

# WESTLAKE WRESTLING

## 2016-2017 Contract

Coach Burdett Email: [cburdett@alpinedistrict.org](mailto:cburdett@alpinedistrict.org)

Coach Cody Burdett: 801.471.6525 Text or Call anytime

### **Program Expectations**

We expect every wrestler is to works hard, do their best, and work together towards a common goal. We expect each wrestler to strive for academic, personal, and athletic excellence. My goal as coach is to prepare you for adulthood. Wrestling is full of trials and triumphs; the same is true in life.

### **Individual Expectations:**

I expect wrestlers to love and serve those around them. And to commit to a greater cause than himself. I don't care who good you are. I care how hard you work and what kind of person you are working to become.

### **Principles of Leadership**

Westlake Wrestling is a leadership training course. As new wrestlers enter the program, wrestlers are trained by the other team leaders and coaches to become leaders. As Juniors and Seniors, wrestlers implement that learning to lead the team and help their brothers through the many trials of wrestling and life.

### **Academics:**

Your education is our first priority. To be eligible to wrestle, a student can not have more than 1 F and must maintain a 2.0 G.P.A.This is based off of 1st and 2nd term report cards. Often the best wrestlers are the best students because they have learned hard work and personal responsibility. If you fall below the 2.0 GPA or have more than 1 F or NC, they will be ineligible.

### **Conduct:**

We expect you to be a role model. That means you must maintain a level of conduct **ABOVE** that which is normally expected at school. The choices you make both inside and outside of the wrestling room are a reflection of you and of our program. Inappropriate behavior such as unsportsmanlike conduct, swearing, theft, hazing, drug use, insubordination, or any other conduct detrimental to the team will not be tolerated. This includes in the wrestling room, on the mat, in the classroom, at parties, and anywhere else. Infractions will be dealt with on a case by case basis between the coaches, parents, and team leaders. Many times, if multiple wrestlers are involved, I will discipline the team as a whole, to encourage everyone to watch out and eliminate bad behavior by teammates.

When you become a member of the Westlake Wrestling team, you represent the school, your

coaches, and your family name. Whether you like it or not, your words and actions have a reflect directly on those people.

**Drug and Alcohol Policy:**

Any athlete caught using and/or possessing illicit drugs, tobacco, or alcohol during the season will be disciplined according to Westlake High School policies, including minimum team suspension and more.

**Strength and Conditioning:**

If a wrestler is not enrolled in the first hour wrestling conditioning class then the wrestlers is expected to lift and condition on their own. If at all possible, please enroll in the A1 conditioning class with Coach Burdett. We encourage all wrestlers to play at least one other sport. Do not worry about your body weight in the off season. Focus on a good strength training program that strengthen every part of the body.

**Fundraiser:**

We host a wrestling tournaments in December. We expect you to be there the whole time to help set up, run, ref, cleanup, etc. There are costs associated with being a part of the wrestling team. We plan to have the wrestlers fundraise as much as possible to minimize the cost to parents. This year the cost breakdown will be as follows:

**Required Fees:**

Participation Fee: \$100

**Optional Fees:**

Tournament Fee \$25

**Optional Spirit Pack Items:**

Hoodie \$30

Wrestling bag \$32

Singlet \$50

Long sleeve shirt \$22

Shorts \$18

**Participation Fee:** Is required by the district. It pays for buses, referees for region matches, and much more. If you have applied and been accepted under the fee-waiver program, this fee will be waived.

**Tournament Entry Fee:** There is a fee for Westlake to attend any tournaments. This helps cover the entry fee. Average fee charged to me is \$15 per wrestler. So \$25 is only covering a portion of that cost. Every tournament is optional except Divisionals and State. So if a wrestler wants to go to the rest of the tournaments, they need to pay this fee.

**Singlet:** We design new uniforms each year. Some wrestlers choose to buy a new one each year, others don't want to pay for a new one each year and they just buy one. I do have some uniforms that can be borrowed if you don't want to pay for one.

**Apparel:** These items are entirely optional. Though it would be good to wear Westlake Gear at wrestling duals and tournaments. To purchase any of the above, go to the finance office and pay for what you want.

