

**HARKER HEIGHTS
KNIGHTS
&
LADY KNIGHTS
WRESTLING
Parent/Wrestler Handbook**



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Harker Height High School
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MISSION STATEMENT

Harker Heights Wrestling will always embody a fiercely aggressive style of wrestling that rivals or surpasses that of any school in the state of Texas. We will be perennial contenders with a yearly goal of winning a Texas State Championship. The wrestling program will provide each wrestler with a great experience from which they can learn valuable life lessons. Wrestlers will use these lessons to become productive and valuable members of society.

Harker Heights Wrestling 2021-2022 Moto:

“BUILT DIFFERENT”

HARKER HEIGHTS WRESTLING PHILOSOPHY

“Life is a game of choices, what we choose today will impact who we will become tomorrow.” - Coach Menendez

Most sports today are being coached according to a professional model. In a professional model winning is the top priority, and all decisions are based on what is most likely to produce a win. While we do still base our training on successful collegiate programs, high school athletics should be coached according to a developmental model. A model that instills in the student/athletes’ values and ideals that will help them to become better human beings, more successful, and contributors to society. Such values include patience, self-control, self-discipline, courage, benevolence, politeness, honesty, humility, and sincerity.

Wrestling is filled with many life-learning experiences that, if approached and handled in the right way, can be beneficial to the mental, physical and emotional development of all the young athletes involved. A good wrestling coach can teach young athletes the true meaning of discipline, dedication, perseverance, commitment, accountability and competition, just to name a few. As much as we are competitors and love to win, we believe that regardless of the win/loss record, every young athlete stands to become a better person by the lessons they will learn in our program. The high school wrestling experience can be the most powerful learning experience in a young athlete’s life. The measure of a successful program should not be the win/loss column. The type of young athlete a program produces is the true measure of its success. A successful program turns out quality young student/athletes’ year in and year out. It is our goal for each wrestler to learn the importance of the following qualities for their character development.

Honor

We are all responsible for our own actions. The choices we make serve as a direct reflection on our character. The student/athletes in our program will be held to a higher standard than other students and must make choices with that in mind. Honesty, integrity and fidelity are all part of being an honorable person. Leading a daily life with honor in mind will make for a person who has positive self worth and a good attitude. An honorable wrestler will make good choices in and out of the classroom, and on and off the mat. These are the types of people we want to represent our school in the athletic arena.

Reliability

“A chain is only as strong as its weakest link.” This statement epitomizes the ideal of teamwork. In a team situation we all have a certain amount of accountability to one another. To achieve a common goal all members of the team must be headed in the same direction. Everyone must complete his or her task. If one member fails, then the entire group may suffer. The team relies on each wrestler to maintain eligibility, attend practice, learn and execute to the best of their ability for the team to be successful.

Commitment

As a team member, each wrestler needs to make a full commitment to the team. An individual in this program will be asked to give a large amount of time and energy to the sport. A more committed wrestler is less likely to make mistakes or give up when the meet is on the line. A lack of commitment will ultimately lessen the team’s success.

Respect

Respect is something that is seriously lacking in our society. It is important that student/athletes respect their parents, teachers, coaches and peers. When people respect one another, it is easier to achieve a common goal. A lack of respect for others often stems from a lack of respect for oneself. The wrestler needs to be nurtured into realizing their own self worth before they can begin to understand how to respect others. At the same time these young adults must learn to respect the sport of wrestling for what it has to offer them.

Team Oriented

The greatest part of high school wrestling is that every member of the team can make major contributions to the program. Coaches must let all wrestlers know how valuable and important they are to the team. Each wrestler must accept their role and do what is best for the team, even if it does not fit exactly into their own agenda. This can be one of the hardest, but also the most rewarding aspects about being on a team.

Team Policies and Procedures

When making decisions about team policy, I asked myself three questions:

1. Will it make you a better person?
2. Will it make you a better student?
3. Will it make you a better athlete?

What I Expect From You:

1. To have respect for others and to be respectful in all your dealings.
2. To remain eligible and graduate from high school.
3. To give a maximum effort in all things you are asked to do.
4. To practice to the best of your ability and to be coachable.
5. To be honest in all your dealings.
6. To be loyal to your families (that includes teammates), school, and wrestling program.
7. To perform to your full potential both in practice and in matches.
8. To be prompt to all meetings and practices. Remember on time is late.
9. To display courage.
10. To be a part of something great and to be a championship wrestler.

