

Naples High School Wrestling Team Handbook



**HARD WORK!
NO EXCUSES!**



November 1, 2020

Dear Parents/Guardians,

Your son/daughter has shown an interest in participating in the Naples High School Wrestling program. We would like to take this opportunity to introduce you to our program and make you aware of the requirements for participation. The Wrestling staff assumes that during winter season each Wrestler's priorities will be as follows:

1. Family/God
2. School
3. Wrestling

This list **does not** include work, automobiles, or girlfriends. Any young man/woman who must work during Wrestling season is strongly discouraged from coming out for the wrestling team. The state has set the academic eligibility requirement for participation; to be eligible a wrestler must maintain a 2.0 cumulative grade point average. This is a **minimum** and not what the wrestling team strives for. Our goals are always an unweighted 4.0 GPA.

Practice setup will begin at 2:30pm and Practice will end by 4:45 p.m. every day, Monday through Friday. Wrestlers should be ready to be picked up by 5:00 p.m. We expect that every wrestler is using their time wisely every day of the week. If wrestlers need to see other teachers before practice, they will **schedule this in advance** with the Head Coach.

It is imperative that **every wrestler attends every practice**. The Naples High Wrestling attendance policy is as follows:

1. A wrestler with one unexcused absence will be suspended from the next competition.
2. A wrestler with two unexcused absences will be suspended from the next 2 competitions.
3. A wrestler with three unexcused absences will be suspended from the team.

Excused absences are those absences that have been cleared with the **head** coach in advance. Absences that are not cleared in advanced, but would be considered excused, include emergency deaths in the family or emergencies such as fire or car accident. If a wrestler is going to be absent, his or her parent/guardian must contact the Head Coach (784-6177) **before 1:00 p.m.** and **speak directly with Coach Luke Garcia**, or leave a message and a number where they can be reached. A **TEXT IS NOT SPEAKING** with the Head Coach. Injury is no excuse to miss practice; we have an excellent training staff that will facilitate an injured player's rehabilitation. Wrestlers are responsible to bring practice socks, wrestling shoes, headgear, shorts, shirts, and tennis shoes. Any wrestler who cannot practice because he forgot clothing or equipment shall be considered unexcused. Any wrestler that shows up late will be considered unexcused.

All forms and insurance must be turned in before a wrestler will be allowed to practice. School insurance can be purchased. If you do not already have medical insurance, you must purchase this limited policy. All athletes at Naples High must provide an original or certified copy of either a birth certificate, passport or alien registration card as proof of birth to the Athletic Secretary on Campus. All additional paperwork needed is now

completed online. Instructions can be found on the Naples High School Athletic page of <https://www.collierschools.com/Domain/43>. The direct link is <https://www.collierschools.com/Page/3685>. Each wrestler must have completed the online Concussion, Sudden Cardiac Arrest and Heat Related Illness Courses and Pre-Assessment Impact test.

As a measure to prevent “Cutting” weight each wrestler must now take a hydration test at the beginning of season. The Collier County Public School District began random drug testing of all athletes in 2007. Details of this program are available in the Athletic Code of Conduct (also on the Naples High School Athletic Page).

Wrestling is a demanding contact sport. Strength training is not a luxury, but a necessity. All team members are expected to participate in the off season strength and conditioning program. During season, strength will be built right on the mat. It is also imperative that all wrestlers stay hydrated and observe healthful eating habits. We encourage each player to try to drink two gallons of water each day.

The Naples High Wrestling staff expects each student-athlete to be a student first and an athlete second; this means going to class prepared and on time each day. Progress reports are monitored by coaches. Wrestlers may be referred to a study skills class as part of their regular class schedule. Tutors can be provided and highly recommended for wrestlers with an overall GPA less than 3.0.

We expect each wrestler to follow school rules and demonstrate appropriate behavior. Every wrestler is expected to dress according to school policy. We expect all wrestlers to be respectful and polite to all faculty, staff members and other students. **Young men who want to skip class, hang out in the halls, or create problems for administrators, teachers, or staff need to do something other than wrestle; such behavior will not be tolerated on this wrestling team.** Please leave your valuables at home and out of your locker. Earrings, necklaces, or jewelry of any kind is prohibited by the FHSAA. Any wrestler found to be stealing will be dismissed from the team.

The Naples High Wrestling staff is committed to this program and to the success of our athletes. We will not compromise our integrity or intensity. This staff believes both individually and collectively we must do things properly and in order. This means no individual is greater than this wrestling program. All of our wrestlers on the varsity and junior varsity teams are expected to be good students and good citizens. Wrestling will come and go; **self-discipline, perseverance, integrity, courage, teamwork, and commitment will all last a lifetime.** Go Eagles!

Sincerely,

Luke Garcia
Head Wrestling Coach
Naples High School

Naples High Wrestling Vision, Mission, and Core Values

Vision Statement: *To build the most successful Wrestling program in Southwest Florida both in competition and character.*

Mission Statement: *To use wrestling as a tool to build young men/women that are leaders on their team, in their families, and in our community by teaching Commitment, Perseverance, Courage, Responsibility, Respect, Integrity, Citizenship, and Cooperation.*

Core Values: Perseverance, Integrity, Courage

Win or Lose we want to achieve our mission by helping kids see successes through wrestling, mastering their own physical bodies, and learning that hard work pays off on the mat, in school, and in their relationships with teammates, coaches, family, teachers, etc. Wrestling teaches a person to give everything they have, then still find a "little extra" when they think there is nothing left to give, continually pushing their limits higher. They then learn to use this knowledge about themselves to succeed and stay committed in all other aspects of life, whether it be their studies, their job, their friendships or families. As coaches, that means loving these kids like they are our own family, leading by example, and helping them overcome their individual adversities and building their confidence to believe in themselves every single day.

Not everyone can be a champion, but anyone can have Courage and be a Winner!

