20 years; coaching many District and Regional champions and State place winners. Many former wrestlers went on to become wrestling coaches. Otis is a member of the Roanoke Valley Wrestling Hall of Fame and has continued to be active as a volunteer wrestling coach in high school and middle school programs.

Acknowledgements

We want to thank everyone who contributed to the creation of this Handbook. We truly appreciate their taking the time to share their experience and knowledge, review draft documents and provide helpful improvements. They include Larry Hall, Joyce Edmondson, Mitch Sutterfield, Raymond Broughman, Damon Daniels, Clint Gray, Laurel Haynes, Jeff Edmondson, John-Michael Deeds, Lori Wimbush, Steve Hale, Amber Rickman and the Roanoke Valley Wrestling Association.

We especially want to thank, Tom's wife, Linda Willard for being our proofreader and Erick DeMartino for helping develop the title page artwork and other graphic designs.

Appendix A

VHSL – Athletic Participation / Parental Consent / Physical Form

REVISED JANUARY 2021

VIRGINIA HIGH SCHOOL LEAGUE, INC.
1642 State Farm Blvd., Charlottesville, Va. 22911

Page 1 of 4

ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICAL EXAMINATION FORM

Separate signed form is required for each school year MAY 1 of the current year through JUNE 30 of the succeeding year.

For school year _____

PART I- ATHLETIC PARTICIPATION

Male _____

(To be filled in and signed by the student)

Female _____

PRINT CLEARLY

Name _____ Student ID# _____
(Last) (First) (Middle Initial)

Home Address _____

City/Zip Code _____

Home Address of Parents _____

City/Zip Code _____

Date of Birth _____ Place of Birth _____

This is my _____ semester in _____ High School, and my _____ semester since first entering the ninth grade. Last

semester I attended _____ School and passed _____ credit subjects, and I am taking _____ credit subjects this semester. I have read the condensed individual eligibility rules of the Virginia High School League that appear below and believe I am eligible to represent my present high school in athletics.

INDIVIDUALIZED ELIGIBILITY RULES

To be eligible to represent your school in any VHSL interscholastic athletic contest, you:

- Must be a regular bona fide student in good standing of the school you represent.
- Must be enrolled in the last four years of high school. (Eighth-grade students may be eligible for junior varsity)
- Must have enrolled not later than the fifteenth day of the current semester.
- For the first semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credits on a semester basis. (Check with your principal for equivalent requirements.) **May not repeat courses for eligibility purposes for which credit has been previously awarded.**
- For the second semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester. (Check with your principal for equivalent requirements.)
- Must sit out all VHSL competition for 365 consecutive calendar days following a school transfer unless the transfer corresponded with a family move. (Check with your principal for exceptions.)
- Must not have reached your nineteenth birthday on or before the first day of August of the current school year.
- Must not, after entering ninth grade for the first time, have been enrolled in or been eligible for enrollment in high school more than eight consecutive semesters.
- Must have submitted to your principal before any kind of participation, including tryouts or practice as a member of any school athletic or cheerleading team, an Athletic Participation/Parent Consent/Physical Examination Form, completely filled in and properly signed attesting that you have been examined during this school year and found to be physically fit for competition and that your parents' consent to your participation.
- Must not be in violation of VHSL Amateur, Awards, All Star or College Team Rules. (Check with your principal for clarification about cheerleading.)

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by your League, district and school. If you have any question regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, **check with your principal for interpretations and exceptions provided under League rules.** Meeting the intent and spirit of League standards will prevent you, your team, school and community from being penalized. Additionally, I give my consent and approval for my picture and name to be printed in any high school or VHSL athletic program, publication or video.

LOCAL SCHOOL DIVISIONS AND VHSL DISTRICTS MAY REQUIRE ADDITIONAL STANDARDS TO THOSE LISTED ABOVE.

