

Rock Canyon High School Wrestling



Wrestler/Parent Guidelines
2025/26

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**PUSH HARDER. PUSH FORWARD. PUSH YOURSELF
PUSH YOUR TEAM. ALWAYS KEEP PUSHING.**

Wrestling Builds Character

Physical & Mental Toughness - Wrestling is as much mental as it is physical. You will sweat. You will ache. You may bleed. You may lose. But do not quit. Wrestling will teach you perseverance. You will learn that pain and struggle are part of the process of doing great things. You will come to know that you are stronger than you think you are. Your beliefs determine your thinking. Your thinking determines your feelings. Your feelings determine your actions. And your actions determine your results. So believe the best about your potential, think positively, be passionate, push and prepare yourself, and look forward to endless possibilities.

Change Your Attitude About Work - Stop thinking that exercise, drills, chores, class, and homework are boring and grueling work. Instead, think of these things as preparation to succeed and tools to become better than you were yesterday little by little. Learn to love learning and working.



Commitment & Discipline - Wrestling requires commitment and discipline. Repetition, repetition, repetition. Drill, drill, drill. This is how you learn, gain muscle memory, and improve. The more you practice, the more you master, the more you win. If you practice everyday like it's your last chance to prepare for the most important match in your life, you'll be ready for every match you'll have.

Passion - Be obsessed with learning and doing everything you can about wrestling. Focus during practice, work with partners who want to succeed as much as you do, watch wrestling YouTube videos, be excited to compete, go above and beyond what the coaches ask you to do.

Future-Mindedness - Think about your future now. Think about who, what, where you want to be one month, at the end of the season, one year, four years, ten years from now. Then think about what you need to start doing or stop doing today to get what you want. If you don't make the little sacrifices now for what you want, you will sacrifice what you want later.

Teamwork - Together we make each other better. Just as iron sharpens iron, one man sharpens another. This requires surrounding yourself with others who want to succeed. Be willing to be pushed by others as well as to push others to success.

Open Communication - Effective communication requires a strong connection and mutual respect between wrestlers and coaches. Coaches will always make themselves available to work one-on-one with you before, during, and after practices and matches. We will be working right alongside you. We will also be that trusted person who will listen and, if appropriate, counsel you on things outside of wrestling.

Life Lessons - Wrestling teaches what it takes to be successful in life: goal setting, hard work, determination, focus, overcoming fear, confidence, coachability, toughness, discipline, creativity, teamwork, and accountability. It provides the life lessons and skill sets that go beyond the wrestling mat and endure for life. We aim to create successful habits in the wrestler's life and give them the courage to pursue challenging, yet rewarding goals.



Wrestler Expectations

We are **passionate** about coaching young men through wrestling. We know it is a privilege to influence your sons both on and off the wrestling mat. The effectiveness of our coaching, the growth of these young men, and the success of our team is dependent on parents and athletes meeting the following expectations.



PRACTICES ARE MANDATORY

Practice is the time when you learn and improve the skills to win. **You must text Coach Darryl (303) 246-0056 by NOON if you will be unable to attend practice that day.** Excusable absences include illnesses that prevent you from being at school, emergencies, and doctor's appointments that could not be rescheduled. In addition to hurting your team and yourself, unexcused absences will deduct from your match time and letter eligibility points. Wrestlers must attend practice each week to compete. Starting with the 3rd unexcused absence, you will be ineligible to compete on any weeks in which you have an unexcused absence. After 6 unexcused absences, you will be removed from the team roster.

Focus at practice is critical. We will not tolerate any distractions or fooling around. If a wrestler is distracting others from drilling or wrestling he will be put on probation. He will be given 3 strikes per practice. After which he will be sent outside to run the hallways. If this happens 3 times, he will be removed from the team.

No refunds will be given for anyone that quits or is removed from the team.

If a wrestler is injured, he must still attend all practices, duals, and tournaments. Injured wrestlers will still watch and shadow the drills, do intensive exercise (as permitted by a doctor), encourage teammates, assist with team management, and stay involved with the team.