What this means is that anyone who participates in wrestling regardless of age or athletic ability, has the potential to be a **Winner**. A winner is someone who has learned to face a challenge or overcome an obstacle and has persevered to the end. In other words, a winner is one who "has fought the good fight and finished the race."

Winning has to do with playing to one's fullest potential. Now one's potential is not a fixed entity. It is ever-changing depending upon one's age, emotional maturity, skill development, and physical conditioning. For example, an eleven-year-old boy wrestling in his first match ever does not have the same potential to wrestle as a college athlete competing in his fourth NCAA tournament.

The role of a coach is to know the difference and prepare each athlete to perform at his or her best on any given day. The most important thing is not who has the most points at the end of a match, **but who wrestled to his fullest potential.**

Success is not always determined by the skill of the wrestler, but by the **will** of the wrestler. "You get what you earn" Terry Brands. "In this room we don't do easy, we make easy happen through hard work". "Pain is nothing compared to what it feels like to quit. Give everything you got today for tomorrow may never come." Dan Gable.

Many great men of history have been amateur wrestlers: Ben Franklin, Abe Lincoln, George Patton, and Norman Schwarzkopf (commander of the US Forces in the Persian Gulf War) to name a few.

Wrestling for Naples High is a great privilege, not a sacrifice!

The Supreme Court has ruled that Athletics is a privilege, not a right. Those who choose to participate in athletics must obey the policies set forth by the coaching staff. Please read the policies in this book before you begin.

Assumption – Role of the Wrestlers

It is important that you understand that we are making four assumptions about you as a Naples High Wrestler. If you are not in agreement with these four assumptions and willing to strive toward each of them, then this is not the program for you.

1. **We assume you want to be the best person you can be.** You must understand that you represent the Naples High Wrestling Program. You may be the only Naples High athlete or Wrestler some people will ever know. Your character is a direct reflection of our program everywhere you go at all times. There are many benefits that go along with being a part of our program. With those benefits, you will be held accountable for your actions. We will help you become the best you can be on and off the mat.
2. **We assume that you expect to graduate with the highest grades that you are capable of making.** You are responsible to yourself, your parents, and the team to strive for the highest grades possible.
3. **We assume that you want to be the best athlete you can be.** Coaches see what you can do and should be and will push you to achieve your maximum potential. Coaches can try to motivate you, but the most effective motivation comes from within. The Naples High Wrestling Staff will encourage you to strive for nothing less than your best. We will believe in you even before and until you believe in yourself.
4. **We assume that you want to be a part of a Championship Team.** Everything about our program is designed to produce champions. You will be expected to practice, compete, and have the discipline of a champion.

Distribution of Information

The official website of the Naples High is <http://www.nhs.collierschools.com> and most information can be found at this site. Schedules and trip itineraries can be found by visiting the High School Wrestling website, <http://www.NaplesHighWrestling.com>. Trip itineraries will be discussed at the beginning of the week and it is the responsibility of each wrestler to get the information to their parents. Hotel information for each overnight trip will be distributed the week prior to each trip. Please join our facebook group (Naples High School Wrestling) for latest information and/or follow Luke Garcia on Twitter (Luke Garcia@WrestleNHS).

Coach Luke Garcia will remind and update via text on a routine basis. Please ensure he has your correct number. Please **DO NOT REPLY**. This goes out to the entire team. All replies should be on a new text to me only.

Coaches' Expectations of Wrestlers

1. **Sportsmanship.** Sportsmanship in practice and at competitions is held in the highest regard. Naples High is known for having great athletes, and we don't want that reputation dampened by a lack of sportsmanship. Wrestling is a hard sport, and wrestlers must expect their opponents to try their best to defeat them. If your opponent's effort is too much for you to handle in a sportsmanlike fashion, then I would suggest this may not be the sport for you. Referees are human and may make mistakes at times. NO wrestler or parent at any time is to argue with a referee or execute an unsportsmanlike act toward a referee. Only a coach is allowed to confront a referee, and unless I am not there, it should be the head coach.
2. **Accountability.** Coaches will do everything they can to prepare each athlete for competition, but it is up to each individual athlete to make the most of the opportunities provided to them. Practice and competition rules will be set by the coaching staff, and each wrestler will be held accountable for following each of those rules. Naples High Wrestlers will be expected to hold themselves accountable for their actions, efforts, grades, conduct, successes, and failures. Excuses and passing blame create weakness and will not be tolerated in the NHS Wrestling Program. A person must have the ability to look himself in the mirror and give an honest evaluation, as well as accept an honest evaluation from the coaches, in order to reach new heights!
3. **Be Coachable.** The successes of great programs have been built on those athletes who have decided to listen to the coach. Coaching is a process whereby we, the coaches, challenge another to find his or her own best answers. Through this process, others are forced to think for themselves. It is a process that develops leaders. If every time you are challenged by a coach you make excuses for where you are and why your way is the best, you will never be able to stretch your boundaries. If you truly wish to strive to be the best you can be, it is essential to listen to your coaches and not question them when you are challenged.
4. **Discipline.** All is lost without discipline. If you don't have the discipline to follow the team rules and the guidelines set forth by the coaching staff, **you are going to hold yourself and the team back.** No one person is bigger than the program or the others on the team.
5. **Respect.** Naples High Wrestlers will show respect to all. Treat others as you would like to be treated. This includes fellow wrestlers, coaches, fans, administrators, referees, and so on. You must also respect the practice facilities and equipment. In the weight room, you must always clean up after yourself and use the equipment in the proper manner. In the locker room you must also clean up after yourself. You are expected to keep the wrestling rooms clean and to participate in any setting up or tearing down of equipment regardless of your age or year.
6. **"Pay the Price".** Any wrestler who cannot follow the rules and guidelines set forth by the coaching staff must be willing to accept the appropriate punishment. The punishment will depend on the severity and frequency of the infractions. Punishments can be anything from extra conditioning to suspension from the team. The Naples High Wrestling Coaching Staff will decide on the appropriate punishment.
7. **Hygiene.** All wrestlers are required to follow the guidelines outlined later in this handout for hygiene.
8. **Nutrition.** All wrestlers are encouraged to do their best to follow the nutrition guidelines outlined later in this handout.
9. **Return all issued equipment.** Bags, singlets, headgear, jump ropes, and warm-ups will be issued to the wrestlers and are to be returned at the conclusion of the season. If they are not

returned in a timely manner, the parents/guardian of the wrestler will be responsible to pay for each of these.