→Student Signature: _____ Date: _____

PROVIDING FALSE INFORMATION WILL RESULT IN INELIGIBILITY FOR ONE YEAR.

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

PART II- MEDICAL HISTORY (Explain "YES" answers below)

This form must be complete and signed, prior to the physical examination, for review by examining practitioner. Explain "YES" answers below with number of the question. Circle questions you don't know the answers to.							
GENERAL MEDICAL HISTORY		YES	NO	MEDICAL QUESTIONS CONTINUED		YES	NO
1. Do you have any concerns that you would like to discuss with your provider?	<input type="checkbox"/>	<input type="checkbox"/>		24. Have you had mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	
2. Has a provider ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>		25. Are you missing a kidney, eye, testicle, spleen or other internal organ?	<input type="checkbox"/>	<input type="checkbox"/>	
3. Do you have any ongoing medical conditions? If so, please identify: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections <input type="checkbox"/> Other: _____	<input type="checkbox"/>	<input type="checkbox"/>		26. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?	<input type="checkbox"/>	<input type="checkbox"/>	
4. Are you currently taking any medications or supplements on a daily basis?	<input type="checkbox"/>	<input type="checkbox"/>		27. Have you ever become ill while exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	
5. Do you have allergies to any medications?	<input type="checkbox"/>	<input type="checkbox"/>		28. When exercising in the heat, do you have severe muscle cramps?	<input type="checkbox"/>	<input type="checkbox"/>	
6. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?	<input type="checkbox"/>	<input type="checkbox"/>		29. Do you have headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>	
7. Have you ever spent the night in the hospital? If yes, why? _____	<input type="checkbox"/>	<input type="checkbox"/>		30. Have you ever had numbness, tingling or weakness in your arms or legs or been unable to move your arms or legs AFTER being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>	
8. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>		31. Do you or does someone in your family have sickle cell trait or disease?	<input type="checkbox"/>	<input type="checkbox"/>	
HEART HEALTH QUESTIONS ABOUT YOU			YES	NO			
9. Have you ever passed out or nearly passed out DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>		32. Have you had any other blood disorders?	<input type="checkbox"/>	<input type="checkbox"/>	
10. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>		33. Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems?	<input type="checkbox"/>	<input type="checkbox"/>	
11. Does your heart race, flutter in your chest or skip beats (irregular beats) during exercise?	<input type="checkbox"/>	<input type="checkbox"/>		34. Have you had or do you have any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>	
12. Has a doctor ever ordered a test for your heart? For example, electrocardiography or echocardiography.	<input type="checkbox"/>	<input type="checkbox"/>		35. Do you wear glasses or contacts?	<input type="checkbox"/>	<input type="checkbox"/>	
13. Has a doctor ever told you that you have any heart problems, including: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki Disease <input type="checkbox"/> Other _____	<input type="checkbox"/>	<input type="checkbox"/>		36. Do you wear protective eyewear like goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>	
				37. Do you worry about your weight?	<input type="checkbox"/>	<input type="checkbox"/>	
				38. Are you trying to or has anyone recommended that you gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>	
				39. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>	
				40. Have you ever had an eating disorder?	<input type="checkbox"/>	<input type="checkbox"/>	
				41. Are you on a special diet or do you avoid certain types of foods or food groups?	<input type="checkbox"/>	<input type="checkbox"/>	
				42. Allergies to food or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	
				43. Have you ever had a COVID-19 diagnosis? Date: _____	<input type="checkbox"/>	<input type="checkbox"/>	
				44. What is the date of your last Tdap or Td (tetanus) immunization? (circle type) Date: _____			
14. Do you get light-headed or feel shorter of breath than your friends during exercise?	<input type="checkbox"/>	<input type="checkbox"/>		FEMALES ONLY			
15. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>		45. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>	
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY			YES	NO			
16. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>		46. Age when you had your first menstrual period: _____			
17. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car crash)?	<input type="checkbox"/>	<input type="checkbox"/>		47. Number of periods in the last 12 months: _____			
18. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?	<input type="checkbox"/>	<input type="checkbox"/>		48. When was your most recent menstrual period? _____			
19. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?	<input type="checkbox"/>	<input type="checkbox"/>		EXPLAIN "YES" ANSWERS BELOW			
BONE AND JOINT QUESTIONS			YES	NO			
20. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?	<input type="checkbox"/>	<input type="checkbox"/>		# >>			
21. Do you currently have a bone, muscle or joint injury that bothers you?	<input type="checkbox"/>	<input type="checkbox"/>		# >>			
MEDICAL QUESTIONS			YES	NO			
22. Do you cough, wheeze or have difficulty breathing during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>		# >>			
23. Do you have asthma or use asthma medicine (inhaler, nebulizer)?	<input type="checkbox"/>	<input type="checkbox"/>		List medications and nutritional supplements you are currently taking here:			