PRACTICES START ON TIME

Before the start of practice, all equipment and wrestlers must **be ready to go**. All wrestlers must help set up the mats, be in their practice gear, stretch, get hydrated, use the restroom, warm up, and do whatever they need to do. All wrestlers must roll up the mats at the end of practice.

Tardiness also hurts your team and yourself. Call or text your coach any time before practice if you will be late. Unexcused tardiness will result in making up that missed time after practice.

Practice times:

- Nov 17 - Nov 29: 6:15-7:00 am (mandatory), 6:30-8:30 pm (mandatory)
- Holiday/Saturday Schedule: 9:00-10:30 am (mandatory), 3:15-4:45 pm (mandatory)

- Dec 2 - Dec 12: Mondays 5:30-6:30 pm (voluntary), Tuesdays 6:15-7:00 am (voluntary) Thursday 5:30-6:30 pm (voluntary), Friday 7:00-7:45a m (voluntary), M-F 6:30-8:30 pm (mandatory)
- Dec 15 - Feb 18: Mondays 5:30-6:30 pm (voluntary), Tuesdays 6:15-7:00 am (voluntary) Thursday 5:30-6:30 pm (voluntary), Friday 7:00-7:45 am (voluntary), M-F 3:15-5:15 pm (mandatory)

We will be efficient and intense with every minute of practice. We will be learning, drilling, exercising, and preparing to make every wrestler their very best, not wasting a single minute. So, come excited and ready to go!

Wrestlers are expected to bring water bottles. Every request and minute to leave the room for water or the restroom will cost you no less than 10 burpees each.

ADDITIONAL TRAINING



In addition to these practice times, we expect wrestlers to do the following exercises everyday:

MORNING	NIGHT
Stretch shoulders, neck, inner thighs, quads Sit-ups and leg-ups (3 sets of 25) Wall sit (3 sets of 60 secs) Dips (3 sets of 20)	Front/back neck bridges (3 sets of 30 secs) Up/down planks (3 sets of 45 secs) Jumping Push Ups (3 sets of 15) Watch 5-10 mins of YouTube wrestling videos

Increase the number of reps and time by 5 every week. Perform other exercises to get ahead.

YouTube Wrestling Channels:

- <https://www.youtube.com/@FloWrestling>
- <https://www.youtube.com/@KOLATCOM>
- <https://www.youtube.com/@fanaticwrestling3904>
- <https://www.youtube.com/@RUDISwrestling>
- <https://www.youtube.com/@DPSBreakdowns>
- <https://www.youtube.com/@earnyourgold>

We also have an Airdyne bike (aka, Jag Bike) for wrestlers to get some extra exercise, burn calories as an alternative when injured.

On certain days, coaches can be available to work with wrestlers one-on-one during off periods, before, and after practice.

Wrestlers are expected to review their recorded videos each week.

<https://www.rchsjags.com/athletics/winter-sports/wrestling/#videos>.

HEALTHY HABITS

To compete at the highest level requires habits of discipline that train your body and your mind to be at their best. If you don't eat and sleep right, your body won't work right.

- Sleep - Get at least 9 hours of sleep each night.
- Bed - Make your bed every morning. Keep a clean room.
- Water - Drink at least 8 cups of water each day.
- Healthy Eating - Eliminate sugary food from your diet.
 - Breakfast - eggs, whole grain bread and cereal, fruit, yogurt, protein shakes
 - Snacks - nuts, trail mix, beef jerky, popcorn, fruit
 - Lunch - whole grain bread, fruit, salad, grilled chicken, tuna
 - Dinner - grilled chicken, turkey, steak, fish, whole grain rice, vegetables



MINIMIZING SICKNESS AND SKIN INFECTIONS

We expect wrestlers to protect wrestling partners and those around them from injury and illness. Be cautious with your takedowns and partners' joints. To minimize the spread of viruses, we will require the application of sanitizers before entering or leaving practice. We may also use air purifiers, masks, and essential oils.