What You Can Expect From Your Coaching Staff:

1. To be loyal to you in all areas.
2. To be honest.
3. To provide the leadership and training necessary to achieve our goals.

4. To work you harder than you have ever worked before.
5. To assist you in any way possible now and after you graduate.
6. To make all decisions predicated on what is best for the team, and then what is best for the individual.
7. To do everything within our power to improve our program and make HHS the best place to go to school and to wrestle.
8. To help you mature and become a better person.
10. To be able to help you with any problems you might have, personal or otherwise. Our door is always open.

How Is The Varsity Line-up chosen?

The following section will explain how our coaching staff determines the Varsity Line-up.

1. **Knowledge of Technique** - We cannot and will not allow wrestlers to compete without a legitimate and safe amount of technique and instruction in the sport.
2. **Effort** - Effort wins matches! A maximum effort is demanded of all wrestlers. Anything less is not acceptable. A wrestler can make up for physical shortcomings through his effort in the practice room and during matches.
3. **Mental Toughness** - We will discover during practice who has a strong desire to be physically and mentally tough. Wrestling is a fierce sport and must be pursued with mental toughness. Not everyone is physically and mentally tough enough to wrestle.
4. **Contribution to Our Team** - Contrary to popular belief wrestling is a true team sport during dual meets it should be treated as such - everyone can be an equal contributor regardless of their role. The individual who motivates his teammates to do better, and is always enthusiastic and ready, will make a greater contribution than one who does not possess these qualities. Attitude is a quality in a wrestler that is invaluable. Everyone can be a team wrestler.
5. **Wrestle-offs** - If the above four criteria are equal we will then have wrestle-offs. *These wrestle-offs consists of 3 matches, where challenging wrestler must win 2 of the 3 matches. However, if the current starting wrestler wins the first match they retain their starting spot.* Wrestle-offs will not occur for the entire season.

Our coaching staff will determine the best wrestler, according to the above criteria. These evaluations will determine whom our starters will be, as well as how other wrestlers fall on the depth chart. In closing, remember that our starters will be determined by their own performance, effort and ability.

Practice Room Policies:

1. All wrestlers will dress in full Harker Heights gear for practice and matches, no exceptions.
2. All wrestlers must be cleared before participating in practice. (Ex. If a wrestler has any kind of skin problem, they must be cleared by the trainer or doctor first before practicing)
3. The mats must be cleaned before practice every day.
4. Water is the only beverage allowed in the room. Food or any other beverage is not permitted.
5. Only wrestling shoes are allowed on the mats.
6. Keep the room cleared of all non-wrestling gear (ex. Backpacks, folders, used clothes, trash, etc.)
7. No horseplay at all.
8. The radio is off limits unless permitted by a coach.
9. The coach's office is off limits unless permitted by a coach.
10. All gear is to be placed in its designated areas before leaving the practice room. (Keep the floors clear)
11. Respect your Coaches, Teammates, Gear and the Room.
12. The practice room is open to all spectators as long as they abide by all of the policies of the room.

Injury, Treatment, and Training Room Policies:

1. Wear shorts and a shirt in the training room at all times. Remember this is a co-ed facility.
2. If you are injured and not able to participate, you will be required to dress out and attend practice to observe your team.
3. You are expected to exercise the parts of your body not injured.
4. Get treatment when needed.
5. The training room is not a lounge area.
6. Stay out of the ice machine.
7. All wraps, ace bandages, foam pads, and any other reusable items loaned by the trainer are to be returned after use or at the end of the season to avoid being billed for these items.
8. Report all injuries regardless of severity.
9. For proper care, prevention and treatment of an injury be honest both with the coaches and with the trainer.
10. No self-treatments.
11. No roughhousing or profanity.
12. If you are injured, you may not leave the practice room during practice or a match without the permission of the trainer.
13. Just like practice, treatment is required!
14. Failure to show up for treatment will be treated in the same manner as missing practice.