10. **Security.** The wrestling program will do the following to provide a secure environment. Practices will be held at Naples High. Theft is a selfish act that will not be tolerated, but it is the wrestler's responsibility to secure his belongings. Anyone caught stealing will be dealt with by the coaching staff in a severe manner.
11. **Attendance.** Wrestlers are expected to attend all practices and competitions prepared and on time unless otherwise instructed by the coaches. If you are injured, you still need to be on time to practice and dressed out. The coaches will give you an alternative workout that will not affect your injury. If you are unable to do any physical activity, you still need to be at practice dressed out and should encourage your teammates. **Cell Phones are not part of practice and should be left in your bags until practice is over.** During the season, practice will begin at 2:30pm and end by 4:30 p.m. each day, unless otherwise notified. Wrestlers should be ready to be picked up by 5:00 p.m.

The Naples High Wrestling attendance policy is as follows:

- I. A wrestler with one unexcused absence will be suspended from the next competition.
- II. A wrestler with two unexcused absences will be suspended from the next 2 competitions.
- III. A wrestler with three unexcused absences will be suspended from the team.

Excused absences are those absences that have been cleared with the head coach in advance, or absences due to emergency death in the family, or emergencies such as fire or car accident. If a wrestler is going to be absent, his or her parent/guardian must contact the Head Coach (239-784-6177) before 1:00 p.m. and **speak** with Coach Luke Garcia, or leave a message and a number where they can be reached. Injury is no excuse to miss practice; we have an excellent training staff that will facilitate an injured player's rehabilitation. Wrestlers are responsible to bring practice socks, wrestling shoes, headgear, shorts, and shirts. Any wrestler who cannot practice because he forgot clothing or equipment shall be considered unexcused.

12. **In the Classroom.** The Naples High Wrestling Program is a tool to help motivate our wrestlers to do well in school. See "Rules for Study" below. Wrestling helps students to stay eligible and could possibly provide an avenue to a college education if grades are good enough. There are two expectations concerning your work in the classroom. The first concerns **ACCOUNTABILITY**. Each wrestler will be responsible for the work that his teacher asks him to complete. Every Monday, the Naples High Wrestling Staff will produce a weekly report of grades and review with each individual wrestler. The second expectation concerns each wrestler's **RESPONSIBILITY** for how he conducts himself in the classroom. Each wrestler is responsible for his own actions. If you break school or classroom rules, you must accept the school's or teacher's punishment.

“How a man plays the game shows something of his character; how he loses shows all of it.”

Naples High School Wrestling Rules for Study and Order of Operations

Study must be for at least one hour a day, six days a week. It is best to do it in the same place at the same time if possible. Eliminate distractions. This means no T.V., no phone, no playstation, no friends hanging out. These are rewards you give yourself when you are done. Music may be listened to, but it must be turned low: music is not the main thing, learning is.

1. Do homework first. Start with core classes. Do not spend more than 5 minutes on a question you do not understand. Write a note about what you do not understand and either ask someone who knows, or ask your teacher before class the next day.
2. If you have no homework, work on any projects that you have. Start by planning out the project and put it in small pieces. Do not be discouraged. Remember how to eat an elephant....one bite at a time.
3. Make and/or study flashcards. Write any phrase, term, math rule, or vocabulary that you need to know. On the lined side of the card write the definition, on the blank side write the term. It will only take a few minutes to go through these. Go through them while you are waiting for a ride, finishing lunch, riding to school, or using the toilet.
4. Study for tests by reviewing and making flashcards out of review sheets that your teacher gives you. If your teacher does not give you a review sheet then make your own. Do this by comparing your notes to assignments and main topics in the book. Make flashcards out of things they have in common.
5. If all this is done, copy your notes over neatly. You will retain up to thirty percent of what you write. This is the closest thing to passive learning you will have.
6. Read. Read anything. This should be done year round; this includes Christmas, spring break, and summer when you have no school work. When reading a text or book you do not understand, or when you are feeling tired or bored, you can stand up, read aloud, highlight the book, and/or make notes or flashcards out of items you do not understand.
7. If possible read the chapter before your teacher goes over it. You may not understand it the first time, but this gives you a huge advantage once it starts being discussed and when you get to making flashcards, it will be the third time you have seen it.

Personnel Decisions

Every wrestler wants to start for the Naples High School Wrestling Team. Unfortunately, not everyone will. The great thing about our program is that our JV Wrestlers will have their own tournament schedule and be able compete throughout the season against other JV wrestlers. The coaching staff will determine the starter at each weight class. It is important for wrestlers to understand how we will decide on the starting positions. The following points will influence the coaches' decisions on starting positions.

