

Wrestling Rules and Procedures

The following information is being provided so that the wrestlers and parents of wrestlers are informed of the rules and procedures of the Keller Junior High wrestling program. We advise that parents sit down and read this document carefully with their athlete to ensure a positive and rewarding experience. We are excited to offer this opportunity to the students at Keller Junior High.

Split Squad

There is a Varsity and Junior Varsity (JV) team. Wrestlers will have a “wrestle-off” to determine who will be on Varsity and JV. The winner of the wrestle-off will be on Varsity. The second place winner for that weight class will be on JV. Any others will be exhibition wrestlers for that weight class. Wrestlers can challenge each other to be on Varsity and JV throughout the season.

Eligibility

The following standards and procedures have been developed to ensure uniformity for participating in after-school interscholastic sports programs.

To be academically eligible for the following week, a student may not be failing any class or have a D in more than one class. Students not meeting academic requirements will attend a study session during practice time supervised by the coach and will be ineligible for practice and competition that week.

Practice Schedule

Practices will be held daily (except Wednesdays) after school. Wrestlers unable to practice are to provide notice of the absence prior to practice. **If a wrestler has 3 unexcused absences, they will no longer be a part of the wrestling program.** Wrestlers can bring a note to school or contact one of the coaches via email or phone call. **It is imperative that a coach is notified PRIOR to a practice or meet.**

Our normal weekly practice schedule is as follows:

- Monday: 2:15-4:00*
- Tuesday: 2:15-4:00*
- Wednesday: No Practice
- Thursday: 2:15-4:00*
- Friday: 2:15-4:00*

The after school activity bus can take regular bus riders home after practice on Monday, Tuesday, Thursday, and Friday. During the beginning of the season it may be necessary to extend practice until 5:00 p.m. If this happens, wrestlers and parents will be notified ahead of time.

*At the beginning of the season, practice *may* be extended until 5:00 p.m. Since, there will be no activity bus, attendance past 4:00 pm will be optional, if a wrestler stays they will need to be picked up promptly at 5:00 pm.

Equipment

Wrestling shoes and headgear are recommended for all wrestlers. A mouth guard must be worn if the student has braces to prevent injury to the mouth. The equipment can be purchased at the following locations:

-Dick's Sporting Goods
601 N Martingale Rd STE 195
Schaumburg, IL 60173

-Dick Pond Athletics
1772 W Algonquin Rd
Hoffman Estates, IL 60192

Meets and Transportation

Travel to and from athletic events will be provided by the school district. Students may leave a wrestling meet with their parent/guardian after the meet is completed. Students must be signed out by a parent at an away meet. Students are expected to return the wrestling mats to the wrestling room after all home meets. Students are expected to be picked up immediately following a meet and practice at Keller. Generally meets will end anywhere between 4:30-5:00, and for away meets the bus will return to Keller around 5:15. Wrestlers will be encouraged to make phone calls on the way back to Keller to arrange to be picked up.

Wrestling Meet information

Wrestling meets will begin around 3:30 p.m. During the first half of the season the order of matches will be as follows: 80-86-92-100-107-115-123-130-138-145-155-165-180-225-HWT. The order will be REVERSED for the second half of the season: HWT-225-180-165-155-145-138-130-123-115-107-100-92-86-80.

All home meets will be held in the Keller Junior High gymnasium. Wrestlers are expected to stay until the completion of all meets in support of their teammates.

Conduct and Behavior

As a member of the Keller wrestling program, your child will be a representative of the school. The behavior and conduct of your athlete is expected to follow the guidelines put forth in the Keller Student Manual. Any conduct or behavior violation will be dealt with on a case-by-case basis by the coaching staff and administration.

Lost or Stolen Equipment

The Keller coaching staff and administration will not accept responsibility for any lost or stolen equipment. It is **STRONGLY** encouraged that wrestlers not bring anything of significant value to school or practice. Secondly, wrestlers will be expected to lock any personal items in a locker (phones, iPods, etc.) during practice and away at meets. Finally, wrestlers need to keep track of all wrestling equipment as it is their responsibility to do so.