Locker Room Policies:

1. Wash all practice clothes daily.
2. Do not cut or alter equipment.
3. No loaning of gear. If it's issued to you, it's yours to wear. You are responsible for your equipment.
4. You have the best equipment money can buy - take care of it!
5. Do not leave valuables in your locker.
6. Keep the locker room clean always.
7. All tape is to be placed in the trashcans.
8. Do not write on anything in the locker room.
9. Material on bulletin board is there to read - do not deface.
10. Work to improve your language. Eliminate profanity and obscene words.

The Day of a Match:

All the work we have done is for the 6 minutes you have in a match. We expect to win, but more importantly, we expect to wrestle to the best of our ability. Your actions and effort during these matches are a direct reflection of our program. When the day is over let's be very proud of what we have done.

Match Day Dress:

Match Day Dress will be determined by Coach Menendez. This can range from shirt and tie, with nice dress pants for the boys, and a nice dress top and slacks or dress for the girls. It may be a team shirt and jeans. At no time are baggy jeans or jeans with holes acceptable. Your shirts will remain neatly tucked in for the entire school day. A belt and nice-looking pair of shoes are also a required part of the match day dress. Any non-compliance will result in disciplinary action at the coach's discretion.

Pre-Match Policies:

1. You are preparing to represent your community, school, and family; do everything possible to best prepare yourself for your match.
2. We will travel to away matches in our match day clothes.
3. In the locker room conduct yourself in an orderly manner at all times.
4. Get taped early; do not wait until the last second. Wrists and other small items will be done upon arrival at away matches.
5. Make sure you have all of your gear before leaving the locker room.
6. Be polite to the bus driver and keep the talking to a minimum before departure.
7. There should be minimal talking once the bus departs from school.
8. After arriving at the match site, check and make sure you have all your gear before unloading.
9. Upon unloading from the bus, go directly to the designated locker room in an orderly fashion.
10. Stay in the locker room and keep talking to a minimum. Get ready mentally!
11. When any coach is addressing the team, there will be complete silence.
12. Upon leaving the locker room, check your equipment.
13. Our pre-match warm-up is important. Take great pride in it. The warm-up is used to get physically and mentally ready for the match.
14. After pre-match warm-up, go directly to the seating area and take care of the essentials.
15. Keep noise down for final pre-match briefing from coaches.

The Match:

1. Be polite to referees. Address them as properly.
2. Never lose your poise.
3. Do not talk to your opponents in a derogatory manner.
4. Encourage your teammates.
5. Never come off the mat unless instructed to.
6. Never go on the mat unless cleared by a coach.
7. Always compete with enthusiasm.
8. Wrestle with intelligent recklessness.
9. Prepare for your next matches ahead of time.
10. Always step on and off the mat with the same dignity and poise.
11. Keep in the match mentally at all times.
12. Stay on our bench and support your teammate but let the coaches do the coaching.
13. Do not fight on the mat. Be a GENTLEMEN/LADY and show restraint.
14. No opponent is worth an ejection. Maintain your poise at all times.
15. Respect the referee's decisions.

Post-Match Policies:

1. Shake hands with opponents and be complimentary.
2. Do not ever embarrass the school or program by making derogatory remarks.
3. Proceed to the locker room to shower and dress.
4. Check to make sure that you have all gear before heading to the bus.
5. Upon arriving at HHS, make sure you have all your gear before you leave the bus.
6. Thank the bus driver as you unload.
7. Help injured wrestlers to the locker room.
8. Report all injuries to trainer and follow her or his orders and treatment.
9. If you have been told by a coach or trainer to have the doctor look at you then make sure you see the doctor.

Lettering Policy:

Harker Heights Wrestling

1. Complete the season as a varsity squad member in good standing.
2. Be a member of the varsity squad for at least 60% of the meets.
3. Earn at least 120 Varsity points during the season, 6 points for a pin (20 pins), and 3 points for a decision (40 wins).
4. Or qualify for the State tournament.

Rule Modification Policy:

The Harker Heights Wrestling Staff reserves the right to modify or suspend these criteria to cover special cases submitted to them for consideration.