→ Parent/Guardian Signature: _____ Date: _____ → Athlete's Signature: _____

PART III- PHYSICAL EXAMINATION

(Physical examination form is required each school year dated after May 1 of the preceding school year and is good through June 30 of the current school year)**

NAME _____ DATE OF BIRTH _____ SCHOOL _____

Height	Weight	<input type="checkbox"/> Male	<input type="checkbox"/> Female
BP /	Resting pulse	Vision R 20/	L 20/
		Corrected	<input type="checkbox"/> Yes <input type="checkbox"/> No

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance (Marfan stigmata: kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse, and aortic insufficiency)		
Eyes/ears/nose/throat (Pupils equal, hearing)		
Lymph nodes		
Heart (Murmurs: auscultation standing, supine, +/- Valsalva)		
Pulses		
Lungs		
Abdomen		
Skin (Herpes simplex virus, lesions suggestive of MRSA or tinea corporis)		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional (i.e. Double leg squat, single leg squat, box drop or step drop test)		
Emergency medications required on-site: <input type="checkbox"/> Inhaler <input type="checkbox"/> Epinephrine <input type="checkbox"/> Glucagon <input type="checkbox"/> Other:		
COMMENTS:		

I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics:

- ☐ MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION
- ☐ MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION WITH RECOMMENDATION FOR FURTHER EVALUATION OR TREATMENT OF: _____
- ☐ MEDICALLY ELIGIBLE ONLY FOR THE FOLLOWING SPORTS: _____
- Reason: _____
- ☐ NOT MEDICALLY ELIGIBLE PENDING FURTHER EVALUATION OF: _____
- ☐ NOT MEDICALLY ELIGIBLE FOR ANY SPORTS

By this signature, I attest that I have examined the above student and completed this pre-participation physical including a review of Part II- Medical History.

→ PRACTITIONER SIGNATURE: _____ (MD, DO, NP or PA) + DATE**: _____

EXAMINER'S NAME AND DEGREE (PRINT): _____ PHONE NUMBER: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

+Only signature of Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician's Assistant licensed to practice in the United States will be accepted.

Rule 28B-1 (3) Physical Examination Rule/Transfer Student (10-90)- When an out-of-state student who has received a current physical examination elsewhere transfers to Virginia and attaches proof of that physical examination to the League form #2, the student is in compliance with physical examination requirements.

PART IV- ACKNOWLEDGEMENTS OF RISK AND INSURANCE STATEMENT

(To be completed by parent/guardian)

I give permission for _____ (name of child/ward) to participate in any of the following sports that are NOT crossed out: baseball, basketball, cheerleading, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swim/dive, tennis, track, volleyball, wrestling, other (identify sports): _____

I have reviewed the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts or some other means. He/she has student medical/accident insurance available through the school (yes__ no__); has athletic participation insurance coverage through the school (yes__ no__); is insured by our family policy with:

Name of medical insurance company: _____

Policy number: _____ Name of policy holder: _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participation in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) of health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally, I give my consent and approval for the above named student's picture and name to be printed in any high school or VHSL athletic program, publication or video.

