

2016-2017



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# Jefferson High School

## WRESTLING TEAM HANDBOOK



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# Cedar Rapids Jefferson High School

## J-Hawk Wrestling

### Some very important dates to mark on your calendar:

Mon. Nov 14 <sup>th</sup>	First day of Practice -
Fri. Nov. 18 <sup>th</sup>	Jog-A-Thon, 4:00-5:00pm, Clarke Tennis Center, Coe College. We need the Mat Maids to be counters for the runners.
Mon. Nov. 23 <sup>rd</sup> ,	Team Photo Night 3:00pm. Please have your photo order ready to give to the photographer that night. Mat Stats will need to determine what you want to wear for the photo.
Thanksgiving Week	Practices will be M,T and F, at 3:00. W, and S at 8:00am (No Practice Thanksgiving Day).
Fri. Nov. 25 <sup>th</sup>	Friday night matches and Parent Night. We need the Mat Stats to score the matches. Parent meeting in the cafeteria followed by challenge matches. Wrestlers will be paired up for multiple challenge matches and parents are welcome to watch.
Thurs. Dec. 1 <sup>st</sup>	First day of competition. Double Dual Meet vs. CF & DW (varsity & junior varsity) at Cedar Falls.

### Very Important Items

#### Coaches Contact info:

<u>Name</u>	<u>Phone/ Text</u>	<u>Email</u>	<u>Twitter</u>
Matt Orton	319-431-2250	<a href="mailto:morton@cr.k12.ia.us">morton@cr.k12.ia.us</a>	<a href="https://twitter.com/jhawkfitness">https://twitter.com/jhawkfitness</a>
Rob Martin	319-558-7290	<a href="mailto:romartin@cr.k12.ia.us">romartin@cr.k12.ia.us</a>	
Chad Garber	319-573-5006	<a href="mailto:CGarber@cr.k12.ia.us">CGarber@cr.k12.ia.us</a>	<a href="https://twitter.com/cmgarber2">https://twitter.com/cmgarber2</a>
Conner Herman	319-721-3208	<a href="mailto:CoHerman@cr.k12.ia.us">CoHerman@cr.k12.ia.us</a>	<a href="https://twitter.com/CJHerman07">https://twitter.com/CJHerman07</a>
<u>Volunteer Coaches</u>			
Riley Welsh	319-899-9908	<a href="mailto:rwelsh92@gmail.com">rwelsh92@gmail.com</a>	<a href="https://twitter.com/RileyWWelsh">https://twitter.com/RileyWWelsh</a>
Dick Briggs	319-360-1728	<a href="mailto:dbriggs@cr.k12.ia.us">dbriggs@cr.k12.ia.us</a>	<a href="https://twitter.com/JHawkforever">https://twitter.com/JHawkforever</a>
<u>Trainer</u>			
Suzi Guider	319-560-3768	<a href="mailto:squider@mercyare.org">squider@mercyare.org</a>	<a href="https://twitter.com/jhawksatc">https://twitter.com/jhawksatc</a>

**Early Bird Performance PE Class:** All varsity wrestlers are expected to enroll in the EB PPE class. Freshmen and JV are highly encouraged to take PPE 1<sup>st</sup> period. We will be using this time for conditioning and strength training. Outside of wrestling season you are encouraged to take PPE as well.

**Attendance at Practices:** Because time is so important in developing a strong wrestling team, each wrestler must maintain his responsibility to each team member by attending all practices. Any wrestler, who misses a practice, without being excused ahead of time, will be subject to discipline or dismissal from the squad according to judgment of the coaching staff.

**Eligibility:** To be eligible to wrestle you must have passed all of your classes (or you will sit out 30 days), and **be passing a minimum of 20 hrs. during the winter term.** Your success in the classroom and on the mat sends a valuable message to your teachers, classmates, and friends. Remember, you represent your family, the wrestling team, the coaches, and Jefferson.

**Skin Infection:** We wish to minimize if not eliminate it from our wrestling room. To combat this problem you must carry the bulk of the responsibility. The following items are team expectations that **must** be fulfilled if we are to keep our room clear.

- You must shower with soap following each practice and competition.
- Always wear clean clothes into the wrestling room.
- Wash your headgear, kneepads, and shoes daily. Especially after competition.
- Never, **ever** leave dirty clothes in your locker.
- Carry your dirty clothes home in a plastic bag, so as not to contaminate your gear bag.
- Always notify a coach if you suspect that you or a teammate has a possible infection.
- Never wrestle on the mats with a possible skin infection.
- Never wear the same clothes twice without washing them.

**Mandatory Body Composition Testing:** All H.S. wrestlers must have their body composition tested by approved testing personnel **before their first day of competition.** You must pass a mandatory hydration test prior to being able to get your body composition tested. **October 25<sup>th</sup> and November 10<sup>th</sup> at 7am and 3pm** in the Lower Locker Room

### Program Goals

#### **Goal Number One---Academic Success**

All wrestlers will realize their academic success by aiming high, show constant improvement, and carry the work ethic learned from the mat into classroom.

#### **Goal Number Two---Wrestling Success**

All wrestlers will achieve their greatest potential in athletic performance, and by doing so, they would not only contribute to their own success as a high school wrestler, but to the overall success of their wrestling team as well. The team will be known as a prestigious winning program.