1. **Performance, Practice, and Wrestle-offs** are the three main determinants in who will be the starting wrestler at each weight class. The goal of the coaching staff is to select the wrestler who will best represent the program in each position on both Varsity and JV. Wrestle-offs alone will not determine the final starting position. If a wrestler is losing to a teammate in the practice room and in a wrestle-off, but is performing better during competition, that wrestler may be awarded the starting spot. If a wrestler cannot show that they are able to compete with their weight class teammates in practice, and they are not performing up to their teammate's level in competition, there may not be a wrestle-off. The coaching staff may determine that the character of a wrestler is not yet ready for competition. The coaching staff has the final say in all wrestle-offs and final starting positions.
2. **If two wrestlers are competing for the same spot and are close in wrestle-offs, practice, and competition, then the following criteria may come into play when making a decision on the final starting position. Gratitude vs Entitlement.**
 - I. **Attitude.** The wrestling season can be long and demanding. The best way to make it through the ups and downs of the season is to keep a positive and optimistic attitude. A wrestler's work ethic and attitude throughout the season will be looked at by the coaching staff when determining the starting wrestler of a weight class.
 - II. **Dependability.** The members of The Naples Wrestling Team depend on each other for many reasons. A wrestler's physical, mental, academic, and behavioral dependability can be taken into account when determining a starter.
 - III. **Contribution to overall team.** Wrestling is both a team and individual sport. The coaches will communicate with the wrestlers what is expected of each to help the team. Team members must be willing to wrestle where it will most benefit the team.
 - IV. **Sportsmanship.** Most people's only contact with our team is on match day. Unsportsmanlike behavior is a bad reflection on the entire program. A lack of sportsmanship can be a determining factor in the final decision on who gets a starting position.
 - V. **Mental toughness.** For a wrestler to be able to compete at a high level, he must be able to display mental toughness on a consistent basis. A wrestler's level of mental toughness may be weighed when determining the starting position.
 - VI. **Being Coachable.** Wrestling is a sport that is defined by discipline. Naples wrestlers need to follow the coaches' rules and guidelines. A wrestler's willingness to follow the rules and guidelines set forth by the coaching staff may come into play when solidifying a starting position.
3. **Final Varsity Positions will be determined prior to January 29, 2021.**

Returning From Injuries

When an injured player returns, he must demonstrate that he is capable of returning to the mat, and will be given every opportunity to win a starting spot. If a starting spot is in contention with another wrestler competing close to the same level, the physical stability of the injured athlete may be taken into account when deciding on starting positions.

Skin Disease Prevention

Unfortunately, wrestling, like many other contact sports, carries a risk of transmitting diseases. The Naples Wrestling Team takes every precaution to prevent this from happening. It is extremely important for all wrestlers to follow the guidelines described in this handout to protect them from this. Riverchase Dermatology now has an online system called DermConnect. You can access this at www.riverchasedermatology.com/dermconnect. This is only one option for seeing a dermatologist.

1. ALL Wrestlers must shower with soap and water directly after practice.
2. DO NOT Share or REUSE towels!!! Wash them after every use!
3. If any clothing is left in the practice room or locker room, it will be thrown away.
4. Wipe off benches and bars after using in the weight room.
5. DO NOT REUSE workout clothes. Wash workout clothes after every workout.
6. Wash kneepads, headgear, and shoes on a regular basis (minimum once a week).
7. NEVER leave your wet shoes or kneepads in your bag over night. Let them dry out.
8. NEVER wear your wrestling shoes outside.
9. Check yourself for rashes and skin abrasions daily and immediately report them to a coach.
10. Wash hands regularly.
11. Use a disease prevention spray, wipes or foam on days of competition, and shower after matches at tournaments. Skin Foam is provided at practice and competition.



Prevention of Illness

Sickness can be prevented or at least kept to a minimum throughout the wrestling season if you take care of yourself. During the season, your immune system may be run down from training and stress, and the weather is not always favorable so it is even more important to take care of yourself compared to other times of the year. Below is a list the coaching staff recommends each wrestler follow throughout the season.

1. Take a multi-vitamin every day.
2. Get a minimum of eight hours of sleep each night.
3. Maintain your sleep patterns on weekends and don't stay up too late.
4. Take Vitamin C tablets each day.
5. Never go outside without a coat or stocking hat during colder weather.
6. Dry your hair after showers and before you go outside.
7. Always wear socks.
8. Don't share drinks.
9. Avoid close contact with others who are sick, and if you are sick keep your distance from others.
10. Wash hands regularly throughout the day.

Leadership Committee

Before the first competition of the season, the Leadership Committee will be announced. The team will have the opportunity to provide input to who should be on this committee. The final committee will be chosen by the coaching staff and will be from each grade level. The person chosen is not necessarily the best wrestler, but may have some other talent that is useful to the team as a whole. Everyone, not only the Leadership Committee, is expected to be a leader!

Lettering Policy

A wrestler will receive a varsity letter if he finishes the season in good standing with the team (determined by the coaching staff). Any wrestler who quits or is dismissed from the team forfeits his/her letter and all other privileges and awards normally given to a Naples High School Wrestler. Players who are out for the season due to injury will not letter unless they remain a part of the team and make a contribution (as designated by the coaching staff).

Awards Banquet

Awards, handed out at the end of the season awards banquet, will be nominated by the coaching staff.

Team Medical Care Policy

Our philosophy concerning injuries is two-fold. First, the health and safety of the player is our number one concern. Second, we want to get an injured player ready to play again as quickly as possible. In the unfortunate incident that a player becomes injured, we have established a Team Medical Policy designed to evaluate and treat the player as quickly as possible. Should an injury occur, we would like to follow this protocol:

1. Evaluation by a Trainer, Team Doctor, Coach Luke Garcia, or an Assistant Coach (depending on when the injury occurs and upon who is present at the practices or matches). Naples Trainers and Coaches can refer you to a sports minded doctor. Coach Garcia would like to be aware of all injuries and not be surprised.
2. When a wrestler is being seen by a doctor, please relay any information pertaining to the injury to Coach Garcia. It is very important that Coach Garcia and the rest of his staff are kept up-to-date on the status of all serious injuries.
3. Parents will be notified in the case of any injury serious enough to be evaluated by a physician.
4. A doctor's note will be required for your child to be excused from practice for an extended period of time. However, wrestling is a contact sport and many minor injuries can occur. The Trainer and/or the Naples Coaches will work with each injury and each athlete on an individual basis and some practice time may be missed without a doctor's note. Wrestlers are expected to attend practice even if they cannot participate.

