

Liberty Wrestling



Team Website: www.redhawkwrestling.org

Team Store & Team Schedule is located on Team Website

Remind101 code: text [@lhsrw](https://www.remind101.com/) to 81010

Weekly Communication will be through Team Website

Program Outline

The young men and women who decide to join the wrestling program at Liberty High School will be instructed in the fundamentals of the sport of folkstyle (or collegiate style) wrestling. They will learn proper techniques, strategies, conditioning, good nutrition, goal setting, leadership, teamwork, and discipline. Whether one is a beginning wrestler or one which has been involved in the sport for many years, he/she can expect to excel in our program. A strong work ethic, high commitment level, and good sportsmanship will be emphasized by the coaches and will be expected of each wrestler.

Each day should be an opportunity to improve oneself with the ultimate goal in mind of being the best version of you that you can be. We do not expect every wrestler to be a district, regional, or state champion. What we do expect – and demand – is that each wrestler strives to be the very best that he/she can be with the tools that they have at hand. That success level will be measured differently for each wrestler and will be based on individual athletic ability, experience, and desire. The level of commitment and discipline required to be successful at the sport of wrestling will be carried by these young people for the remainder of their lives.

Keep in mind that we are at a high level of competition in the North Texas Region where a certain amount of competitiveness is expected. We all want to win matches, with District and Regional titles being major goals. We will set team and individual goals based on the experience level of team members and will do everything we can to achieve those goals. What we will not do though, is sacrifice good sportsmanship, ethics, or our souls to achieve it. We want to develop the person first and then a well-trained athlete.

TEAM EXPECTATIONS

Four basic rules to live by...

1. Keep your priorities in order -Faith -Family -Academics -Athletics.
2. Do Right!
3. Do Your Best!
4. Treat others the way you want to be treated

Redhawk Wrestlers...

1. Practices winning every day.
2. Is where he/she is supposed to be, when he/she is supposed to be there, doing what he/she is supposed to be doing.
3. Expects to win a State Championship and is the best possible teammate he/she can be.
4. Is disciplined and respectful of all teachers, coaches, parents and peers.
5. Puts the TEAM and his/her TEAMMATES first and is always positive.
6. Gives 100% effort 100% of the time and expects to win.
7. Is coachable (good listener and learner) and always looks for ways to improve.
8. Accepts responsibility for his/her mistakes and **never makes excuses.**
9. Displays confidence and mental toughness at all times.
10. Knows how to concentrate and can control his/her emotions.
11. Looks for challenges and sets goals.
12. Abstains from the use of drugs and alcohol and avoids situations that would embarrass the program.
13. Believes in the value of hard work and realizes that taking shortcuts (steroids, illegal supplements, etc.) is not acceptable no matter the situation.
14. **Calls in before practice** if he/she is going to be absent or late.
15. Takes tremendous pride in being a STUDENT ATHLETE.

Practices

Practice Rules

1. The first day of regular practice begins on **September 30th, 2019**. Practices are Monday thru Friday from 7:00am - 8:30 am except on match days. You should have a pair of decent running shoes for conditioning days. Do not run in wrestling shoes or any other shoes not designed for running.
2. We will be on the mat at 7:00am for practice – Technique instruction, drilling and live wrestling. Wrestling practice will also occur during 4th period from 2:45 pm - 4:30 pm
3. At the completion of practice each day, everyone is expected to weigh-out & shower.
4. Wrestlers need to notify a Coach Bridwell at least 1 hour **BEFORE** a practice is missed.
5. Each wrestler will be provided with a shirt, shorts, and laundry clip for practice.
6. We will not have scheduled water breaks. Wrestlers should bring water bottles into the mat room and are free to grab water at any time they need.