To access quality, low-cost comprehensive health insurance through FAMIS for your child, please contact Cover Virginia by going to www.coverva.org or calling 855-242-8282.

PART V- EMERGENCY PERMISSION FORM*

(To be completed and signed by the parent/guardian)

STUDENT'S NAME: _____ GRADE: _____ AGE: _____ DOB: _____

HIGH SCHOOL: _____ CITY: _____

Please list any significant health problems that might be significant to a physician evaluating your child **in case of an emergency**:

PLEASE LIST ANY ALLERGIES TO MEDICATIONS, ETC: _____

IS THE STUDENT CURRENTLY PRESCRIBED AN INHALER OR EPI-PEN? _____ LIST THE EMERGENCY MEDICATION: _____

IS THE STUDENT PRESENTLY TAKING ANY OTHER MEDICATION? _____ IF SO, WHAT? _____

DOES THE STUDENT WEAR CONTACT LENSES? _____ DATE OF LAST Tdap OR Td (TETANUS) SHOT: _____

EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of _____ High School to hospitalize, secure proper treatment for and to order the injection and/or anesthesia and/or surgery for the person named above.

DAYTIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

EVENING TIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

CELL PHONE NUMBER: _____

→ SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

RELATIONSHIP TO STUDENT: _____

*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment in needed.

→ I CERTIFY ALL OF THE ABOVE INFORMATION IS CORRECT: _____

Parent/Guardian signature

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

Appendix B

NFHS MEDICAL RELEASE FORM FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School Associations' (NFHS) Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee (SMAC) conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another wrestler. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS SMAC presumes to dictate to professionals how to practice medicine. Nor is the information on this form meant to establish a standard of care. The NFHS SMAC does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also believes that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and appropriate health-care professionals that led to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among appropriate health-care professionals who are signing "return to competition forms." Consistent use of these guidelines should reduce the likelihood wrestlers catching a skin disease from participation and suffering from inequalities as to who can or cannot participate.
4. Provide a basis to support appropriate health-care professional decisions on when a wrestler can or cannot participate. This should help the appropriate health-care professional who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve any student athlete who never wins a match or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Each state association needs to determine which appropriate health-care professional can sign off on this form.
2. Inclusion of the applicable NFHS wrestling rule so appropriate health-care professionals will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should mitigate the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
4. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after a visit with an appropriate health-care professional.
5. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
6. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired, and can be edited in anyway for use by various individuals or organizations. It may also be modified and used for sports other than wrestling. In addition, the NFHS SMAC would welcome comments for inclusion in future versions, as this form will be reviewed yearly, and modified as needed.

Approved by NFHS SMAC - April 2021

National Federation of State High School Associations
Sports Medicine Advisory Committee (SMAC)

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name (Must Be Legible): _____ Date of Exam: ____/____/____

Diagnosis: _____

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s): _____

Medication(s) Used to Treat Lesion(s): _____

Date Treatment Started: ____/____/____ Time: _____

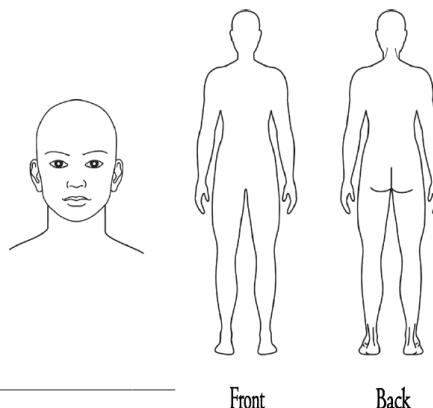
Form Expiration Date for this Lesion (Note on Diagram(s)): ____/____/____

Earliest Date the Wrestler May Return to Participation: ____/____/____

Provider Signature: _____ Office Phone #: _____

Provider Name (Must Be Legible): _____

Office Address: _____



Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for 72 hours is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 72 hours. For a first episode of Herpes Gladiatorum, wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment before return to wrestling should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm on scalp or skin): Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: Upon treatment with curettage and hyfrecator, may cover with bioocclusive and wrestle immediately.