In the unlikely event of a catastrophic injury, we have established an Emergency Plan to handle such injuries.

1. A phone is always available at practices and competitions.
2. Naples High School has provided the team with a medical kit that is with us at practices and competitions.
3. The coaching staff will assign specific assignments concerning their role in the event of a catastrophic injury, such as: who makes the 911 call, who stays with the victim, who stays with the team, who calls the injured wrestlers parents, and so on.

Sportsmanship

Points of emphasis for those who attend a sporting event.

One of the greatest perils to athletics is overzealous fans. For athletic programs to provide the best experience for their student-athletes, coaches, officials, and spectators, implantation of good sportsmanship is key. Below are some points of emphasis on sportsmanship that may protect the integrity of athletics and enable fans and participants to better enjoy the contest.

1. Show interest in the contest by enthusiastically cheering and applauding the performance of all teams.
2. Show proper respect for opening ceremonies by standing at attention and remaining silent when the national anthem is played.
3. Understand that a ticket is a privilege to observe the contest, not a license to verbally attack others or to be obnoxious. Maintain self-control.
4. Do not boo or make disrespectful remarks toward players or officials.
5. Learn the rules of the game so that you may understand and appreciate why certain situations take place.
6. Know that noisemakers of any kind are not proper for indoor events.
7. Obey and respect officials and faculty supervisors who are responsible for keeping order. Respect the integrity and judgment of game officials.
8. Stay off the playing area at all times and out of the areas marked for coaches and wrestlers.
9. Do not disturb others by throwing material onto the playing area.
10. Show respect for officials, coaches, student-athletes, and cheerleaders.
11. Respect public property by not damaging the equipment or facilities.
12. Know that institutional officials reserve the right to refuse attendance of individuals whose conduct is not proper.
13. Refrain from the use of alcohol and drugs on the site of the contest or before arriving at the site of the contest.



Parent Expectations

1. As a parent of a Naples High School Wrestler, you must acknowledge that you are a role model for your child. Remember that high school athletics are an extension of the Naples High School academic mission, and serve educational, developmental, and health purposes in the life of your child. As a parent, you must show respect for all players, coaches, officials, and supporters of your child and participating institutions. You accept and understand that the spirit of fair play and good sportsmanship are expected by Naples High School at all athletic events on and off campus. You need to accept your responsibility to be a model of integrity and good sportsmanship that comes with being the parent of a Naples High School student athlete.
2. Take ownership of your part in this program. Make sure your child attends every function, workout, and practice, prepared and on time.
3. Monitor your child's academic progress and make sure he completes his assignments on time. A typical high school student will have homework or something to study each night.
4. Respect all rules and guidelines set forth by the coaching staff and support disciplinary actions taken on your child by the coaching staff.
5. During competitions, please stay in the stands and cheer on all members of the Naples High School Wrestling Team.
6. Make a deposit into your child's life and join the Naples High Sports Booster Club. This organization's sole purpose is to benefit your son/daughter while he/she is part of this program. **WE NEED HELP!**
 - a. If you have any questions or concerns about our program, please go to Coach Luke Garcia first. Please do not go to the Principal, Assistant Principal, Athletic Director, or Assistant Coaches; they will refer you to Coach Garcia. You may contact Coach Garcia at (239)-784-6177. If you cannot reach him, please leave a message and he will return or react to your call as soon as possible. Please do not approach the coaching staff with a problem directly before competition or practice, during competition or practice, or directly after competition or practice. Please be aware that The Naples High School Coaching Staff will not discuss matters of other athletes with you.

At any appropriate time, Coach Luke Garcia will, in a civil manner, discuss the philosophy behind the policies in this handbook and ways that we can improve your child's performance in the classroom or on the mat.

Thank you for allowing your child to wrestle for us. We know it is a big commitment on your part also. We know that each wrestler will become a stronger individual and be more successful in life after high school by being in our program.

Promoting a Positive Athletic Experience:

The Parent's Guide

From: Greg Dale, Ph.D., Mental Training Coach, Duke University

1. Be the best supporter and role model you can be. You, as parents, will have a bigger influence on your child's life than **anyone** else.
2. Communicate with your athlete and find out **his/her** goals in the sport. These goals may be different than what you want. Intrinsic motivation is much stronger than extrinsic motivation!
3. Let them know that anything worth achieving is going to take a lot of hard work.
4. Support your child and be realistic in his ability and skill level and encourage him to strive to higher levels. **DON'T** compare your athlete to others!
5. Show **unconditional** love and support for your child **NO MATTER** how he performs!!!! Realize that nobody loses on purpose.
6. Let the coaches coach. The worse thing we can have is a confused athlete.
7. Encourage your athlete to be a leader. Let **him/her** communicate with the coaches and let **him/her** make decisions.
8. Don't make excuses for your athlete.
9. Game Day Rules
 - i. Passionately cheer and support your wrestler and the team.
 - ii. Please stay off the competition floor and out of the wrestler's corner.
 - iii. While in the stands be positive. Don't yell criticisms or do anything to draw attention away from the athletes and toward you.
 - iv. While your athlete is competing, please don't make an effort for the athlete to focus on you rather than the coach. Once again, we don't want a confused athlete.
 - v. Please refrain from yelling derogatory comments to the officials, fans, or anyone else involved in the event.
 - vi. Let the coaches deal with referees. I have never seen abusing a referee lead to a positive reaction.
 - vii. Let the coaches coach and please don't interfere with coaches during competition.
 - viii. Support the coaches' decisions and any disciplinary actions by the coaches.

Most people come in contact with this program solely with the wrestlers, coaches, parents, and fans at competitions. How we act will stick with them. Let's all be a class act!

Parent's Guide To A Wrestling Match

NEW TO OUR SPORT?