Skin infections are serious. They spread easily to teammates. When referees see anything suspicious at weigh-ins, they will disqualify you from competing. If you notice anything on your skin let a coach know via a texted picture or in person. See a doctor **immediately** to get a prescription. You are still expected to attend practice, but you will not be able to drill or compete for 48 hours and until you have received a doctor's note.

To **protect yourself and your teammates**:

- Do not share gear
- Wash gear regularly
- Apply protective skin cream before practice
- Treat and cover open wounds
- Consider wearing a mask if you have a cough
- Wear sweatpants and sweatshirt to practice
- Wear a mouthguard if you have braces
- Cut your nails
- Apply antifungal spray after practice
- Shower immediately after practices and competitions

CONCUSSIONS

Concussions are a serious matter that may impact any athlete in and outside of sports. All athletes must complete a concussion baseline to compete. The baseline is scheduled on November 11. If a concussion or suspected concussion occurs, the wrestler will not be permitted to practice or compete until they are cleared by a doctor and have obtained a doctor's note.

<https://www.cde.state.co.us/healthandwellness/braininjurycoloradoresources-0>

ATHLETIC TRAINER

RCHS athletes are very fortunate to have an excellent athletic training staff to help them prevent and recover from injuries. There are a few rules to follow:

- Go to the training room immediately after school. The athletic trainers operate on a first come, first served basis and are extremely busy in the fall. If there is a long line, please report to practice and assist with setting up the mats. Any athlete who is chronically late to practice because they are at the training room (and one of the trainers has not talked to your coach about your need) will be marked as late to practice.
- Trainers record every visit and provide the appropriate information to the coaches.
- If you see a physician for an injury, the athletic training staff must have a note regarding your athletic participation and treatment plan from the physician before you can return to competition. We must adhere to the doctor's instructions.
- You may need to stay after practice to be looked at by a trainer. If you're hurting when practice ends, go to the training room at that time because the line will be shorter, less time will be wasted, and you'll get instructions on how to care for your injury overnight.



We are aware that a few athletes abuse the privilege of going to the athletic trainer just to skip part of practice. This wastes the time of our trainers, those who have a genuine injury that needs to be handled, and your teammates who need you working alongside them. But we don't discourage athletes from going to the training room if they are genuinely hurt. For genuinely minor issues, our team managers are trained to apply KT and can assist with athletic tape as well. The manager will assist you before practice time or after our initial HITT exercises.

Team Leaders and Members

TEAM MANAGERS

We are fortunate to have the best team managers in all of RCHS! Respect the managers as much as you respect the coaches. The managers' role consists of the following:



- Take pictures
- Video and label all matches
- Assist with cleaning mats and other gear
- Log the attendance and tardiness of the wrestlers
- Ensure wrestlers sanitize themselves before and after practice
- In charge of first-aid kit during practices and matches (nose bleeds, cuts, ...)
- Manage spreadsheets (attendance, tardiness, trainer visits, weights, records, pins, ...)
- Room supervisor (check-in with managers before going to bathroom or getting water; they will charge a “burpee fee”)
- Count reps or manage the timer
- Music (late in season)
- Ensure wrestlers know when they are on deck and what mat to go to
- Other tasks helpful to the team and coaches

TEAM CAPTAINS

JV and varsity captains will be selected by the coaches based on their character and ability to lead. The captains' role will consist of the following:

- Be on time and attend all practices, voluntary and mandatory
- Lead warmups and exercises
- Lead by example
- Help keep the team focused and on task
- Speak with teammates that are detracting from the team's ability to succeed
- Motivate, push, and pump the team up during practices and matches
- Encourage all teammates, especially when they are struggling
- Ensure inclusivity of all teammates
- Assist with coaching when appropriate
- Display excellent sportsmanship
- Greet opposing team captains and handle coin toss

TEAMMATES

Although wrestling is an individual sport, we need everyone helping and pushing each other. We expect all members of the team:

- Operate as a “**family**”, inviting everyone to join in activities in or outside of practice
- Look out for and fist bump each other in the school hallways and commons
- Hold each other accountable with their grades, eating habits, exercise, behavior, etc.
- Encourage and speak positively about each other, the coaches, the team, season, etc.
- Help others improve by being a good drill partner, sharing tips, etc.
- Push the team
- Demonstrate good **sportsmanship**.
 - Good sportsmanship
 - Respect and don't question the referee
 - Shake your opponent and coaches' hands
 - Stay in control of your emotions
 - See your coach immediately after each match
 - Keep singlet on while on mat
 - Encourage your team
 - Unsportsmanship
 - Taunting an opponent
 - Gloating
 - Being disrespectful when you win
 - Throwing headgear
 - Fighting
 - Punching or kicking stuff
 - Running away in anger
 - Cussing and negative talk
 - Consequences
 - One unsportsmanship will disqualify a wrestler from the next competition and write an apology to the team.
 - Two unsportsmanships will disqualify a wrestler from competition for a week and write an apology to the team.
 - Three unsportsmanships will result in being cut from the team.

Wrestling Room

This is our training center - where we push aside distractions, focus on our goals, and prepare to meet them. Speak only positive, encouraging words. Do not curse. Leave the room cleaner than how you found it. Don't ignore the trash; pick it up even if it isn't yours. Avoid stepping on the mats with street shoes. Hang all gear on the hooks in the hall or store it inside of a cubby. Encourage non-wrestlers to respect our space.



Wrestling Gear

After wrestle offs at the beginning of the season, singlets, jackets, and pants will be checked out to each wrestler. You are responsible for keeping track of and cleaning your gear. If gear is left behind and picked up by a coach, the wrestler will have to do no less than 100 burpees. After the 3rd occurrence, the wrestler will have to turn in their gear and be given old gear.

RCCHS Wrestling warmups must be worn at every dual and tournament. Even wrestlers not wrestling must wear their RCCHS jackets or shirts.



If a Varsity, JV1, or JV wrestler switch positions and if appropriate, they must exchange singlets before the next competition. The Varsity and JV1 singlets are an earned privilege to wear.

The cost of lost gear is the following and must be paid via MySchoolBucks at the end of the season:

- \$75 singlets
- \$60 jackets
- \$45 pants

All wrestlers are required to purchase their own headgear and shoes. Knee pad/sleeves are optional. No gear should be shared.

Family, Friends, and Spectators

Officials have increasingly been complaining about parent behavior. Parents and athletes must respect the integrity and judgment of all match officials. Your coaches will deal with any questionable calls.

If any inappropriate or unsportsmanlike comments or behavior from any spectator is heard by our coaching staff, or another school's staff complains about any of the RCHS parents, we will ask the spectator to leave the gym.

We want RCHS to be known for being the most welcoming, courteous, and thankful team.

On competition days, wear your wrestling hoodie or shirt to school and invite others to cheer on the wrestling team.



PARENT/FAMILY INVOLVEMENT

We desire to make wrestling at RCHS a family affair! We welcome all family members to be as involved as they want to be in a variety of ways

- Learn the rules of wrestling so that you understand what is going on and can engage in what is happening. Here is an excellent video that explains everything in 10 minutes! www.youtube.com/watch?v=RQcB0dOhmhA
- As a family, decide to eat and get healthy together. For the next four months, eliminate fast food. Minimize sugar to cut calories and enhance your immune system.
- Carpool! We know parents are juggling a lot. Let's work together to get the boys to/from practices and matches. Connect with each other to carpool and minimize the driving.
- Join our awesome volunteer team parents: who help by bringing snacks to tournaments, signing up for tasks on SignUpGenius, etc. We especially need your help during home duals and tournaments to run concessions, take tickets, help with the score tables, clean up, provide food services for the referees and visiting coaches, etc.
- At the matches, stake out a section for all the RCHS families and fans. To boost match attendance, invite friends and family to the exciting world of wrestling. Cheer on our wrestlers when they are wrestling and enable them to relax when they are not.
- Buy spirit wear from the Jag Wrestling Team store.

Eligibility

GRADES

Grades are critical for your future and your participation on the team. You will disqualify yourself from competition for a week if you are not passing at least 5 classes at the time that the weekly eligibility reports are released.