Note to Appropriate Health-Care Professionals: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:

"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

"ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

Once a lesion is considered non-contagious, it may be covered to allow participation.

DISCLAIMER: The National Federation of State High School Associations (NFHS) shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or veracity of the information provided herein.

Approved by NFHS SMAC – April 2021

Appendix C

Commonly Used VHSL & NFHS Documents and Forms

Below are lists of the most commonly used VHSL and NFHS documents and forms. We have included the links to the VHSL and NFHS sites so that you can access the most current versions of these documents.

VHSL Documents and Forms can be found at: <https://www.vhsl.org/forms/>

NFHS Documents and Forms can be found at: <https://www.nfhs.org/>

Key Documents

- VHSL - Member School Directory
- VHSL - Weight Control Program (includes Physician Cert. for lower weight) (2016-17)
- VHSL - Code of Sportsmanship
- VHSL - Recommended Announcement Prior to VHSL Contests (2003)
- VHSL - Wrestling Event Guide (2017)
- VHSL - Infectious Disease Policy (1993)
- VHSL - Common Skin Infections in Athletes (2014)

- NFHS - General Guidelines for Sports Hygiene, Skin Infections & Communicable Diseases
- NFHS - Suggested Guidelines for Management of Concussion in Sports
- NFHS - Concussion Management
- NFHS - Sports Related Skin Infection – Position Statement and Guidelines (2013)
- NFHS - Public- Address Announcers Guidelines

Key Forms

- VHSL - Form W1 – NWCA Weigh-in Data input Form
- VHSL - Athletic Participation / Parental Consent / Physical Exam Form
- VHSL - Form W3 – Weight Control Program Compliance Verification Form
- VHSL - Mater Eligibility List (MEL)
- VHSL - High School Sportsmanship Incident Report Form
- VHSL - Commissioners Ejection Report Form
- VHSL - Concussion Clearance Form
- VHSL - Coaches Eligibility Form (CEF)
- VHSL - Exemption Request - Non-Facility Coaches
- VHSL - Request VHSL Coaches Pass Form
- VHSL - Certified Athletic Coach – Application Form

- NFHS - Sportsmanship Pledge
- NFHS - Medical Release Form – For Wrestlers to Compete with Skin Lesions

Appendix D

NFHS Sportsmanship Pledge

National Federation of State High School Associations



Sportsmanship. *It's up to you.™*

Sportsmanship Pledge

I, _____,
make a commitment today to support my school to the best of my
ability, to maintain a positive attitude and to be a role model for
students, fans and community members. I will exhibit appropriate
SPORTSMANSHIP behavior and lead by example.

I will accept the responsibility of representing my school and
community by:

- Adhering to the rules
- Respecting the authority and judgment of coaches/advisors
and officials
- Demonstrating self-control—both physically and verbally
- Treating opponents with respect
- Congratulating opponents following victory or defeat

Signed: _____

Date: _____

Witness: _____

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Virginia High School League • 1642 State Farm Blvd. • Charlottesville, VA 22911 • Phone (434) 977-8475 • Fax (434) 977-5943 • www.vhsl.org

Virginia High School League

SCHOOL SPORTSMANSHIP INCIDENT REPORT FORM

This form must be filed with the VHSL Office within 5 working days of the incident. **The incident must be reported to Tom Dolan (tdolan@vhsl.org), Phone (434-977-8475) the first working day following the incident.**

Listed below are some situations which must be reported. This is by no means an all-inclusive list. It is the school's responsibility to report all unsportsmanlike situations.