**Other Gear:** Wrestlers need to wear headgear, and wrestling shoes to practices and competitions. I have some heagear that can be borrowed. You can buy headgear and wrestling shoes at Scoreboard sports in orem or any sporting goods store.  
**PUT YOUR NAME ON YOUR GEAR, INCLUDING SHOES, HEADGEAR, AND CLOTHING!**

### **Dress Code**

It is expected and required that all wrestlers competing for Westlake High School to wear ONLY Westlake Branded Apparel. That means only only shorts, shirts, hoodies, jackets, uniforms that say Westlake Wrestling on them. If you don't have any Westlake Wrestling gear yet, wear plain Navy or White colored clothing. Any time we are representing our team, whether that by at dual, a tournament, warming up, on the bus, on the podium, you must be wearing Westlake Apparel.

Along the same vein, headgear and wrestling shoes should be Westlake Colors as well. If you can't find a Westlake color, pick a neutral color (Black, Grey, White). A purple or Red or Green wrestling shoe or headgear isn't appropriate and misrepresents the team. We want the team to be as unified as possible, including our colors! A suggested headgear is the Cliff Keen E58 because you can get it in Navy and Gold.

### **Practice**

Practice will begin November 7th every weekday, twice a day. 6:30am-7:30pm and 3-5pm. Two a days will end on Friday November 11th. After that, practices will normally be Monday - Friday from 3-5pm. Occasionally we will have early morning practice for those who need the extra work or for those that need to make up a practice. As the season progresses, practices will become shorter, but more intense.

### **Attendance:**

I expect each wrestler to be in the room, dressed in **clean** shorts and tshirt, ready to go by 3:00pm. That means they need to start warming up at 2:45. If you cannot make it to practice due to illness or any other reason, please have a parent contact Coach Burdett by phone or text. If a wrestler needs to miss practice to makeup grades, then he will possibly miss the next competition as a consequence for not keeping up with grades.

Having the wrestler TEXT me 5 minutes before practice isn't acceptable. Missing practice to

study for tests or doing homework is not acceptable and counts as an unexcused absence. Homework is meant for home. Part of being a student athlete is managing time. Adding the stress of wrestling to school responsibilities is preparation for life! If I do not receive a call or email from parents before practice starts, the absence will be considered unexcused. All absences must be made up by either staying after practice and helping the youth program or by attending an early morning practice.

All practices and competitions will be posted on [www.Wlwrestling.com](http://www.Wlwrestling.com). Freshmen are expected to come to practice as soon as possible. If coming from Vista Heights, hurry over and you should be able to get warming up by 3:00. Parents of freshman coming from Frontier need to communicate with each other and help out with carpooling. We have many wrestlers that live in the ranches, city center, and a few in cedar valley. I will do my best to get parents in contact with others that live nearby.

I understand early morning practices can be even more difficult, if the wrestlers are going to Frontier. But the first week is the only time we do mandatory early morning practices every day. Occasionally we will do more but I will work with the wrestlers if they can't make everyone.

Wrestlers who have any type of absence during the day of a dual or tournament will be automatically disqualified from competition. The only exception is a doctor's appointment.

#### **Unexcused absence policy:**

1st Unexcused Absence: Extra conditioning and practice time to be done after practice or before school. Must be made up before next competition or will miss.

2nd Unexcused Absence: Same as above but not eligible for next competition.

3rd Unexcused Absence: Same as above, but subject to potential long term suspension.

Coaches will consult senior leadership.

#### **Hygiene:**

The nature of the sport is one of bodily contact. It is imperative that you practice good hygiene. Poor hygiene can result in skin ailments such as ringworm, staff, and impetigo which can cost money, pain, unable to practice or compete and potential closure of the wrestling room. You help insure that we do not have those problems by doing the following:

- Shower daily, before school, after practice and any time after you have had a workout.
- Use soap and hot water.
- Use a clean towel. Switch it out frequently.
- Notify a coach if you find anything unusual on your skin.
- Wear clean practice gear.
- Regularly wash your headgear, knee pads, and shoes.

We clean the mats daily to maintain a clean environment. Please do your part by not walking on the mat with dirty shoes.