#### **Goal Number Three---Personal Growth**

All wrestlers will realize maturity and perfection in their personal virtues---character traits---attitudes and habits. Each wrestler should work hard, stay positive, and achieve. If this happens, we are all winners. We want everyone to mature, develop self-confidence, and become a better person through learning self-discipline, cooperation, integrity, and teamwork.

#### **Coaching Philosophy**

Our philosophy is to see each wrestler reach their potential mentally, physically, and academically to increase the participation of wrestling in our community. With participation from parents, coaching staff, and student-athletes, J-Hawk Wrestling will flourish!

#### ***What does it take to be on the J-Hawk wrestling team?***

**First**, you must be willing to pay the price for wrestling on a great wrestling team! To wrestle on this winning team, you must commit to every practice session and match. Only good conditioning can give you the feeling of confidence and the physical ability necessary to go all out. Each and every rule plays a definitive role in attempting to achieve standards of conduct and in producing winning teams. Our standard of excellence applies to all parts of your life:

**BLAME NO ONE  
EXPECT NOTHING  
DO SOMETHING**

**Second**, you as a wrestler cannot do some of the things other students do! To be on a championship team, you have to be a champion yourself and be willing to "pay the price" of keeping strict training rules. Wrestling is not compulsory but rather for those people who want to be a wrestler and abide by our rules. You and your actions represent the city, the school, the coaching staff, your parents, all of your peers, and the team.

**Third**, the following qualities are desirable and worth striving for on the part of J-Hawk Wrestlers:

- **Character:** "Be more concerned with your character than your reputation, because your character is what you really are, while reputation is merely what others think you are". (John Wooden)
- "A (wrestler) must be dependable and consistent, regardless of the time or place. Be it the opening whistle or the final 30 seconds. . *Character*, as much as physical ability, is vital". (Calvin Hill)
- **Class:** "Class is being honest - both with others and with yourself. Class is treating others, as you would like them to treat you". (Jack Nicholas)
- "There is no mat space for malcontents or dissenters. One must neither celebrate insanely when he wins, nor sulk when he loses. He accepts victory professionally and humbly; he hates defeat, but makes no poor display of it". (Dan Gable)
- **Commitment:** "The important thing in life is to try to be your best. Be honest with yourself, your family, your friends, and your community. An honest commitment means 100 percent. It means loyalty, and it means being able to be counted on in the clutch". (Joe Paterno)
- "A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and, if you are willing, to sacrifice the little things that are worthwhile, it can be done. Once a man has made a commitment to a way of life, he puts the greatest strength in the world behind him. It's something we call heart power. Once a man has made his commitment, nothing will stop him short of success". (Vince Lombardi)
- **Courage:** "Courage is not how a man stands or falls, but how he gets back up again". (Joe Lewis)

- "Courage is the first of human qualities, because it is the quality, which guarantees all others". (Winston Churchill)

**Fourth,** practice attendance.

- Wrestlers will be suitably dressed and ready for practice at 3:20 pm.
- If a wrestler is late for practice, the individual or team may have extra conditioning at the end of practice, which will be determined by the coaches.
- Wrestlers should be expected to make up lost practice time whether or not the missed practice was excused or unexcused.
- **Unexcused Absence** – The wrestler has no reason for missing practice. Exception: parent note, illness, unexpected emergency, school related activity.
- **If you are absent from school, you may not attend practice or a scheduled competition.** If you attend four classes you will be considered in attendance.

**Team Expectations: Just Do Right**

Live an honorable life. Do what is right and avoid what is wrong. These rules are based on common sense and civility.

1. **Arrive promptly at team activities**
2. **Obey the coaches**
3. **Maintain academic standards**
4. **Behave with dignity**
5. **Be honest**

In other words, we ask you to behave like responsible adults. We are simply asking you to do things right the first time. We are not into guilt or huge amounts of discipline. Our discipline goal is to inflict short-term pain to lead you to a long-term gain. It is not our decision to discipline it is yours. The choice is simple; you need to choose to "**Do Right**". **Champions** don't complain about restrictions, they take pride in them. They understand their willingness to sacrifice, places them in that rare breed of individual who will do whatever is necessary to attain goals.

***A CHAMPION is a person that gives every thing they have to fulfill a goal.  
Notice it does not say win!! Winning is simply the by-product of doing things right!***

**Points to Remember**

1. Get to practice early. 15 minutes is plenty of time to dress and weigh-in. Practice starts 20 minutes after school ends. If all are here on time we all leave on time. Headgear should be worn during practice. **Practice starts at 3:20 p.m.**
2. **EXTRA DRILLING OF MOVES** should be done at least every other day. **DRILL FOR PERFECTION. Extra efforts give you the edge over your competitors.**
3. **Practice of technique is essential.** When you get in the wrestling room, work at something, which will make you better.
4. **Never miss practice.** If you are temporarily injured, go to the wrestling room anyway. Check in with the coaching staff before you visit the athletic trainer. If you must miss practice, inform the head coach.
5. Record weight daily before and after practice.
6. **SHOWER EVERY DAY IMMEDIATELY AFTER PRACTICE.**
7. Keep your gear clean.
8. Keep your locker locked. You are responsible for all gear issued to you.
9. Remember your actions before, during and after wrestling matches are a direct reflection on our team.
10. Show up one half hour before departure time for any meets or tournaments. Do not eat meats or sugared drinks prior to events.
11. Develop a desire for winning, strive for excellence, train faithfully and believe in yourself.