1. Any incident which involves team personnel leaving the bench area during a physical or verbal altercation. (Schools are responsible for disciplining those involved regardless of whether the officials ejected all involved)
2. Any incident which involves contest officials being accosted verbally or physically before, during or after a contest.
3. Any incident which involves spectators.
4. Any incident which leads to a disruption of the contest or which leads to a premature ending of a contest.
5. Any incident which involves the destruction or damage to school property or facilities.
6. Any incident which involves multiple participants regardless of ejections.
7. Any incident which escalates beyond what a normal ejection would involve.

Host School: _____ Date of Incident: _____ Date of Report _____

Schools Involved: _____

Officials Association: _____ Sport: _____

Description of Incident:

Action taken by school:

Comments:

Signature: _____
Principal



2019-20 VHSL SCHOOL'S EJECTION REPORT FORM

This report must be filed with the VHSL office no later than two (2) working days following the ejection. Also, where possible, your next scheduled opponent should be notified that this player/coach will be ineligible for his or her next contest or that an appeal was granted. This may be accomplished by phone, letter, fax or hand-delivered to the site of the contest.

Appeal procedure - In addition to the principals of the schools involved, the commissioner of the officials association involved must agree to the reinstatement of players and coaches.

Please complete form electronically and email it to Tom Dolan (tdolan@vhsl.org) and Carrie Little (clittle@vhsl.org) at the VHSL office.

SCHOOL: _____	DISTRICT: _____
OPPOSING SCHOOL: _____	REGION: _____
SPORT: <u>Click on arrow for list</u>	DATE OF EJECTION: _____
LEVEL OF CONTEST: <u>Select from list</u>	WHO WAS EJECTED? <u>Select from list</u>
IF COACH EJECTED, ARE THEY A SCHOOL EMPLOYEE? <u>Select from list</u>	IF PLAYER, GIVE NUMBER: _____
NAME OF PERSON EJECTED: _____	
SPECIFIC REASON FOR THE EJECTION:	
OFFICIALS' ASSOCIATION: _____	
DATE OF REPORT: _____	
NUMBER OF GAMES SUSPENDED: _____	
OTHER ACTION TAKEN BY THE SCHOOL:	
APPEALED: Click here IF YES, RESULT OF APPEAL: Click here	
IF APPROVED, WRITTEN VERIFICATION MUST BE SUBMITTED TO THE LEAGUE OFFICE BY THE PRINCIPALS OF BOTH PARTICIPATING SCHOOLS AND THE ASSOCIATION COMMISSIONER.	

DEFINITION OF FIGHTING - Fighting is any attempt by a player or non-player to strike or engage an opponent in a combative manner not related to that sport. Fighting may occur when the ball is dead or alive. Fighting includes, but is not limited to, combative acts such as an attempt to strike an opponent with a fist, hands, arms, legs or feet, whether or not there is contact; an attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate by fighting.

Appendix E

Wrestling Scoring Guide for Parents

The object of wrestling is to pin your opponent or if you cannot pin them, the objective is to earn more points than they earn. If you pin your opponent, you win the match no matter what the score is up until that time. One aspect that makes watching wrestling exciting is that either wrestler still has a chance to win, right up until the last 2 second. If neither wrestler gets pinned, the winner is the wrestler who has scored the most points during the match.

A wrestling match is comprised of three separate periods. Each period lasts 2 minutes. In the first period both wrestlers start on their feet and the objective is to take your opponent to the mat and be on top of them in a controlling position. In the following two periods, wrestlers take turns starting on top or bottom in what is called "Referee's Position". A wrestling match can go into overtime if the score is tied at the end of the third period.