Injured wrestler practices

- Unless you have a serious injury or unless otherwise specified, you are expected to be at practice.
- Upper body injury (and ones with skin infections):
 - 30 minutes of running (can run hallways if raining, if sunny can go on a 3 mile run) or 60 minutes on exercise bike.
 - 10 – 20 yard sprints
 - 10 – 10 yard sprints
 - 5 suicides
 - 2 sets of ab routine (V-ups, crunches, & 6-inches)
- Lower body injury.
 - 2 sets of ab routine (V-ups, crunches, & 6-inches)
 - 3 sets of 25 pushups
 - 3 sets of as many pull-ups as you can do.
 - 3 sets of 20 shoulder presses
 - 3 sets of curls
 - 3 sets of vertical plate pushes
 - Repeat routine until practice over
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Make-up practice

- Mandatory make-up practices will be held for wrestlers who miss a practice during the week for any reason. This is not a punishment practice, but rather a chance to Make-Up for missed conditioning

Locker Room Rules

- Each wrestler will be assigned a locker in the wrestling team room (based on availability). It is the wrestler's responsibility to keep that locker clean. Do not keep food or valuables in the lockers.
- Everyone is expected to help keep the mat room and the locker rooms clean and orderly.

Challenge Matches

Determining the weekly starting line-up for all competing teams will be based on the following criteria:

- Passing all academic courses
- Practice attendance
- Work ethic in practice
- Attitude
- Citizenship
- Challenge Matches

Varsity and JV spots are determined by a series of "challenge matches" between all wrestlers in a particular weight class. The winner of the challenge series will be the varsity wrestler; the next in line will be the first JV wrestler and so on. Everyone is on an equal standing at the beginning of the season. **No one has a varsity spot until earned.**

- Once an order is determined you can only challenge the man directly in front of you on the ladder. You must be the "first JV" man to challenge the varsity wrestler.
- Mid-season challenge matches will be held once a week at a predetermined time. Challenge matches are conducted at **7:00am on Tuesday mornings.** (Coach Brennan must be notified by **4:00pm Monday** that a wrestler is challenging)
- Challenges may not take place unless the challenger is within 3 pounds of the weight limit.
- All challenges will be timed at 2 minutes per period
- Coaches do reserve the right to adjust the lineup and make match day changes based on an opponent's lineup. We may move people around on any given night to maximize certain match ups to increase our odds of winning a Dual.
- You can lose a spot or be moved to the back of the ladder due to poor attendance, inappropriate behavior, and/or not following team rules.
- District Challenges – Challenge matches for the district tournament will be done on a best 2 out of 3 basis. The challenger must win the first match against a wrestler who has held the spot the majority of the season

Parent Support

We are not a “win at all costs” program. We want to be successful and have a winning program and we want to achieve this through teaching proper technique, a good work ethic, and good values. A certain amount of understanding and sacrifice must be made by the parents for each athlete to achieve the most of their experience.

- We expect a certain level of commitment from each wrestler. Without that commitment, he/she cannot succeed. We would like your help to insist and encourage your son or daughter to make and follow through on that commitment.
- Please communicate any concerns, problems or questions directly to Coach Bridwell.
- Support your child (and support the team) by attending as many competitions as possible.
- During competition, please leave the coaching to the coaching staff. Many tournaments have rules regarding spectators near the mats, we need to respect and abide by those rules.
- DO NOT ADDRESS the referees whatsoever. This is the role of a coach. Referees are human and make mistakes, they do not carry grudges against kids, they simply call it as they see it.
- THIS IS AN EMOTIONAL SPORT. Emotions will be very present, handle yourself with grace, integrity, and class. Remember, the kids are wrestling, not you. If need be, take a walk before causing a scene. If you cause a scene where a coach has to speak with you, you will be asked to leave the facility. The coaches are evaluated on parent, student, and our own actions. I would like to keep the evaluations favorable.
- Keep it positive with your athlete after a match. They really do want to win and work very hard to do it. **You take on the role of the encourager**, not the analyst or Monday Morning Quarterback.

Competition Day Rules and Procedures

All Competitions

- You must be in school for a minimum of 2 periods on match days, or Fridays before a tournament
- Varsity wrestlers are required to make lunch weigh-in checks (only on match days)
- Not only are we representing Liberty Wrestling but Liberty High School and the community of Frisco, as well. We will display good sportsmanship and proper etiquette.
- Overweight wrestlers may need to run or drill to assure that they make weight on match day.
- Everyone must ride the bus with the team, to and from the host school, unless specific permission has been granted. You may only leave with a parent or guardian. (special circumstances only please)
- At the conclusion of weigh-ins, wrestlers should eat a small pre-match meal. Make it nutritious.