## Rules and Regulations

1. Practice
  - a. Be at practice on time, dressed and ready to start by 3:20 on normal school days.
  - b. If you are in school, you are expected to be at practice or contact one of the coaches beforehand. No notes or having others tell the coaches you will be absent. Find a coach before you leave school.
  - c. Any wrestler who is constantly late may either be dropped from the team or not allowed to wrestle-off.
  - d. 3 unexcused absences may result in dismissal from the team. Talk to a coach before a practice is missed.
  - e. Unexcused absences are those absences with no reason for missing practice. Exceptions would be a parent note, illness, unexpected emergency, or school related activity.
  - f. Throw your garbage in the wastebasket. Don't leave tape, gum, and other things in the wrestling room. This is everyone's room. Treat it with respect.
  - g. Wash your clothes daily.
  - h. Profanity will not be tolerated. Additional conditioning will be done.
  - i. Always weigh in and out at each practice. A chart will be by the scale for all wrestlers to fill in daily. This weight chart will also be used for attendance.
  - j. Monthly practice schedules will be posted in the locker room and available to all wrestlers and parents upon request.
2. Team Designation. Determining the weekly starting line-up for all competing teams will be based on the following criteria. If a wrestler has satisfied the requirements listed below, he may challenge according to the challenge schedule.
  - a. Practice attendance
  - b. Work Ethic in Practice
  - c. Attitude
  - d. Citizenship
  - e. Challenge Matches
3. Challenge Match Rules
  - a. Challenge Matches will determine early season rankings. The following will be the initial criteria for setting rankings.
    - i. Varsity experience
    - ii. Returning letterman
    - iii. Returning team member
    - iv. Year in school
  - b. Challenge matches are conducted on a weekly basis using the ladder system.
  - c. At a point in the season determined by the coaches, a wrestler must be beaten twice, before he loses his spot on the varsity.
  - d. Only first-string J.V. wrestlers may challenge for the varsity spot.
  - e. Challenge matches will be timed at 2 minutes per period.
  - f. Challenges may not take place before a match unless the challenge is within 5 pounds of the weight limit.
  - g. In special cases where sickness, absence, injury, attitude, weight problems, match-ups with opponents, etc. present a problem or advantage, the coaches will determine who will wrestle.
  - h. If you wish to challenge, you should let the coaches know on Monday so that special time will be allotted for the bouts.
  - i. No challenge matches will be run the day before a competition unless absolutely necessary.
  - j. Varsity wrestlers are required to make weigh-in checks during lunch, supervised by the captains.
  - k. Failure to make vacation turnouts may result in loss of varsity position.
  - l. Failure to make weight will result in the following:
    - i. Wrestler must make weight that evening—first time.
    - ii. Can't challenge 1 match—second time.
4. Competitions
  - a. General Rules
    - i. Weigh-ins
      1. All wrestlers should weigh-in for each dual meet unless otherwise specified.
      2. Weigh-ins for all dual meets and dual tournaments will begin 1 hour before the start of the competition. Weigh-ins for bracketed tournaments will begin 2 hours before competition. Be on time, 30 minutes prior to weigh-ins and on weight.
      3. For away competitions, be on time for the bus and on weight.
      4. It is your responsibility to make weight. Not making weight will not be tolerated.
      5. Dress and grooming

- a. You are a representative of your team, school, and community so it is mandatory you dress accordingly
      - b. Do not wear jeans with holes or rips, etc.
      - c. Keep hair short, as required by the state
      - d. Keep your fingernails short
      - e. Sideburns should not be below the ear, and no other facial hair.
      - f. No jewelry at the scale.
    - ii. Competition dress
      1. Wear only school issued equipment
      2. All wrestlers will be issued warm ups, singlets, and workout gear for all competitions.
      3. No hats unless they are J-Hawk Wrestling
  - b. Dress for dual competition days –
    - i. *We want to represent our team and school in a manner that is expected of champions. The expectation is that on dual meet Thursday's we want you to wear khakis and a shirt with a collar. This is also a great way to let your teachers and classmates know that we have a meet that night.*
  - c. During competitions
    1. Warm up as a team. Coaches or captains will prepare an organized warm up.
    2. Stand together during the National Anthem. (Varsity only)
    3. No one is to leave the bench without permission. It is preferred that parents and friends wait until the meet is over to talk to wrestlers.
    4. Win or lose, the whole team will greet the wrestler at the edge of the mat, and the wrestler will come off the mat to his teammates.
    5. Wrestlers that are not competing should sit together in the bleachers or bench and support the wrestlers competing.
  - d. Home competitions
    - i. All wrestlers will help with the set up after weigh-ins for dual meets and before home tournaments.
    - ii. After the meet, EVERYONE will help put the mats away. If you do not help, you will get to do extra conditioning directed by the coaches or captains.
  - e. Conduct on trips
    - i. Athletes are representatives of Jefferson High School and should act accordingly.
    - ii. Wrestlers will conduct themselves as gentlemen at all times, both on and off the mat.
    - iii. Show respect for the opposing schools equipment and facilities
    - iv. Dress appropriately for road trips (Khakis and Dress Shirt)
    - v. Returning from out of town contests
      1. Athletes will return from all out of town competitions with their squads and by school transportation.
      2. Exceptions can be made in advance, with parent and coaches approval. Athletes will only be released to their parent only, unless prior approval is made.
5. Procedure when leaving the team
  - a. Notify the head coach
  - b. Turn in all school gear and locker the day you quit.
6. Injury reports
  - a. Always report injuries to your coach right away
  - b. The athletic trainer will fill out an injury report and submit it to the athletic office.
  - c. If you need to see the trainer, get to the training room early. Don't waste practice time getting taped before practice.
7. Equipment
  - a. You are responsible for all equipment and gear issued to you. Any lost items will be billed to you at the end of the season.
  - b. Never leave uniforms or equipment lying around for any length of time.
  - c. All equipment will be returned when the wrestler finishes the season. No year-end awards will be given to any wrestler who fails to turn in all issued equipment at the end of the season.
  - d. School issued equipment is highly recommended at any scheduled practices or competitions.
  - e. Keep your hands off other people's equipment. If your gear is damaged, see a coach for a replacement.
8. No one is to be working out in the practice room unless there is direct supervision by an adult.
9. No smoking, chewing, or drugs. Alcohol is a drug.
  - a. Any use of tobacco, alcohol, or other controlled substances will result in suspension if you are proven guilty. Don't put yourself in a situation that you will regret.