Scoring Points in a Wrestling Match

Scoring Move	Points Earned	Comment
Takedown	2	Two points are awarded when a wrestler takes their opponent to the mat and is on top of them in a controlling position.
Escape	1	One point is awarded if the bottom wrestler escapes from the bottom position and returns to a standing neutral position.
Reversal	2	Two points are awarded if a wrestler can reverse positions and move from being in the bottom defensive position to being in the top offensive position.
Near Fall	2 or 3	You earn 2 or 3 back points when you almost pin your opponent.
Penalty Points		<ul style="list-style-type: none"> • Illegal holds (e.g. full nelson, locking hands, etc) • Technical violations <ul style="list-style-type: none"> • Reporting to the mat not properly equipped • Leaving the mat without the referee's permission • Grabbing opponents clothing or headgear • Intentionally going out of bounds – "Fleeing the mat" • Unnecessary roughness • Unsportsmanlike conduct • Stalling • Incorrect Starting position / false start

Team Scoring - Dual Meet

Match Result	Team Points Awarded
Win by Pin, Forfeit, Disqualification	6 team points
Technical Fall - getting a 15 point lead	5 team points
Major Decision - winning by more than 8 points	4 Team points
Decision - winning by less than 8 points	3 Team points

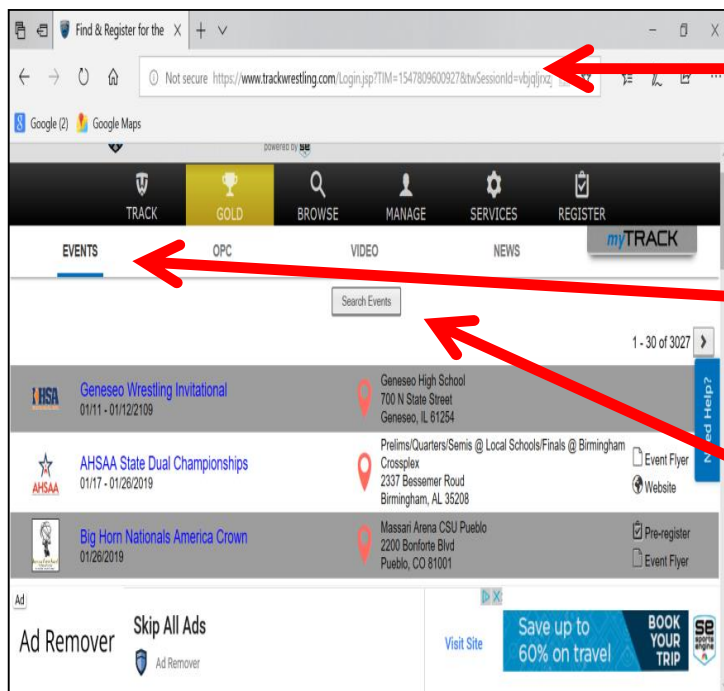
Blood time: A cumulative total of 5 minutes is allowed if a wrestler is bleeding. The number of separate time-outs is left to the discretion of the referee.

Injury Time: A maximum of 1 ½ minutes is allowed for injury time. There is a limit of 2 time outs, provided the total time does not exceed 1 ½ minutes.

Appendix F

Fan's Guide To TrackWrestling

TrackWrestling is the online program that VHSL uses to manage tournaments. This Fan's Guide helps you find tournament brackets, wrestler mat assignments, match results, team scores and more