**Wrestle offs:**

Wrestle off's are the main way to determine who wrestles Varsity, JV, 3rd man, 4th man, etc. There will be two opportunities to wrestle offs during the season. The first will be at the Blue and Gold intrasquad dual. The second will be following christmas break. As a rule, a wrestler needs to be within three pounds of the desired weight class on the day of the wrestle off. Wrestling each other in tournaments or duals **does** count as a wrestle off. If a match score is within 2 points, the losing wrestler has the right to challenge the winner. It then becomes a "best out of three" scenario.

Just because you "earn" your spot through wrestle-offs does not guarantee you that spot for regular season duals and tournaments. It only guarantees you a spot at divisionals and state if you qualify. Missing practice, injury, lackadaisical effort, NC's, poor attitude, unexcused absences, and coaches decision are all reasons wrestler may not be able to wrestle.

Wrestlers are not entitled to a varsity spot, but...they are entitled to a reason from the coach. I will do my best to explain the reason. Some reasons may not be by any fault of the wrestler. For example for "Senior Night", I may have a non-varsity senior wrestle in the varsity spot.

**Weight:**

Wrestling is unique because it enables athletes to compete against another athlete of the same weight. When an athlete loses weight in an unsafe manner it is not beneficial to himself or his team and will not be condoned. Coaches will monitor weigh daily to ensure athletes are not losing excessive amounts of weight. Most wrestlers will naturally shed excess weight through practice and proper diet. If a wrestler wants to lose weight to get to a certain weight class, that is a discussion between, me, the wrestler, and the parents. Generally speaking, Freshman, Sophomores, and new wrestlers aren't allowed to lose any weight artificially.

**Freshman:**

9th Graders are in an interesting position. They have the option to compete with the high school and/or the jr high. Most of the time, freshman will practice with the high school team daily throughout the season. For duals and tournament it might be different. It will depend on the wrestler and his experience level. This is a simple rule though that you need to remember. As soon as you wrestle an official match at the high school level, you can't wrestle at the jr high level any more. If we have a really good freshman that will compete for the varsity or jv spot, than we won't compete at the jr high level at all. If we have a freshman that is 4th-5th string on the depth chart, we will probably have him wrestle at the jr high level, at least at the beginning. We can always decide later to bring him up to the high school level if he improves or we need him to fill a roster spot. The coach will decide with that particular freshman, and his parents, on what's best for him.

**Follow these good nutritional practices:**

- During the season, don't let your weight fluctuate wildly. It's okay to eat normally after a tournament, but don't binge.
- Drink a gallon of water a day and get 8 hours of sleep each night.
- Do not starve your body. Eat a good breakfast, have a healthy snack for brunch (between classes), a good lunch, another snack before wrestling practice, and good dinner. It's vital that you keep food in your body so as to keep your metabolism running high.
- Avoid Candy, Soda, and processed foods. When at the grocery store, shop for food on the edges of the store. The middle aisles are full of processed foods (generally).
- Good foods include veggies, fruits, pastas, breads. Moderation in all things.
- Never Spit to lose weight! It doesn't work and it's disgusting. If I see this, you could face suspension.
- Never wear plastic weight loss suits or gear. If I catch you with this, you will be suspended. It is against my rules and State rules.

**Dual Meet Expectations::**

- The bus will leave on time from the high school. Please be on it or you will be left.
- Generally, weigh ins are at 4pm, and JV/Extras start at 5pm with Varsity starting at 7pm.
- Begin Warming up when you are in the hole (3rd match up). Get a sweat going. Don't go out there cold. It's just like practice, we get a sweat going before practicing. Develop a routine!
- Be into what's happening in the meet. Don't sit idly talking to your neighbor or girlfriend.
- Cell phones or other electronic equipment with the exception of music ipods are prohibited on the bench area. I will occasionally write wrestling notes down on my phone during matches. I'm not texting!
- We, as a team, send each wrestler out onto the mat with a cheer and receive them when they finish.
- All wrestlers must help set up and take down prior to and after home duals.
- No wrestler can leave a dual early unless it is a FAMILY EMERGENCY. If you leave with us on the bus, you come back on the bus.

**Tournament Expectations:**

- Warm up well before your first match and then as needed during the day. You should be sweating when you are up. Don't go out there cold. It's just like practice, we get a sweat going before practicing. Develop a routine!
- Team members are expected to stay for the duration of the entire tournament
- Use the nutritional tip sheet for ideas of the kinds of food you may bring
- Be into what's happening during the day. You can still learn while watching.
- As role models, we never leave our area without picking up after ourselves
- Never try to lose weight at a tournament before weigh ins start. Artificial weight cutting is illegal. And if caught, you won't be able to compete.