Mid-week Duals

- For mid-week duals, we will wear business attire. For guys this is defined as slacks, a button-down shirt, and tie. Ladies this is defined as slacks and an appropriate top.
- Weigh-ins will be held at approximately 5pm (this may vary slightly depending on location). Immediately following weigh-ins; wrestlers should eat a small pre-match meal. Make it nutritious.
- For home duals we will meet in the mat room for gym setup directly after school. Everyone is expected to help. Captains will be given instructions to pass on to teammates.
- For both away and home meets, wrestlers will gather gear at assigned times. Singlets and warm-ups are **not to be taken home**.
- All wrestlers will stay in the area of the team benches to support the rest of the team, this is team time. Pay attention to the match in progress and say only words of encouragement. Leave the coaching to the coaches.
- Following home duals, all wrestlers are expected to stay to break down the gym.

Tournament Days

- All weigh-ins on tournament days will be conducted as a team; we walk in as a team and will stay as a team until the last team member is finished weighing in.
- Eat nutritious food throughout the day – pizza, nachos, hamburgers, red bulls/energy drinks will not provide you with the right fuel to perform at a high level during your matches. This is imperative to your success!
- We will be on the mats at least 45 minutes prior to the start of the tournament for warm-ups. It is imperative that we conduct a thorough warm up prior to the start of competition. The team captains will be responsible for conducting these warm ups. **Focus on your match, your style of wrestling- you should have the match to think about only!!!**

Tournament Days cont.

- Liberty wrestlers will not wrestle each other at tournaments; this unnecessarily divides the team, and potentially robs the team of valuable points at tournaments. Challenge matches are held prior to tournaments to determine the higher-level wrestler for each week; so in essence, this match has already been wrestled in our room. In all cases, the wrestler lower on the ladder will forfeit to the higher-level wrestler.
- ***You are on the mat to wrestle **not to officiate**. Address the official as "Mr. Official" or "Sir" and always answer with a "Yes Sir" or "No Sir." **Officials will not decide the best wrestler on the mat** - accept their calls as some will be against you, and some will help you**

Team Member's Duties

Wrestler's Duties

- Participating in a high school sport requires a big commitment of your time and energy and as such, you must budget these things accordingly.
- Follow all team and school rules.
- **ACADEMICS:** Stay on top of your school work. You must maintain a 2.0 GPA (grade point average). This is only a "C" average. You should not be satisfied with that. You CAN and SHOULD do better! Communicate with teachers and coaches so you will be aware should a problem arise. **Don't wait until grades come out and it's too late.**
- Team members are a great resource for tutoring help. Do not be afraid to ask coaches or team members for help. Ultimately YOUR academic success determines the potential YOU can have in life after high school. Take an active role in monitoring your grades.
- **COMMITMENT:** High school sports in general and wrestling in particular require an incredible amount of dedication and commitment.
- 5. Be at practice on time each day with all gear ready to go.
- 6. Eat right and get plenty of sleep. Wrestling is THE most demanding sport - both physically and mentally. It takes a lot of energy to get through practice each day and wrestle several matches each week, besides keeping up on school work. Eat healthy meals to ensure that you have the sufficient "fuel in the gas tank" to get through the day with the proper energy and attitude.
- 7. Be dedicated to improving yourself EACH day. Work hard and listen to the coaches.
- **ATTITUDE:** Wrestling is a contact sport. It takes a certain toughness to make it through each day. We realize that not everyone possesses the same amount of athletic ability, but everyone has the ability to improve themselves.
- Be on top of weight management.