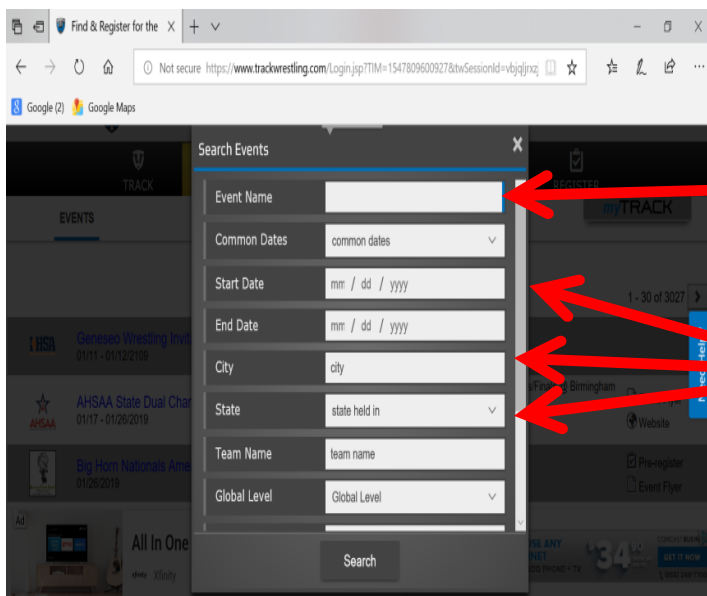


Go to the **TrackWrestling** Website or use their TrackWrestling Mobile App
<https://www.trackwrestling.com>

Note: You will periodically have to close pop-up ads

Select "Events"

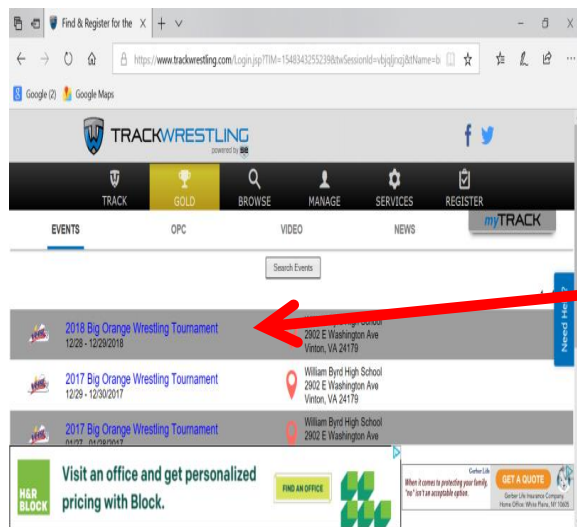
Select "Functions" and then "Search Events"



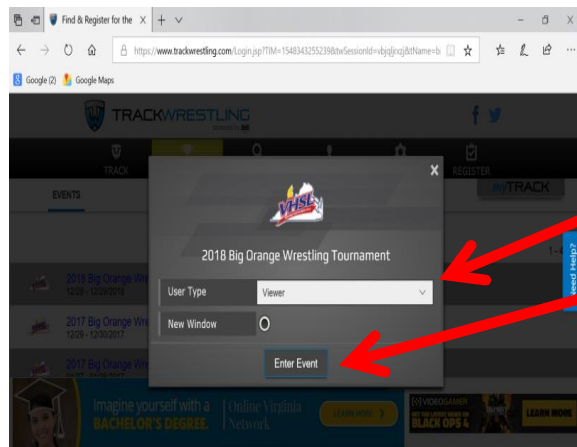
Enter the Event Name
For Example "Big Orange"

If you do not immediately find the event.

Enter more details (start date, city, etc.) to narrow the search.

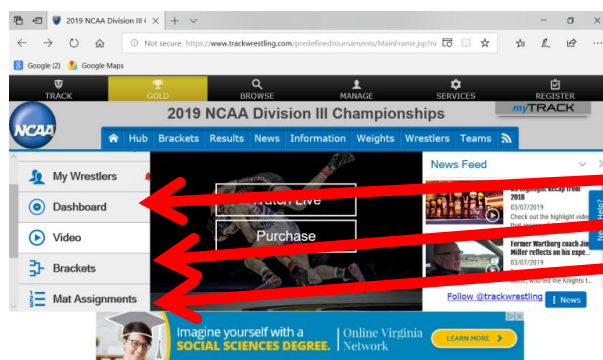


Once you locate the Event.
Click on / Select the Event.



The screen to the left will appear.
The User Type is "Viewer"

Select "Enter Event"



Once you are in the Event there
are three places fans commonly
want to look:

- Dashboard
- Bracket Sheets
- Mat Assignments