- No wrestler can leave a tournament early unless it is a FAMILY EMERGENCY. If you leave with us on the bus, you come back on the bus.

### **Team Activities:**

Coaches will organize team activities that all are expected to attend. Activities include attending Westlake sporting events, Westlake Buddies (Special Education) events, and other service opportunities. These events are designed to unite the team and serve others.

### **Music during Practice:**

Wrestlers may play their own music during A1 and wrestling practices if: They don't have unexcused absences, multiple tardies, and the music isn't vulgar.

### **Girls and Managers:**

Girls are not allowed in the wrestling room unless they are managers or wrestlers. Wrestlers who allow girls into the wrestling room without coaches supervision, will be automatically suspended.

Managers are welcome to join the team and help the wrestling program in many different roles. Some of those include filming, keeping score, cleaning the mats, and general helpful activities for the coaches.

### **Post Match Behavior**

Wrestling is an emotionally charged sport. It's basically hand to hand combat. Wrestlers are expected to battle and fight as hard as they can, within the rules of the sport. After the match, wrestlers are expected to shake hands, keep their emotions in check, shake the opponents coaches hand, and return to their own coach to receive coaching.

Unacceptable match and post match behavior include:

- Yelling and/or screaming during or after the match. In loss or victory.
- Speaking to your opponent, opposing coaches or referee during or after the match.
- Flexing directed at your opponent or the fans.
- Any other negative behavior directed at anyone around you.

I expect after a match ends, that I can't tell if won or lost. Dignity in defeat and victory. If you can't keep your emotions in check, discipline will be levied.

### **Respect for the wrestling room, locker room, and the School**

It should go without saying that you should pick up after yourself and others around you. Keep the wrestling room clean of garbage, return the weights to their proper location, and keep things organized. Same goes for the locker room. Keep things clean, tidy, and report any problems to the coach. Respect the school and pick up garbage as you see it.

**Lettering:**

Lettering requirements are set forth by the Westlake Wrestling coaching staff. Options are left open to coaches for certain situational cases. General requirements for earning a Varsity

Wrestling letter are as follows:

- Win 1 Varsity match.
- Attend practice and competitions through the end of the season barring injury.
- Finishes the season in good standing with the coaches, team, Athletic Director, and the School Administrations.

**Volunteers:**

As a wrestling family we need help from you. We host many events throughout the year that we simply cannot do without the help of parents like you. We will be asking some parents to chair certain committees within our wrestling club. Some of these committees are:

- Concessions
- Booster Club and Fundraising
- Senior Night
- Hosting tournaments
- End of Year Banquet

Contact Branden Shunn about helping out. She can be reached at [westlakewrestlingthunder@yahoo.com](mailto:westlakewrestlingthunder@yahoo.com)

**Parent Tips**

What To Do:

- Be Positive and support their efforts.
- Help your athlete eat nutritious meals and discourage junk food
- Maintain a curfew and insure sufficient sleep
- Talk to your child about his/her grades and schools
- Attend dual meets and tournaments
- Positively support his/her efforts in school and athletics
- Cheer during matches
- Encourage additional conditioning year around
- Volunteer
- Talk to the coaching staff if you have any concerns

What not to do:

- Openly criticize, wrestlers, coaches or officials.
- Officials may make mistakes that could cost your wrestler a match. Coaches will handle it in a judicious way at the proper time and respectfully request that parents model the



kinds of behaviors we expect from our kids. Do not blaming a loss on bad officiating. It does nothing to help your son become a better wrestler or person.

- Shout moves or coach during a match. This causes confusion to the wrestlers during the matches. If a parent wants to coach his son, talk to the coaching staff.

Parents and Coaching:

We love having wrestling parents come and help the wrestling program during practice and competitions. Background check and coaching certification need to be done if parents would like to work with the wrestlers. Also remember to coach all the wrestlers in the room, not just your son. And give positive feedback and avoid negative comments toward your son or the other wrestlers.

By participating in the A1 class or trying out for the team, you agree to the terms of this contract.  
Please Sign Below:

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Wrestler

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Parent or Guardian