- b. Don't let your team down.
- 10. Academics. Athletics are a part of the educational process, but academics are first and foremost. It is your responsibility to yourself and the team to do what you are capable of academically.
- 11. Other items
  - a. If you have complaints, go to your captains or the coaches
  - b. **No anger displays will be tolerated during competitions. No throwing headgears or swearing.**
  - c. Keep your parents and families informed of your schedules
  - d. Don't be the last to the practice room. Don't be the first to leave the practice room.
  - e. Be courteous to team managers, cheerleaders, wrestlers, coaches, teachers, and parents. Treat others as you want to be treated.
- 12. Social Media –
  - a. We want to caution you on the use of social media (i.e. Facebook, Twitter, various websites with message boards, etc.). Remember these are permanent records. Be careful of what you say. Do not get into discussions that challenge other wrestlers or teams. Keep your comments positive and represent your team and school with dignity.

### **CERTIFYING MINIMUM WRESTLING WEIGHT CLASS**

**Wrestlers must certify their minimum wrestling weight class (*certified weight class*), by making *\*scratch weight* in that weight class at least one time. (*\*Scratch weight must be actual scale weight WITHOUT the addition of any kind of scale allowance.*) If a coach enters an actual scale weight from a weigh-in into the NWCA Optimal Performance Calculator, the weigh-in counts as an official weigh-in and also count towards the wrestler's 15 date limitation. Wrestlers must be eligible in all regards before their coach allows them to weigh-in for any weigh-in. Wrestlers weighing in and not eligible in all regards will not be allowed to count the weigh-in as scratch weight and they, and their coach, will be subject to further sanctions by their school and the Athletic Association. **Wrestlers not certifying their minimum weight class before their first post-season competition must weigh-in at scratch weight for that competition. They will receive the growth allowance at all future weigh-ins.****

### **GROWTH ALLOWANCE**

**Wrestlers who have certified their minimum weight class before January 1 will receive the 2-pound growth allowance after January 1.** Wrestlers who have not certified their minimum weight class by January 1 will receive the growth allowance the first time they weigh-in after certifying. **The first time a wrestler uses the growth allowance they declare their certified weight class and their intent not to wrestle at a lower weight class. A wrestler CANNOT recertify at a weight class below their certified weight class, regardless of what weight class their body composition assessment and/or descent plan allows them to go.** For example, a wrestler's body composition assessment will allow him to wrestle at the 132# weight class. He makes scratch weight at 138 pounds before January 1. Then in the first meet after January 1 uses the growth allowance to weigh-in for the 138# weight class. He cannot recertify at 132 pounds because he used the growth allowance for the first time at the 138# weight class and declared his intent NOT to wrestle below the 138# weight class.

### **WEIGHT LOSS DESCENT PLAN**

All wrestlers losing weight are limited to an average weight loss of 1.5% per week beginning the Monday of the week their body composition is assessed. The descent plan will be monitored as follows:

A. Before each weigh-in session, coaches must provide a Weight Management Reporting Form to the Administrator of Weigh-Ins, or their designee. This form will show the weight classes for which every wrestler is eligible to weigh in on that date without causing their descent plan to be recalculated.

B. **A wrestler is NOT eligible to wrestle at a weight class below the minimum weight class determined by their descent plan regardless of their actual weight. Rule 4.4.2 states, "A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor."** If a wrestler whose lowest eligible weight class for a given week according to the descent plan is 138 pounds weighs in for the 126# weight class, or less, the wrestler is not eligible to compete at any weight class in that meet because of Rule 4.4.2.

2. **A wrestler cannot weigh-in above their highest eligible weight class listed for a specific date without having his/her descent plan recalculated IMMEDIATELY (beginning at 12:01am the next day).** For example, a wrestler's **highest** eligible weight class listed on the weight management form for a specific date is 138 pounds. If the wrestler weighs in excess of 145 pounds (147 with the growth allowance) their descent plan will be **IMMEDIATELY (beginning at 12:01am the next day)** recalculated by the NWCA OPC. They will not be able to compete again at 145 pounds, or below, until their descent plan allows them to.

## NWCA On Line Optimal Performance Calculator:

The coaches will give you information on how wrestlers can access the Optimal Performance Calculator after you have had your body comp. testing.

