

# Creekview Wrestling

## Training Rules & Expectations

Training rules and expectations are set forth to build character, self discipline, foster internal motivation, and develop leadership.

To be eligible for competition and awards associated with the Creekview Wrestling program each participant must be considered in good standing. To maintain good standing each participant should adhere to the following expectations. If expectations are not met the result could be removal from the team at the coach's discretion.

### Practice:

- Wrestlers are **expected** to be present at **all practices, matches, and fundraisers - including clean up and set-up.** Expect to practice through Feb 17<sup>th</sup> to complete the season!!
  - Practices are designed to:
    - Improve wrestling technique and tactics
    - Condition the mind and body for the mental and physical demands of competition
    - Develop situational; strategies to provide the best opportunity for success in competition
  - To give each athlete the best opportunity to develop these skills, **practice is mandatory.**  
**"You want to win or you don't, if you want to win you must be willing to pay the price"** Howard Ferguson
  - To provide the best training environment:
    - Only t-shirts and shorts will be permitted in practice.
      - Sweats may be worn **only** in warm ups and after the completion of practice
      - Extra t-shirts are a good idea
      - Practice gear should be cleaned daily. (Learn how to use your washer & Drier)
    - Headgear are required to be worn in practice
  - **100% effort is expected** at all practices!

**"Don't mistake activity for achievement-practice it the right way."** John Wooden

- Pay attention when coaches are speaking
- Look forward to practice, prepare yourself mentally to want to work hard, set practice goals, and give 100% effort to achieve those goals each day.

**"It is not the hours you put in, it is what you put in the hours."** Peale

**"Hard Work Makes Dreams Come True"** The Edge

## Leadership:

"Contrary to the opinion of many people, leaders are not born.  
Leaders are made, and they are made by effort and hard work"

Vince Lombardi

- Wrestlers will be expected to take a leadership role in school and the community.
  - It is the expectation of the administration and coaching staff that student athletes are held to a higher standard than non student athletes.
  - Wrestlers should lead by example – especially when adults are not around.
  - Do not expect special treatment - Expect to follow the rules set forth and take pride in the fact you are doing things the right way!
  - Leadership is not a part time thing it is an all the time thing.
  - Your decisions and actions are a direct reflection on you as a person. The better decisions you make the better you represent yourself, your team, your school, and your family.
    - Make good decisions concerning:
      - Drugs and alcohol
      - Illegal activities
    - Bad decisions will compromise your ability to participate

"Anybody can be nobody, but it takes a man to be somebody" Eugene V. Debs

## Academics:

- 100% effort is expected in school, in the phrase "Student Athlete", Student comes first!!
  - Never let poor academic achievement result from "Lack of Effort"
  - The work you complete is a direct reflection on you as a person
    - Always turn in completed work
    - Always turn work in on time
    - Always make every effort to ask questions and get extra help in attempt to understand what is going on in class.
      - Tutors are available in every academic subject
    - Make your grades a priority all year
  - To maintain eligibility you must pass 5 out of 6 classes each semester, and be on tract to graduate.

"Hard Work Makes Dreams Come True" The Edge

"DESIRE + SACRIFICE + DISCIPLINE = PREPARATION"

"PREPARATION + SUCCESS = CONFIDENCE"

"MENTAL TOUGHNESS + PRIDE = PERSEVERANCE"

"With PREPARATION, CONFIDENCE, and PERSEVERANCE you will have the EDGE  
and will always succeed" Howard Ferguson

## Goals:

- Set high goals both academically and athletically
  - Write down your goals and place them where you can read them every day
  - Work hard every day 365 days a year to achieve your goals

"You can't get much done in life if you only work on the days you feel good." Jerry West

- Make good decisions based on actions that will move you closer to achieving your goals.
- Constantly evaluate your progress
- **Get Help!!!** - There are many people willing to help - Ask - Listen - then make decisions.
- **Never be Satisfied!!!!**
  - Why be average → Work to be Good
  - Why be Good → Work to be Great
  - Why be great → Work to be the **Best!!!**
    - Live every day to be the best person you can be

"If you don't invest very much, then defeat doesn't hurt very much and winning is not very exciting." Dick Vermeil

## Give Back:

- Help others in every way possible reach their goals
- Help your teammates and friends with their academics
- Help young wrestlers learn about the sport

"Individual commitment to a group effort

- that is what makes a team work, a company work, a society work, a civilization work."

Vince Lombardi

## The Game of Life:

- Everything mentioned above should be carried over to all aspects of your life.
- When in a bind always think about the lessons you learned through school and athletics
- When the going gets tough - stand up and face your problems - start making the best decisions you can make - set personal goals to resolve the situation - prepare yourself in every way possible - start fighting to resolve the situation - keep fighting and never give up.
- You will have many failures in life - it is your decision; to not accept them, to get back up, to evaluate your situation, to get back in the fight, to succeed.
- "Electronic items will not be replaced by Creekview High School if lost or stolen"

## Lettering Guidelines:

- You must be in good standing to have the opportunity to earn a Varsity Letter
- Earn 30 Varsity team Points or
- Wrestle in 70% of the Varsity Matches or
- Coaches Discretion
  - If you quit you will be charged for your weight certification fee and be required to turn in your t-shirt and shorts