At the start of the match, wrestlers begin on their feet, facing each other in the "neutral position". The wrestler wearing a **GREEN** leg band is the HOME wrestler and the visiting wrestler wears **RED**. The wrestlers shake hands and the referee blows the whistle to begin wrestling.

Wrestling Positions

While the first period begins with the wrestlers in the neutral position, a coin toss determines which wrestler gets his choice of starting positions of the second and third periods. If the home wrestler gets to choose his position for the second period (top, bottom, or neutral), the visiting wrestler gets his choice the third period. After the first period is completed, the wrestler who wins the coin toss has the opportunity to choose the position or defer his choice to the third period.

For scoring points throughout the match, wrestlers are awarded points for the following moves: takedown, reversal, escape, and near fall. The referee can also award points for illegal holds or stalling.

TAKEDOWN (2 points) A takedown occurs when either wrestler, starting from the neutral position, gains control of his opponent on the mat.

ESCAPE (1 point) The defensive wrestler (on bottom) is awarded one point for an escape when he moves to a neutral position.

REVERSAL (2 points) The defensive wrestler (on bottom) is awarded 2 points for a reversal when he gains control of his opponent and becomes the offensive wrestler (on top). This may take place while the defensive wrestler is either on his feet or on the mat.

NEAR FALL (2 or 3 Points) Points for a near fall are awarded when the offensive wrestler has control of his opponent in a near pinning position. This occurs when the defensive wrestler's shoulders are restrained four or fewer inches from the mat, one shoulder is touching the mat and the other is held at a forty-five degree angle to the mat, or when the wrestler is in a high bridge or supported on both elbows. If the near fall criteria are met for a period of two consecutive seconds, a two-point near fall is awarded; if the near fall criteria is met for five consecutive seconds, a three-point near fall is earned.

END OF MATCH A match ends when one of the following occurs: a pin(fall), a technical fall, or time expires.

PIN (FALL) A pin is awarded when a wrestler holds any part of both of his opponent's shoulders to the mat for two continuous seconds.

TECHNICAL FALL When a wrestler has earned a 15 point advantage over his opponent, the referee will end the match.

TIME EXPIRED If there has not been a fall or a technical fall by the end of the third period, the winner of the match is determined by the number of individual points scored. The wrestler with the most points wins the match by decision.

OVERTIME A one minute overtime period begins immediately after the regulation match. Both wrestlers are in neutral position. The first wrestler to score is the winner. Then 2, 30 second rounds of Top/Bottom. Finally, wrestler who scored the first point gets choice.

INFRACTIONS, PENALTIES AND INJURY, TIME-OUTS, ILLEGAL HOLDS
Illegal holds are dangerous and can cause injury. Whenever a referee witnesses one of these holds being used, he awards one point to the offender's opponent. Illegal holds include, but are not limited to:

SLAM– lifting and returning an opponent to the mat with excessive force

HAMMERLOCK– pulling the opponent's arms too high on the back or pulling the arm away from the back.

HEADLOCK– arms or hands are locked around the opponents head without encircling an arm above the elbow.

FULL NELSON– arms are under both arms of the opponent and behind the head.

Potentially Dangerous Holds occur when a body part is forced to the limit of the normal range of movement. The referee will caution a wrestler against forcing a hold into an illegal position; however, he will not stop wrestling action unless it is necessary to prevent an injury.

Technical Violations may cause the offending wrestler to be penalized one point. The referee may give cautions or warnings about some violations but not all. Technical Violations include assuming an incorrect starting position, false start, grasping clothing or headgear, interlocking hands, and leaving the wrestling area without permission from the referee.

CONDUCT INFRACTIONS

UNNECESSARY ROUGHNESS– Physical acts that exceed normal aggressiveness.

UNSPORTSMANLIKE CONDUCT– physical and non-physical acts that can occur before, during, or after a match. Examples: shoving, swearing, failing to follow referee instructions, baiting, and taunting.

FLAGRANT MISCONDUCT- any physical or non-physical act occurring before, during, or after a match that the referee considers to be serious enough to disqualify a contestant from a match or tournament. Examples: biting, hitting, head-butting, elbowing, and so on.

STALLING- Each wrestler is required to make an honest attempt to stay within the 10 foot inner circle and wrestle aggressively at all times. When a referee recognizes stalling, he will warn the offender. Further violations will be penalized.

Penalties and warnings are cumulative throughout the match and overtime. Penalty points are awarded to the offender's opponent. He is awarded one point for the first and second offenses, and two points for the third offense. On the fourth offense, the offending wrestler is disqualified.

DUAL MEET SCORING	
Fall (Pin)	6 team points
Technical Fall Win by 15 pts.	5 team points
Major Decision win by 8-14 pts.	4 team points
Decision win by 1-7 pts.	3 team points
Forfeit	6 team points
Default	6 team points
Disqualification	6 team points

Nutrition

1. Eat a variety of foods from all 5 food groups. This should include Vegetables, Protein, Grain, Dairy, and Fruit. A simple reference is www.ChooseMyPlate.gov
2. Drink 50% of your body weight in water per day as a minimum. Athletes need more. (ex: 150lbs = 75oz of H2O/day). Dehydration is the quickest way to reduce your performance.
3. Stay away from sugar. A diet high in sugar has too few nutrients and too many calories.
4. Eat a diet moderate in Fat and Sodium.

Below is a quick reference for different Carbs, Proteins and Fats.....