Wrestler Safety:

The coaching staff condemns any act by an athlete to deliberately injure an opponent or teammate during a match or practice. The techniques taught to you by the coaching staff are designed to minimize the risk of injury to you and your opponent.

You should not abuse the protective equipment you wear. It is for your protection and should not be used in any manner as a weapon against an opponent or teammate.

The following are some specific rules that relate to the conduct and safety. It is important for you to know these rules and adhere strictly to them. Unethical conduct and acts of poor sportsmanship, whether within the rules or not, will not be tolerated by the coaching staff. Wrestle hard, with enthusiasm and with intensity, but within the spirit and letter of these rules. Win with character!

1. No wrestler shall deliberately strike an opponent with his fist, or deliver a blow with extended forearm, elbow, or kick or knee an opponent.
2. No wrestler shall deliberately use his head to butt or ram an opponent.
3. No wrestler shall deliberately handle any sensitive areas on their opponent.

Penalty: Possible disqualification.

*The coaching staff reserves the right to levy further disciplinary actions if necessary.

Rules and Consequences:

Please read and sign the Harker Heights Wrestling Rules and Consequences form on the last page.

*The Head Coach and coaching staff reserve the right to consider extenuating circumstances when deciding on participation.

Chain of Command:

If a wrestler has a concern, they should first address the problem with Coach Menendez. This should be accomplished in a timely manner. If after meeting with Coach Menendez the wrestler is still unhappy, then a parent meeting will be scheduled. As a rule, we encourage the wrestler/coach meeting before having the parent/coach meeting. If you, as a parent, have concerns, please talk to your child first. They should have a good handle on the situation and will be able to offer valuable insight.

If after a parent meeting, concerns still exist, then the next step is to contact Coach Edwards our campus Athletic Coordinator, our campus Principal, and then the District Athletic Office.

Wrestling is a sport of high emotion and aggression. It is likely that during the season all parties involved - athletes, parents, and/or coaches will be upset by something. When you find yourself in this position it is a good idea to hold off for twenty-four hours to evaluate the situation. If after twenty-four hours, you are still upset, then it is time to talk. We have found that most situations will have resolved themselves after short time.

Thank you in advance for your efforts and for the sacrifices your family will make for Harker Heights Wrestling. It is our pleasure to have this opportunity to work with your **Student** Athletic!

Sincerely,
Enrique M. Menendez
Head Wrestling Coach
Harker Heights High School



HARKER HEIGHTS WRESTLING

RULES AND CONSEQUENCES

RULES:

1. Be on time to all your classes and follow all class rules.
2. Pass all your classes with a grade of 80 or better always.
3. Follow all school, KISD, UIL rules.
4. Be at wrestling practice on time.
5. Follow directions of all coaches, teachers and staff.

CONSEQUENCES

Any classroom misconduct and/or minor school violation will result in the following:

1st Offense = Extra conditioning

2nd Offense = Call home, extra conditioning, forfeit of next meet or tournament.

3rd Offense = Parent meeting with Head Coach, Behavior Contract for wrestler, extra conditioning, forfeit of next two meets and/or tournaments.

4th Offense = Parent meeting with Head Coach, and Athlete Coordinator, Possible removal from the wrestling program.

Any unexcused absence from wrestling practice:

1st Offense = Call home, extra conditioning, forfeit of next meet and/or tournament.

2nd Offense = Parent meeting with Head Coach, Behavior Contract for wrestler, extra conditioning, forfeit of next two meets and/or tournaments.

3rd Offense = Parent meeting with Head Coach, and Athlete Coordinator, Possible removal from the wrestling program

Missing a meet or tournament, or misconduct at meet or tournament:

1st Offense = Parent meeting with Head Coach, Behavior Contract for wrestler, extra conditioning, forfeit of next two meets and/or tournaments.

2nd Offense = Parent meeting with Head Coach, and Athlete Coordinator, Possible removal from the wrestling program

Any major district or school violation:

1st and **ONLY** offense = Removal from the wrestling program.

(Please sign and return bottom of this form)

I have read and understand the rules and consequences for the Harker Heights Wrestling program.

Student's signature _____ Date: _____

Parent's signature _____ Date: _____

Parent's phone number: Home _____ Cell _____

Parent's email _____