### Varsity Wrestling Letter Award (250 points required)

#### 1. **Attendance & Attitude:**

25 points must be earned by prompt and constant attendance at practice throughout the season. Without the 25 attendance points, the student will not receive an award, regardless of the number of participation points earned. The athlete must show proper practice room and locker room conduct, demonstrate proper conduct as a representative on trips, take care of equipment, and return all items loaned by the athletic department.

#### **Attendance points earned will be based on the team attendance expectations:**

- Wrestlers will be suitably dressed and ready for practice at 3:20 pm.
- If a wrestler is late for practice, the individual or team may have extra conditioning at the end of practice, which will be determined by the coaches.
- Wrestlers should be expected to make up lost practice time whether or not the missed practice was excused or unexcused.
- If you are injured you are expected to attend practice and if possible participate as tolerated.
- **Unexcused Absence** – The wrestler has no reason for missing practice. Ex: parent note, illness, unexpected emergency, school related activity.
- **If you are absent from school you may not attend practice or a scheduled competition.**

#### 2. **Participation**

- a. State, District, or MVC Tournaments
  - i. First Place – 150 points
  - ii. Second Place – 100 points
  - iii. Third Place – 75 points
  - iv. Fourth Place – 60 points
  - v. Fifth Place – 50 points
  - vi. Competing but not placing – 40 points
- b. Regular Season Tournaments
  - i. First Place – 100 points
  - ii. Second Place – 75 points
  - iii. Third Place – 60 points
  - iv. Fourth Place – 50 points
  - v. Fifth Place – 40 points
  - vi. Competing but not placing – 30 points
- c. Dual Meets
  - i. Win by Fall or Tech. Fall – 30 points
  - ii. Win by Major Decision – 25 points
  - iii. Win by Decision or Forfeit – 20 points
  - iv. Lose by Decision – 15 points
  - v. Lose by Major Decision – 10 points
  - vi. Lose by Fall or Tech Fall – 5 points

d. JV or Frosh Matches

**Junior Varsity**

i. Win by Fall or Tech. Fall –	30 points
ii. Win by Major Decision –	25 points
iii. Win by Decision or Forfeit –	20 points
iv. Lose by Decision –	15 points
v. Lose by Major Decision –	10 points
vi. Lose by Fall or Tech Fall –	5 points

- Anyone who wrestles varsity competition in a combination of eight dual (double duals count as one) or tournaments meets the point requirement for an award.

3. ***Injury***

An athlete who has earned half of the requirements up to the time of the injury, and has fulfilled all of the other requirements, but who suffered an injury that prevents further participation, may receive an award at the discretion of the Coach and Activities Director.

4. ***Junior Varsity***

- a. Attendance, Attitude, and Injury – Same as varsity.
- b. Participation – Points earned in junior varsity completion are the same as for varsity meets when applying points towards the junior varsity award.

5. ***Sophomore and Freshmen***

All sophomore and freshmen who compete and remain on the team for the duration of the season unless forced to become a non-participant due to illness or injury shall be awarded a sophomore award or freshmen numerals.

6. ***Four Year Wrestler***

A Senior Wrestler who has been a member of the program for 4 seasons and has not met varsity lettering requirement.

7. ***Finish the Season to the end***

All wrestlers meeting lettering criteria are **required** to finish the season up to and including the last practice prior to **State Tournament or State Dual Meet Tournament**, whichever is later, regardless of qualified status. In addition, it is a good team member who wants to come to practice the last week regardless of qualified status to make his teammates better.

8. ***Booster Club Requirement \*\****

You or your parent/ guardian must volunteer for a single concession spot during the season representing the wrestling program in order to earn any of the above listed awards.

**Nutritional Guide for Wrestlers**

**Fat Loss – How Much? How Long?**

When dieting or trying to put on size and muscle, we must be concerned with proper nutrition as well as the caloric content of food.

**ASSESSING YOUR BODY'S CALORIC NEEDS**

The first process in weight reduction (or gain/ maintenance) is determining how many calories are required to maintain your present body weight. The following formula will give you the approximate number of calories needed to maintain your present body weight.

➔ Resting energy needs = Average of 1 calorie per Kg of body weight per hour ←

- 1) Divide your body weight in pounds by **2.2**. This equals your weight in Kilo grams (Kg). (To be extremely precise, it is 2.2046 pounds to one kilogram)
- 2) Multiply your body weight in Kg by **24 hours**. This value equals your resting energy needs. (Calories needed to maintain body weight if you did nothing all day.)
- 3) Multiply your resting energy needs by **.4**. (This allows for daily activity.)
- 4) Add the above value to your resting energy needs. This is your Daily Requirement for calories.
- 5) Add 1,000 calories to your Daily Requirement when performing two hours of wrestling activity.

**Example of Assessing Your Body Caloric Needs:**

In this example, assume the calorie needs of a wrestler weighing 150 pounds are being calculated.

- 1) 150 pounds ÷ 2.2 = 68 Kg. (Body weight in Kilograms)
- 2) 68 Kg. X 24 = 1,632 calories (Resting energy needs)
- 3) 1,632 x .4 = 653 (Calories needed for daily activity)
- 4) 1,632 + 653 = 2,285 calories (Daily Requirement for Calories when performing two hours of wrestling activity.)