CLASS WORK

Most boys have an hour-long period once or twice per week during school (Seminar/Access)



that is designated for doing homework, making up tests, getting help, etc. It is not excusable for an athlete to be late to practice because they are making up work when they should have done it during that period, before school, or after practice. If it is necessary to make up work during a time that interferes with practice, we require a note from the teacher explaining the reason why they could not make up the work during their Seminar/Access period or before school. If necessary, during practice time, the coaches can provide an isolated work space

for wrestlers struggling with their grades. In both cases, the wrestler will focus on school and skip all matches that week. Grades and school work always have higher priority.

You must be in school a minimum of 50% of the day on a competition day to participate.

ILLEGAL DRUGS

The use of performance enhancing (i.e., steroids) or brain damaging (i.e., marijuana) drugs is strictly prohibited.

- 1st offense: an athlete's poor choice will result in him being benched for two weeks.
- 2nd offense: the athlete's continued poor choices will result in him being suspended from all sports throughout DCSD for one year.

Competitions

WEIGHT CERTIFICATIONS

There are many wrestlers who do not know which weight class they should wrestle. We recommend wrestlers compete at the weight class near their natural body weight. Because of the conditioning required for wrestling, wrestlers will lose some body fat/weight (potentially 5-20 lbs. or more depending on their body type) throughout the season as they reach peak condition. But there are rules that restrict wrestlers from dropping too much weight to compete in lower weight classes.

Nov 26 - Dec 1, wrestlers will complete the CHSAA Weight Certification process. This certification is important to understand now, so that wrestlers can smartly plan ahead.

CHSAA regulations state that wrestlers must stay above 7% body fat. At certification, their minimum wrestling weight (MWW) will be calculated and set.

If a wrestler's body fat is <7%:

- They can get an exception if they bring a physician's and parent's release before Dec 2.
- CHSAA will not allow them to compete at a weight class below their certified weight (what they weigh on Dec 2 at certification).

If a wrestler's body fat is >7%:

- They can drop to a lower weight class as long as their calculated body fat percentage is above 7%.
- Wrestlers are permitted to lose at most 2lbs per week until they reach their minimum weight of 7% body fat.

The weight classes are 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285.

EXAMPLE A:

Wrestler #1 weighs in at 113.1 lbs. on Certification Day with a body fat of 6.9%. For the duration of the season, he will not be allowed to wrestle at a weight class that requires him to drop below 113.1 lbs., even if he loses weight later in the season. This means he will have to compete at 120 or above. However, he can compete at the 113 weight class if there's a "weight allowance" of 1 or more lbs. at a competition. For example, with a 1 lb. allowance, wrestlers at the 113 weight class are permitted to weigh up to 114 lbs. So Wrestler #1 can compete at 113.

Note that in January, there will be a 2 lb. allowance for all wrestlers. So many wrestlers will be able to compete at a lower weight class.

EXAMPLE B:

Wrestler #2 weighs in at 148.2 lbs on Certification Day with 10% body fat. He would be allowed to lose up to 3% of his weight (not more than 2lbs per week) which would put him at 143.8 lb. Then, #2 can compete at 144.

EXAMPLE C:

Wrestler #3 weighs 165.1 on the day of a competition. He is eligible to wrestle at the 175 lb. weight class. He can also go up one weight class to 190, but no higher. This may be necessary to fill out our varsity roster with the best wrestlers.

Note that wrestlers can wrestle one weight class above the weight class that they currently fall under based on their current weight at a competition.

Wrestlers and their families need to think about which weight class(es) they want to compete at and plan ahead. Wrestlers may opt to certify before Dec 1st so that they can fully enjoy Thanksgiving. If you are going to opt for an earlier date, let your coaches know in advance. Wrestlers may fast safely (not dehydrate) on the day of certification. Once the certification is completed, CHSAA will not allow any changes.

If you have any questions, please don't hesitate to contact us. We can give you advice about weight classes and let you know what your current weight and body fat percentage are.