Quality	Carbohydrate	Protein	Fat
Best	Whole-grain breads	Very lean ground beef	Olive oil
	Brown rice	Pork	Canola oil
	Pasta, white or whole- wheat	Veal	Sunflower oil
		Lamb	Safflower oil
	Rice	Venison	Soybean oil
	Barley	Poultry	Corn oil
	Quinoa	Fish	Peanut oil
	Tortillas	Shellfish	Mayonnaise
	Oatmeal	Soy foods	Nuts
	Corn	Beans	Nut butters
	Whole-grain cereal	Eggs	Seeds
	Whole-grain crackers	Low-fat milk	Olives
	Fruits	Low-fat yogurt	
	Vegetables	Low-fat cheese	
	Baked potatoes	Low-fat cottage cheese	
OK	White bread	Low-fat ham	Light salad dressings
	Pretzels	Lean ground meat	Light mayonnaise
	Low-fat crackers	Fish canned in oil	Reduced-fat peanut butter
	Low-fat granola bars	Low-fat hot dogs	Light butter
	Cereal bars	Sliced cheese	Light margarine
	Low-fat muffins		
	Baked chips		
	Fruit juice		
Not so hot	Pastries	Fried meats	Butter
	Chips (not baked)	Sausage, bacon	Margarine
	Candy	Pepperoni	Cream sauces
	French fries	Burgers	Creamy salad dressing
	Soda	Salami, bologna	Fat-free salad dressings
	Fruit drinks		

Reid Reale is an expert in combat sports nutrition. Below are some of his key points of emphasis for athletes who have to watch the scale.

<http://combatsportsnutrition.com/>

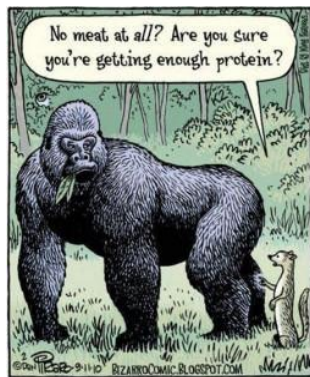
Nutrition is a weapon. It doesn't matter if you are driving a Ferrari or a moped if they aren't fueled, and what's more, a properly fueled moped will outrun an empty Ferrari every time. But even that metaphor is insufficient, because nutrition is much more intricate than the fuel that powers an engine. Want to gain muscle? Lose fat? Maintain muscle and lose weight? There are recipes for all these ends, the only thing that stands between you and your ideal machine is the knowledge to do so. Sadly a lot of this knowledge is still a mystery to many.



Protein – Your Gas Tank is only so Big

It's far from a secret that protein is an important part of gaining muscle, what most people don't understand is that their mouth can handle a lot more than their guts can. The average person cannot digest 20 grams of protein in a sitting, and some 9 oz cuts of beef can hold almost 80 grams.

Protein is important, but you can only put some much in the gas tank at once. Instead of letting 75% of your protein intake go to waste, spread it out throughout the day and stay constantly anabolic (muscle building).



Stop Shaming the Carbs

If you are serious about gaining muscle, your post workout protein needs to come with about 5 times as many carbs. While sugars are rightfully vilified for spiking insulin and fat storage throughout the day, the post workout situation is different.

After a tough workout, your body has an "anabolic window" where it is bent on using it's carbs to build and repair muscle. The carbs you take in during this time hustle to turn the protein into muscle, so if you are after real horsepower, pile on the post workout carbohydrates. And yes, sugars are just fine.

...Stop Shaming the Carbs!

Would you rather weigh in and compete with or without a few extra pound of undigested fecal matter in your gut? After you have...digested the gross image, your first reaction is probably that it's a necessary consequence of eating, and you certainly are not going to starve yourself before a competition.

You're both right and wrong.

The calories that fuel your body can be delivered in a concentrated or bulky form. Carbohydrates, and high fiber food sources provide energy in a low proportion compared to their weight and tend to stay in the body for a longer time. Fat based sources of calories like coconut oil, eggs, avocados and fish deliver energy in a very high proportion compared to their weight, therefore delivering the energy needed to perform without being a liability on the scale.

What does this mean?

It is NOT a revolution in the dieting process. Fiber and carbohydrates are nutritionally essential for a variety of reasons. However, in the 48 hours before a weigh-in, getting your calories from calorically dense sources can give you the opportunity to evacuate vital pounds from the intestines.

So as the weigh in closes in, eat less in quantity, get more calories, and save those valuable pounds for things like staying hydrated or just plain being bigger.

Coaches Insider – By Justin Robinson

Compared to other sports, wrestling arguably requires the ultimate combination of power, strength and endurance. Even though matches last only six minutes or less, wrestlers burn a ton of energy during long practices, multiple workouts per day (practice, weights and running) and often multiple matches in a day (during tournaments). Proper wrestling nutrition is crucial, since wrestlers use every energy system in the body and must replace that energy. This means wrestlers need carbohydrates, protein, fat, vitamins, minerals and water to maximize performance and recovery.

Here are some dietary pointers to keep your energy up and your weight where it needs to be both before and during the season.

Leaning Out

Most wrestlers have very high energy needs, even when they are attempting to lose weight before competition. Calories are energy, so restricting food is not the way to lose weight. Instead, focus on high-quality foods that provide sustained fuel to lean out. Clean eating (which involves natural, not processed foods) increases the body's efficiency, making it easier to build lean mass and decrease fat mass.

To lean out during the pre-season, wrestlers should emphasize four primary areas of nutrition:

1. High fiber carbohydrates — to sustain energy and stay lean
2. Healthy fats — to stay full longer and improve recovery
3. Lean protein — to keep you full longer and increase regeneration
4. Water — to maintain hydration and replace sweat loss

While training, you should eat lean protein, healthy fat and high fiber. Here are some of my top food choices for training:

- Nuts & Seeds (raw)
- Natural Nut Butters
- Fruits (with skin)
- Dried Fruits
- Avocado
- Oats, Quinoa
- Vegetables (any variety - raw is best)
- Fish (wild, not farmed)
- Grass-fed Beef
- Eggs (cage-free)
- Beans, Peas, Legumes

Making Weight

Wrestlers commonly restrict water intake to make weight. But fluid restriction can be unsafe and lead to dehydration. Increase your intake of high-water foods in the days leading up to a match.