RECORD YOUR DAILY CALORIE NEEDS BELOW:

1.	Body Weight	÷ 2.2	=	Body Weight in Kg	
2.	Weight in Kg	× 24	=	Resting energy needs	
3.	Resting Energy Needs	× .4	=	Calories needed for daily activity	
4.	Resting Energy Needs	+	Calories Needed for daily activity	=	Daily Requirement for Calories
5.	_____ + add 1000 calories to your diet for 2 hours of vigorous wrestling activity = _____				

**ASSESSING YOUR PROTEIN NEEDS**

➔ Foods used for maintenance, repair, and growth of muscle ➔

It is very essential that the proper amount of protein be consumed each day to avoid loss of lean body mass (muscles, tissues, etc.). Thus, it is essential that during weight reduction protein requirements be met. The following formula will allow you to determine the amount of protein needed to avoid loss of muscle tissue.

- 1) Divide your body weight in pounds by 2.2. This value equals your weight in Kg.
- 2) For every Kg. Of body weight you need 1 gram of protein.
- 3) The largest amount of protein consumed at one meal should not exceed 30 grams. Space your protein intake over two or three meals.
- 4) Excellent sources of protein are meat, eggs, and milk.

**Example of Assessing Your Protein Needs:**

In this example assume the protein needs of a wrestler weighing 150 pounds.

- 1) 150 pounds ÷ 2.2 = 68.18 Kg.
- 2) 68.18 Kg. X 1 gram = 68 (Avg.) grams of protein per day
- 3) 68 grams of protein per day ÷ 30 grams per meal = 2.2 meals of 30 grams of protein to meet your needs.

**ASSESSING YOUR CARBOHYDRATE NEEDS**

➔ Foods used for production of energy ➔

Carbohydrates play an essential role in supplying the body energy needed to produce work. Carbohydrates will be the greatest amount of food type consumed. The diet should contain about 65% carbohydrates. To determine the amount of carbohydrates you need, subtract the number of calories in the protein foods you eat from your daily intake. The result is the amount of calories you should eat in the form of carbohydrates.

**SUMMARY OF CALORIES, PROTEINS, AND CARBOHYDRATES NEEDED**

Before weight reduction begins, we must first determine:

- 1) The amount of calories we need to maintain our present weight.
- 2) How much protein is needed to avoid muscle loss?
- 3) How many carbohydrates are required to supply needed energy?

**SUPPLEMENT INTAKE**

Sports performance may increase the demands for certain vitamins, especially when weight reduction is required.

Fat-soluble vitamins such as Vitamins A, D, E and K need not be supplemented if a balanced diet is followed. When participating in vigorous activity, water-soluble vitamins such as Vitamins C and B complex should be supplemented if large amounts of fruits and breads cannot be eaten due to weight reduction.

Vitamins are very important because they promote the absorption of iron from non-meat food sources. After a vigorous workout, Vitamins C and B complex should be supplemented.

- **I like to recommend for all my athletes to supplement in their diet a multi vitamin, like Centrum for example. Which can be purchased very cheaply at Wal-Mart.**

## LOSING FAT

So far we have talked about the amount of calories, foods, and vitamins needed to maintain body weight. To lose fat, we must be concerned with the amount of calories we consume. The amount of food stuffs (protein or carbohydrates) consumed is adjusted to your calorie restrictions and weight loss.

As your body weight is lowered, the amount of protein per Kg. Of weight will also be lowered. Thus, as you lower your body weight you should re-adjust your protein and carbohydrate intake.

## INTAKE VERSUS OUTPUT

Weight reduction (fat loss) is governed by the following, simple principle:

To lose weight  $\Leftrightarrow$  Intake (calories consumed) must be less than output (calories used). You must consume fewer calories than you burn off.

*Another way of expressing this is:*

$$\text{Output} > \text{Intake}$$

## FAT AND CALORIES

How many calories must be either burned or restricted to lose one (1) pound of fat?

**1 pound of fat = 3,500 calories. In order to lose 1 pound of fat weight, you must burn up 3,500 calories or restrict your intake over a period of time by 3,500 calories.**

So Plan Ahead

It takes 3,500 calories to lose 1 pound of fat. The caloric restriction of 3500 must be divided into days. It is highly recommended that no more than 2 pounds of fat be lost per week.

Subtracting 500 calories from the normal number of calories it would take to maintain your weight, will allow one pound of fat loss per week.

Subtracting 700 calories and running 3 miles a day will allow 2 pounds of fat loss per week. (For every mile you run, an average of 100 calories will be used.)

There is more information regarding nutrition and dehydration on the Wrestling Team website at <http://jefferson.cr.k12.ia.us/athletics/Winter/Wrestling/index.htm>

## Summary of Scoring

### Individual Match

Takedown	2 points
Escape	1 point
Reversal	2 points
Near Fall	2 points or 3 points

### Dual Meet Scoring

Fall, Forfeit, Default, Disqualification	6 points
Technical Fall (victory by 15 or more points)	5 points
Major Decision (victory by 8-14 points)	4 points
Decision (Victory by 1-7 points)	3 points

### Tournament Scoring

Place points	
1 <sup>st</sup>	16 points
2 <sup>nd</sup>	12 points
3 <sup>rd</sup>	9 points
4 <sup>th</sup>	7 points
5 <sup>th</sup>	5 points
6 <sup>th</sup>	3 points
7 <sup>th</sup> (if scored)	2 points
8 <sup>th</sup> (if scored)	1 point

### Advancement points

Winners bracket	2 points
Losers bracket	1 point

### Bonus points

Fall, Forfeit, Default, Disqualification	2 points
Technical Fall	1.5 points
Major decision	1 point

## DIRECTIONS TO OUT OF TOWN ATHLETIC EVENTS

### DIRECTIONS TO ATHLETIC EVENTS

#### ☑ Cedar Falls High School - 1015 Division St.

☑ Take I-380 north to Hwy. 20 west, take 20 west to Hudson Road exit, go north (right) on Hwy. 58 to Hudson Rd, go north (straight ahead) on Hudson past the UNI-Dome to 12th Street to Division, go left on Division, school is on the left hand side of the street.