CHALLENGE BOARD

The first wrestle off for varsity will be on Nov 29 and Dec 1. We will offer wrestle offs at the beginning of practice at the beginning of each week. The opportunity to challenge the wrestler above you in your weight class is open until the week of the league championship on Jan 26.

LEADER BOARD

With each competition we will track pins, take downs, and escapes for each wrestler to identify areas we need to improve and recognize each wrestler in measurable ways. Wrestlers at the top of each category will earn extra points toward lettering.

SEASON SCHEDULE

Dual competition times are 5pm for weigh-ins, 6:00 pm for JV matches, and 7:00 pm for Varsity matches. Tournament competition times are 7:00 am for weigh-ins and 9:00 am - 4:00 pm for wrestling. Each week, check the season and weekly schedule. Changes will occur.

<https://www.rchsajags.com/athletics/winter-sports/wrestling/#schedule>
<https://www.rchsajags.com/athletics/winter-sports/wrestling/#this-week>

Wednesday	12/3/2025	JV & Varsity	Home vs Arapahoe - Pictures
Saturday	12/6/2025	JV	@ Adams City
Saturday	12/6/2025	Varsity	@ Arapahoe
Wednesday	12/10/2025	JV & Varsity	@ Castle View/Regis Tri
Saturday	12/13/2025	JV & Varsity	@ Jefferson
Thursday	12/18/2025	JV & Varsity	Home vs Heritage
Saturday	12/20/2025	JV	@ Valor
Fri/Sat	12/19/2025	Varsity	@ University of Northern Colorado
Saturday	1/3/2026	JV	@ Pueblo West
Fri/Sat	1/2/2026	Varsity	@ Denver East
Wednesday	1/7/2026	JV & Varsity	@ Denver South
Saturday	1/10/2026	Varsity	@ Arvada West
Saturday	1/10/2026	JV	Home JV Tournament
Saturday	1/17/2026	JV & Varsity	@ Castle View
Wednesday	1/21/2026	JV & Varsity	Home vs Rangeview - Senior Night
Saturday	1/24/2026	JV	@ Chatfield
Saturday	1/24/2026	Varsity	@ Berthoud
Tuesday	1/27/2026	JV	@ Mountain Vista vs MVHS,HRHS,TRHS
Thursday	1/29/2026	Varsity	Home vs MVHS,HRHS,TRHS Quad
Saturday	1/31/2026	JV & Varsity	@ Legend - League Tournament
Wednesday	2/4/2026	JV & Varsity	@ Valor
Fri/Sat	2/6/2026	JV	@ Northglenn
Friday	2/6/2026	Varsity	@ Greeley West
Fri/Sat	2/13/2026	Varsity	Regionals @ Horizon - Region 1
Thu/Fri/Sat	2/19/2026	Varsity	@ Ball Arena - State
Wednesday	2/25/2026	JV & Varsity	Banquet
Saturday	3/4/2026	Freshmen/Sophomore	@ Thornton

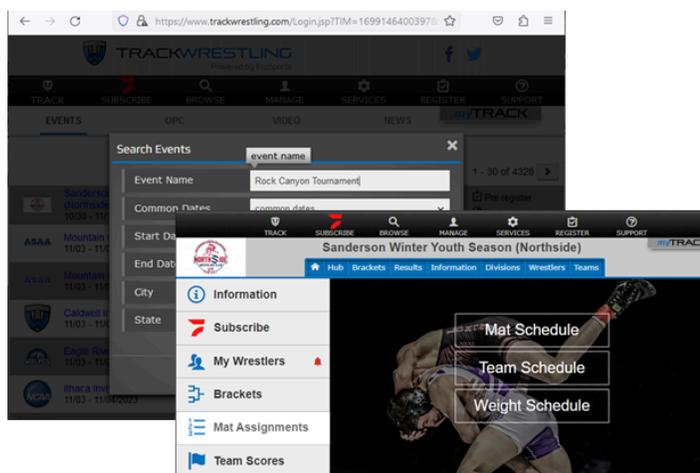
SUPPORT JV AND VARSITY TEAMS

For home duals and tournaments, all wrestlers are required to be in the gym before the start of the JV matches and are required to stay until the end when the mats are put away and trash is cleared from the bleachers. For away duals, all wrestlers are expected to stay through the final match. The boys can work on homework during matches if needed. For away tournaments wrestlers are encouraged to stay and support the team, but are excused to leave after their last match and AFTER communicating with coaches.

