

# DEFOREST MIDDLE SCHOOL WRESTLING

## 2013

### GOALS WITHOUT A PLAN ARE A WISH

COACHING STAFF

SAM RODRIGUEZ

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# DEFOREST MIDDLE SCHOOL WRESTLING

## 2013 Expectations

The following is a basic list of expectations for all wrestlers at the middle school level. The general expectations should be followed by all wrestlers from the start of the season. The skills listed are what all wrestlers will have to be able to do by season's end. The skills are needed to make the step to the high school level and be successful at the middle school level.

### General Understandings

- \*Dedicated work ethic
- \*Willing to listen, follow directions and take corrections
- \*Desire to wrestle hard
- \*Wrestle aggressively
- \*Have fun

### Skills

- \*How to execute 3 or 4 different takedowns
- \*How to execute at least 2 escape moves
- \*The knowledge of at least 2 pinning combinations
- \*Be able to wrestle hard for a 3-minute match

# DEFOREST MIDDLE SCHOOL WRESTLING

## More Expectations and Rules

### As your coach, I expect and demand the following:

- \*Showing respect to other wrestlers and coaches
- \*Listen and learn
- \*Remember that wrestling is not only an individual sport but also a team sport
- \*Give your all at every moment whether at practice or in a match

### Ways in which the above will be understood and disciplined are as follow:

#### Absence, Tardiness and Behavioral Policies:

**Tardiness** — Not being at the designated place in proper attire at the designated time. Be at practice and ready to go before the start.

**Absence** — Not showing up at a practice or match.

**Excused Absence or Tardiness** — A telephone call or personal notification is required before all functions, matches and practices. (The coaches will determine if the reason for absence or tardiness is excused or not)

#### Disciplinary Actions at Practice:

**One unexcused tardiness or unexcused absence** — disciplinary action at practice.

**Two unexcused tardiness or unexcused absences** — disciplinary action, one match suspension

**More than three unexcused tardiness or unexcused absences** — disciplinary action, suspension or dismissal from team.

#### Match Nights:

**Home** — Wrestlers are expected to be at the assigned location set by the coach right after school to help with set up. All wrestlers should be well dressed the day of a match. This means dress pants, collared shirts or sweaters. Ties would be nice but not required.

**Away** — The same dress rules apply to away matches. Wrestlers must be ready and assembled at least 10 minutes before the bus departure time. Everyone takes the bus to and from matches unless permission to ride home with parents has been cleared with coach a day ahead of time.

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## More Expectations and Rules

### Weight Loss:

There will be no tolerance for intentional excessive weight loss. This is middle school wrestling and there is no need to cut weight because there are no weight classes. You will lose weight from working out at practice and eating a healthy diet. This is the healthy way of losing weight. Any wrestler found to be purposely dropping an excessive amount of weight will serve a one-match suspension. If the problem continues there may be a dismissal from the team.

### Other Guidelines:

\*All wrestlers are expected to be exceptionally well-behaved in the classrooms and hallways of the school, and are expected to follow the Athletic Code of Conduct. Wrestlers who fail to do so are subject to in-practice discipline, suspension or dismissal. Remember, you are representing our team and school; we must strive to make a positive impact.

\*Any excuse for missing a practice or match should be brought to the attention of the coaching staff before it happens.

\*Wrestlers are responsible for all equipment issued to them. The School District of DeForest, DeForest Middle School and the coaching staff are not responsible for personal belongings. Be sure to lock up your belongings in the locker room.

\*Nobody should have to worry about a suspension because of poor grades. Turn in your work on time and make sure it is done well. Above all, show respect for your teachers and parents.

\*Any wrestler who is receiving below a C grade in a class should spend part of practice studying or meeting with teachers. School is your No. 1 priority.

If we as wrestlers and a coaching staff can come to an understanding on the parameters that have been set forth, it will be a successful season. We must come together as a family and represent the school to the best of our ability. Wrestling can be very rewarding, and if we work together it will be.

If you need to reach me for any reason, I work at the DeForest Time-Tribune (846-5576). I can also be reached on my cell phone (575-6545), e-mail (srodriguez@hngnews.com) or by leaving a message with the middle school office. Also visit [deforestwrestling.com](http://deforestwrestling.com)

Welcome to the DeForest Wrestling Family  
Sincerely,  
Coach Sam Rodriguez

# DEFOREST MIDDLE SCHOOL WRESTLING 2013 Schedule

Date.....	Opponents .....	Location
Thurs., Nov. 7.....	Waunakee, Baraboo .....	Waunakee MS
Sat., Nov. 9.....	Baraboo Team Invite .....	Baraboo High School
Thursday., Nov. 14.....	Portage, Oregon .....	Portage MS
Tues., Nov. 19 .....	Beaver Dam, Lodi .....	Beaver Dam MS
<b>Thurs., Nov. 21 .....</b>	<b>Portage, Sun Prairie .....</b>	<b>.HOME</b>
Mon., Nov. 25 .....	Beaver Dam, Waunakee .....	Beaver Dam MS
Tues., Dec. 3.....	Kromrey, Glacier Creek .....	GC in Cross Plains
<b>Thurs., Dec. 5.....</b>	<b>Stoughton .....</b>	<b>.HOME</b>
<b>Tues., Dec. 10.....</b>	<b>Verona, Monroe .....</b>	<b>.HOME</b>
Thurs., Dec. 12 .....	Sauk Prairie, Kromrey .....	Sauk Prairie MS
Sat. Dec. 14.....	Middleton Invite .....	Middleton High School
Tues., Dec. 17 .....	Oregon, Mount Horeb .....	Oregon MS

**All matches begin at 4:15 p.m., except for the two invites.  
The Baraboo and Middleton Invites start at 9:30 a.m.**

# DEFOREST MIDDLE SCHOOL WRESTLING GOALS

NAME:

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**Short-Term Goals**

**Long-Term Goals**

How Dedicated Am I?

Why Do I Wrestle?

What Am I Willing To Do?

What Do I Have To Do To Reach My Goals? (Be specific and list as many as possible).