#### Cedar Rapids Kennedy - 4545 Wenig Rd. NE

☑ I-380 north to 42nd St. exit; go west (left) on 42nd St. to Wenig Rd.; turn (right) on Wenig Rd.; school is visible from the turn onto Wenig Rd.

#### Cedar Rapids Prairie - 401 76th Ave. SW

☑ I-380 south to exit #13; go west (left) over the 380 overpass to 965; go north (right) on 965 to the flashing light @ 76th Ave.; go east (right) on 76th - school is on the right hand side of the road.

#### Cedar Rapids Washington - 2205 Forest Dr. SE

☑ I-380 to 7th St. exit; go to 1st Ave.; turn (left) on 1st Ave.; continue on 1st Ave. to Cottage Grove Ave.; turn (right) on Cottage Grove Ave. to the school.

**Cedar Rapids Xavier - 6300 42nd St. NE**

☑ I-380 north to 42nd St. exit; go west (left) on 42nd St. The school is located about 1 \_ miles west of Kennedy High School on 42nd Street.

**Dubuque Hempstead - 3715 Pennsylvania Ave.**

☑ Take Hwy. 1 north through Solon and Mount Vernon; turn right on Hwy. 151 to the y-21 cutoff; turn left on y-21 to Hwy. 20 east; go right on Hwy. 20; turn north (left) to Northwest Arterial; go Northwest Arterial to Pennsylvania Ave.; go east (right) on Pennsylvania Ave. 4-5 blocks; the school is on the north (left) side of Pennsylvania Ave.

**Dubuque Senior - 1800 Clarke Dr.**

☑ Take Hwy. 1 north through Solon and Mount Vernon; turn right on Hwy. 151 to Hwy. 61 north (left) to Grandview Ave.; go west (left) on Grandview Ave. to Clarke Dr.; go right on Clarke to the Senior H.S.

**Dubuque Wahlert - 2005 Kane St.**

☑ Take Hwy. 1 north through Solon and Mount Vernon; turn right on Hwy. 151 to the y-21 cutoff; turn left on y-21 to Hwy. 20 east; go right on Hwy. 20; turn left to Northwest Arterial Ave.; take Northwest Arterial to Pennsylvania Ave.; go right on Pennsylvania Ave. to JFK Rd.; continue left on JFK Rd. to Kaufman Ave.; take a right on Kaufman Ave. to Chaney Rd.; go left on Chaney Rd. to Kane; go right on Kane to the school.

**Iowa City City High; 1900 Morningside Drive**

☑ Take Burlington to Muscatine and turn right. Follow Muscatine to Court Street and turn left, go to Morning Side Drive and turn left

**Iowa City West High; 2901 Melrose Avenue**

Take Burlington to Muscatine and turn right. Follow Muscatine to Court Street and turn left, go to Morning Side Drive and turn left

**Linn-Mar H.S. - 3333 N. 10th St. Marion**

☑ Interstate 380 north to Boyson Road Exit. Right on Boyson Road to Alburnett Road. Left to top of hill and take right on 29th Avenue to stop light. First right off 10th Street into campus.

**Marion H.S. - 675 S. 15th St.**

☑ I-380 north to Blairs Ferry Rd.; turn right onto Blairs Ferry Rd. to 7th Ave.; turn left on 7th Ave. to 15th St.; take a right on 15th St. to the school.

**Southeast Polk High School - 8325 NE University Avenue, Runnels**

☑ I-80 to 1st Altoona/Bondurant exit; go south off the exit for about 3 miles; at intersection with Hwy. 163, turn left and go 2 miles; school is on the south side of the road.

**Waterloo East High School - 214 High St.**

☑ Following 380 & 20 north, exit at the Elk Run exit. Turn right follow Plaza Drive past the truck stop to the first set of stop lights. Turn left at the stop lights (Dubuque Road). Follow Dubuque Road to the 5th set of stop lights - turn right (Vinton Street). Follow Vinton to a stop sign and turn left (Independence Avenue). Follow Martin Luther King Drive to Barclay Street (it will be the 6th street that goes to your right). Turn right. Follow Barclay to East High.

**Waterloo West High School - 425 E. Ridgeway Ave.**

☑ Follow 380 & 20 to where 380 turns north to downtown Waterloo. Stay on 20 going to Cedar Falls, exit on Highway 21. Turn right on highway 21 to intersection with San Marnan (traffic signal). Turn left on San Marnan to Kimball (next traffic signal). Turn right on Kimball and travel to Ridgeway Avenue (traffic light). Turn right on Ridgeway to Baltimore. West High is located at the intersection of Baltimore and Ridgeway. Turn left on Baltimore for about one block to entrance to school parking lot.