Top High-Water Foods

- Star Fruit
- Melon
- Berries
- Grapefruit
- Cucumber
- Bell Peppers
- Celery
- Spinach
- Broccoli & Cauliflower
- Tomatoes

Balancing Sodium

Sodium is tricky for wrestlers. Sodium helps the body retain water, so the more you sweat, the more sodium and other electrolytes (such as potassium) your body needs on a daily basis. But you want sodium in moderation. If you take in too much, especially from processed foods, cutting weight becomes difficult—again highlighting the importance of clean, natural foods.

High-Sodium Foods to Avoid

- All Fast Food
- Lunch Meats
- Packaged Snacks (crackers, chips, cookies)
- Canned Foods
- Condiments (ketchup, mustard, BBQ sauce, soy sauce)
- Salted Nuts & Trail Mix

Choosing Tournament Snacks

Tournament foods and post-weigh-in foods should be foods you're familiar with and can digest easily. Like daily training foods, they should also provide a good combination of carbs, healthy fats and protein.

Top Wrestling Tournament Snacks

- Fresh fruit
- Dried cherries
- Fruit leathers (all-natural)
- Popcorn (air-popped, with only salt added - no butter)
- Cut fruit or veggies with natural nut butter
- String cheese
- Hard-boiled eggs
- Trail mix (preferably raw or homemade)
- Chia pudding
- Fruit salad with quinoa

As with any nutritional plan, listen to your body to figure out what works best for you. Use the pre-season to practice your nutrition in addition to your moves.

Coaches Contact Information:

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Naples High School Wrestling

2020-2021 VARSITY SCHEDULE

				Home Duals	Away Duals
				Tournaments	Post Season
Dates	Description	PLACE	Varsity/JV	Weigh-In @	Start @
Monday, November 09, 2020	First Practice	Naples HS Cafeteria	Both		2:15: PM
Monday, November 16, 2020	Regular Practice (Hydration Test)	Naples HS Cafeteria	Both		2:15: PM
Monday, November 23, 2020	Practice - Fall Break	Naples HS Cafeteria	Both		2:15: PM
Tuesday, November 24, 2020	Practice - Fall Break	Naples HS Cafeteria	Both		2:15: PM
Wednesday, November 25, 2020	Practice - Fall Break	Naples HS Cafeteria	Both		2:15: PM
Thursday, November 26, 2020	Thanksgiving Day	Naples HS Cafeteria	Both		2:15: PM
Friday, November 27, 2020	Practice - Fall Break	Naples HS Cafeteria	Both		2:15: PM
Wednesday, December 02, 2020	South Ft Myers Quad Meet	South Ft Myers HS	Both	5:00 PM	6:00 PM
Wednesday, December 09, 2020	Dual - Island Coast HS	Naples HS Gym	Both	5:00: PM	6:00: PM
Friday, December 11, 2020	Captain Archer JV	Charlotte HS	JV	11:00 AM	1:00 PM
Saturday, December 12, 2020	Captain Archer Varsity	Charlotte HS	Varsity	8:00 AM	10:00 AM
Thursday, December 24, 2020	Holiday Break - Off	Naples HS Cafeteria	Both		TBD
Friday, December 25, 2020	Holiday Break - Off	Naples HS Cafeteria	Both		TBD
Saturday, December 26, 2020	Holiday Break - Off	Naples HS Cafeteria	Both		TBD
Sunday, December 27, 2020	Holiday Break - Off	Naples HS Cafeteria	Both		TBD
Saturday, January 09, 2021	District Duals Finals @ Lely HS	Lely HS	Varsity	TBD	TBD
Wednesday, January 13, 2021	Dual - Immokalee HS	Immokalee HS	Both	5:00 PM	6:00 PM
Thursday, January 14, 2021	Regional Dual Tournaments / Regular Practice	TBD	Both		2:15: PM
Friday, January 15, 2021	Chase Life Duals	Palmetto Ridge HS	Varsity	2:30 PM	3:15 PM
Saturday, January 16, 2021	Chase Life Duals	Palmetto Ridge HS	Varsity	8:00 AM	10:00 AM
Wednesday, January 20, 2021	Dual Cypress Lake	Naples HS Gym	Both	5:00: PM	6:00: PM
Friday, January 22, 2021	Wolfpack Duals	South Ft Myers HS	Varsity	1:00 PM	2:30 PM
Wednesday, January 27, 2021	CCAC - IBT	Naples HS Gym	Varsity	2:00 PM	3:00 PM
Saturday, January 30, 2021	Jack Staples Duals	Naples HS Gym	Varsity	8:00: AM	9:30: AM
Wednesday, February 03, 2021	Coconut Brawl - Lely HS	Lely HS	Both	5:00 PM	6:00 PM
Friday, February 05, 2021	Titan Duals	Golden Gate HS	Varsity	1:00 PM	3:00 PM
Saturday, February 06, 2021	Titan Duals	Golden Gate HS	Varsity	8:00 AM	10:00 AM
Friday, February 12, 2021	Dual - Bonita / Gulf Coast / Cypress Lake ?	Naples HS Gym	Both	5:00: PM	6:00: PM
Saturday, February 20, 2021	2A-12 District Tournament @ Palmetto Ridge	Plametto Ridge	Varsity	8:00 AM	10:00 AM
Friday, February 26, 2021	FHSAA 2A-Region 3 Tournament @ Charlotte HS	Charlotte HS	Varsity	10:00 AM	12:00 PM
Saturday, February 27, 2021	FHSAA 2A-Region 3 Tournament @ Charlotte HS	Charlotte HS	Varsity	8:00 AM	10:00 AM
Friday, March 05, 2021	FHSAA State Wrestling Tournament @ TBD	Kissimmee	Varsity	8:00 AM	10:00 AM
Saturday, March 06, 2021	FHSAA State Wrestling Tournament @ TBD	Kissimmee	Varsity	8:00 AM	9:30 AM