Captain's Duties

- To be an example to the rest of the team. To show the younger members of the team the dedication and work ethic needed to participate and excel in the sport of wrestling.
- Lead warm-ups at practices and meets
- Assist the coaches at practice by making sure the wrestlers are out of locker rooms on time, the mats get cleaned daily, that practices run in an orderly fashion and to help minimize goofing around by team members.
- Communicate with the coaching staff any needs or concerns that may arise throughout the year.
- Communicate with the team to find out any needs/concerns.
- Help make sure that locker room, wrestling room, and tournament bleacher areas stay clean.
- **Most important: Set the tone for practices and meets. Younger wrestlers will respond to your examples. Show them what it takes to succeed and what is expected of them.**

Team Manager Duties

- Help to keep accurate records for team purposes. Attendance, weigh-in sheets, and typing of stats are very important to managing of the team.
- **Most important: Take accurate stats on match and tournament days**
- **Important:** Film matches for coaching staff. The film will be used for highlight purposes and technique instruction for the wrestlers.
- Make sure mats are mopped daily for practice.
- Help coaches during practice by running the timers and tunes.
- Clean laundry and sort uniforms for match days
- Other duties deemed necessary by coaching staff

Varsity Letters and Awards Policy

Letter Awards

Liberty High School will issue one letter per student, per athletic career, which is only to be worn on an official letter jacket. Each additional time a wrestler letters, he will receive a certificate (second, third, or fourth year). All wrestlers must follow scholastic, citizenship, and training rules set forth by Liberty High School and the wrestling program.

Requirements Used to Letter All Wrestlers

A Varsity Wrestling Letter will be awarded to any wrestler who meets the qualifications outlined below and finishes the year in good standing with the Coaches, Team, and School Administrators.

Earning recognition as a Letterman requires not only fierce competition and determination on the mat, but a humble and hardworking attitude off it as well.

Frisco ISD Athletic Lettering Policy

To earn an athletic letter in Frisco ISD in a particular varsity sport you must:

* Complete entire season as a member in good standing with the team

AND

* Participate in at least 50% of the contests scheduled

OR

* Earn a point at the varsity district tournament, meet or match

OR

* Deemed to be of outstanding value to the team

All wrestlers meeting lettering criteria are required to finish the season up to and including the last practice prior to REGIONAL competition regardless of qualified status. It is a good team member who wants to come to practice the last week regardless of qualified status to make his teammates better.

All equipment must be checked in, cleaned up, and/or paid for (if lost or stolen)

Final discretion on achievement is left to the coaching staff and can be based on team participation, achievements, leadership or other contributions to the overall support of Liberty Wrestling

MOW, MIW, and Redhawk Heart Awards –

- The Most Outstanding Wrestler Award will be given to the wrestler who works the hardest in both practice and meets and is determined by the team and coaching staff to have contributed most to the team and attained the highest level of individual wrestling success.
- The Most Improved Wrestler Award is given to the wrestler who improves upon their ability the most between the first practice of the year and the last date of competition. This is open to both new wrestlers and veterans, and is determined by both the team and coaching staff
- The Redhawk Heart Award will be given to the wrestler who displays the most outstanding qualities of a team member both in winning and defeat. The Redhawk Heart Award is the most coveted award on the team as it displays the qualities that define Liberty Wrestling and will contribute to successes throughout life.
- We also reserve the right to create any/all other types of additional awards.

*** All Awards will be announced at the end of year banquet following State competition ***

Contact Information

(use phone numbers in case of emergency only please)

Head Coach Cody Bridwell BridwelC@FriscoISD.org 214-636-0744

Assistant Coach Tim Brennan BrennanT@FriscoISD.org 214-632-5669

Assistant Coach Justin Koons KoonsJ@FriscoISD.org 214-726-5165

School Phone 469-633-5888 -Head Coach Bridwell (Use this number to report absences or any other issues).

Preseason Checklist

Physicals / Insurance form

You must have physicals completed and turned in to the school trainer. Doctor/insurance forms/UIL forms/ ect will need to be turned in online..

Equipment:

Equipment required to purchase:

Wrestling shoes (If the cost of shoes is an issue, please see the coaching staff about a used pair).

Optional Equipment to purchase:

Extra shorts and t-shirts can be purchased on special team store website

Kneepads

Mouthguard

Equipment issued by the team:

One headgear (to protect the ears)

One wrestling bag

One pair of practice shorts

One practice t-shirt

Hairnet (ladies)

One singlet and warm-up passed out on match days