# JEFFERSON HIGH SCHOOL WRESTLING SCHEDULE 2016-2017

## Varsity

DATE	DAY	SITE	OPPONENT	TIME	LEVEL
Dec. 1	Thurs.	CRK	Kennedy	6:00	JV/Vars
Dec. 3	Sat.	Away	Keith Young Inv. (CF)	10:00	Vars.
Dec. 8	Thurs.	WE	Wat. East & Wahlert	5:30	JV/Vars
Dec. 10	Sat.	Away	Johnston Tournament	10:00	Vars.
Dec. 15	Thurs.	Home	LM & Wat. West	5:30	JV/Vars
Dec. 17	Sat.	Away	SE Polk Invitational	10:00	Vars.
Jan. 5	Thurs.	Away	Iowa City High	6:00	JV/Vars
Jan. 7	Sat.	Away	Benton Invitational	8:00	Vars.
Jan. 12	Thurs.	Home	Washington	6:00	JV/Vars
Jan. 14	Sat.	Home	J-Hawk Invitational	10:00	Varsity
Jan. 19	Thurs.	ICW	ICW & Xavier	5:30	JV/Vars
Jan. 26	Thurs.		MVC Makeup Date		
Jan. 28	Sat.	Away	MVC @ Waterloo West	10:00	Varsity
Feb. 2	Thurs.	Home	Dubuque Senior	5:30	JV/Vars
Feb. 8	Wed.	TBA	Regional Dual		
Feb. 11	Sat.	TBA	3-A District Wrestling	@ TBA	
Feb. 15	Wed	Des Moines	3-A State Dual Team Tournament		
Feb. 16-18	Thur.-Sat.	Des Moines	State Wrestling Tournament		

Head Coach: Matt Orton

Assistant Coaches: Chad Garber  
Rob Martin  
Conner Herman

# JEFFERSON HIGH SCHOOL WRESTLING SCHEDULE 2016-2017

## FROSH, SOPH & JV WRESTLING SCHEDULE

<u>DATE</u>	<u>DAY</u>	<u>SITE</u>	<u>OPPONENT</u>	<u>TIME</u>
Dec. 3	Sat.	Away	Tipton JV Invitational	10:00
Dec. 3	Sat.	Away	CR Kennedy JV	9:00
Dec. 5	Mon.	Home	9th Grade Meet	6:00
Dec. 10	Sat.	Away	SE Polk JV Invitational	9:00
Dec. 10	Sat.	Away	Marion JV	9:00
Dec. 16	Fri.	Away	Indianola JV Invitational	5:15
Dec. 17	Sat.	Away	English Valley JV Invite	10:00
Jan. 7	Sat.	Away	Benton Community JV	8:00
Jan. 9	Mon.	City High	9th Grade Meet	5:30
Jan. 21	Sat.	Home	Hegarty JV Dual Tourny	9:00
Jan. 23	Mon.	ICW	CRANDIC-9th Grade	5:00
Feb. 4	Sat.	Away	MVC Soph. @ Linn-Mar	9:30
Feb. 4	Sat.	Away	MVC JV. @ Linn-Mar	9:30

Head Coach: Matt Orton

Assistant Coaches: Chad Garber  
Rob Martin  
Conner Herman

# NOVEMBER 2016

# JHAWK WRESTLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Open Mat 6:30P	3	4	5
6	7	8 <b>Concussion Testing</b>	9 Open Mat 6:30P	10 <b>Body Comp- Hydration Concussion Testing</b>	11	12
13	14 Practice 3:20	15 Practice 3:20	16 Practice 3:20	17 Practice 3:20	18 <b>Jog-a-thon Clarke Tennis Center Coe College Campus</b>	19 Practice 8:00
20	21 <b>Practice 3:20PM Team Photos</b>	22 Practice 3:20pm	23 Practice 8am	24 Happy Thanksgiving No Practice	25 <b>Friday Night Matches (Parent Night) 3PM</b>	26 Practice 8AM
27	28 Practice 3:20PM	29	30			
<b>NOTES:</b> <b>Body Comp - earliest test date October 25th - AM/PM</b> <b>Wrestling Meeting - Weight Room 3:15pm</b>						



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Suzi Guider (319) 560-3768

# DECEMBER 2016

# JHAWK WRESTLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Practice 3:20 Challenge Matches	Practice 3:20	1 CRK @CRK 6:00PM Weigh in 5:00pm	2 Practice 3:20	3 Cedar Falls Inv. (V) Tipton Inv. (V/JV) CRK Tn. (JV)
4	5 Practice 3:20 9th Grade Home	6 Practice 3:20 Challenge Matches	7 Practice 3:20	8 DW/ WE@ WE 5:30PM Weigh in 4:30pm	9 Practice 3:20	10 Johnston Inv(V) SEP JV Duals Tn. Marion Tn. (JV)
11	12 Practice 3:20	13 Practice 3:20 Challenge Matches	14 Practice 3:20	15 WW/ LM 5:30PM Weigh in 4:30pm	16 Practice 3:20 Indianola JV Invitational	17 SE Polk Inv. (V) English Valley Tn. (JV)
18	19 Varsity Practice 3:20	20 Varsity Practice 3:20	21 Varsity Practice 3:20	22 Varsity Practice 3:20	23 No Practice	24 No Practice
25 Merry Christmas	26 No Practice	27 No Practice	28 Practice 8:00am	29 Practice 8:00am	30 Practice 8:00am	31 No Practice
		NOTES:				



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