TOURNAMENT INFO

Tournament brackets, mat, and bout numbers are available on www.trackwrestling.com.

- Go to www.trackwrestling.com
- Click the “EVENTS” tab
- Click the "Search Events" button and enter event name
- Click the event name link
- Click "Enter Event" button
- Click “Brackets” on the left navigation bar
- Search the drop down for the appropriate weight class to find your bracket
- Click “Mat Assignments” on the left navigation bar to find the team schedule for "Rock Canyon" to find the bout numbers



Wrestling Season Awards

RCHS WRESTLING LETTER AWARD

JV and varsity wrestlers can earn points toward earning the award of lettering. 200* points are required to earn the award.

POINTS*	ACHIEVEMENT OR ACTIVITY
120	Placing at the varsity state tournament
4	Winning a varsity match (incl. forfeits)
1	Winning a JV match
.5	Each A grade (B or above for AP/Advanced courses) each week
80	Placing at varsity regional tournament (1st-80, 2nd-70, ... 6th-30)
60	Placing at varsity league tournament (1st-60, 2nd-50, 3rd-40, 4th-30)
40	Placing at JV final tournament (1st-40, 2nd-30, 3rd-20, 4th-10)
40	Placing at JV league tournament (1st-40, 2nd-30, 3rd-20, 4th-10)
50	Earning an end-of-the-year wrestling award
20	Each year of high school wrestling
30	Joining a wrestling club
1	Attending an RCHS Preseason Practice
10	Recruiting wrestlers to the RCHS team
5	Attending an off-season tournament
10	Winning Jag Fitness Challenge (1st-15, 2nd-10, 3rd-5)
1	Helping at a Rocky Heights Middle School practice
10	Attending a summer camp (from previous summer)
15	Participating in another school sanctioned sport (each sport)
20	Coach's discretion (based on character and effort)
10	Vision Board/Team Commitment
25	Being selected team captain
-2	Getting pinned in a match
-2	Unexcused tardy or absence to practice
-10	Forgetting gear
-10	Missing weigh in
-25	Unsportsman-like conduct
-1	Each failing grade each week

(*subject to changes)

SEASON AWARDS

Below are some of the awards that wrestlers should aim to earn:

- Excellence
- Most Valuable Wrestler
- Leadership
- Most Improved Wrestler
- Jag Spirit
- Rookie Wrestler of the year
- JV Wrestler of the year



JAG FITNESS CHALLENGE

Wrestlers should get in shape before wrestling season starts. The Jag Fitness Challenge is based on the Army Combat Fitness Test (ACFT), which assesses a soldier's muscular strength, endurance, power, speed, agility, coordination, and flexibility. The challenges consist of 10 heart racing, lung busting, and muscle burning exercises. Those who do the best will receive points toward lettering, 2nd period choice during wrestle-offs, HITT exercise skips, and bragging rights!

- Burpees: # of reps in 90 seconds
 - Going down, chest must touch the floor; going up, feet must leave floor and hands must rise above head
- Pull-Ups: # of reps
 - Going up, chin must go above bar; going down, arms must break 90
- Hex Bar Deadlifts: # of reps with 150% body weight
- Dumbbell Snatches: # of reps in 2 minutes with $\frac{1}{4}$ body weight
 - From floor to above head
- Frog Jumps: # of mats crossed in 1 minute
 - Hands must touch the floor and feet must stay together
- Split Squat Jumps: # of reps in 1 minute
 - Knee must touch the floor
- Jumping Push-Ups: # of reps in 1 minute
 - Going down, chest must touch the floor; going up, hands must leave the floor
- Touch-and-Go Sprints: # of lines touched in 2 minutes (spanning two mats)
 - Hand must touch the floor beyond line
- Sit-Ups: # of reps in 1 minute
 - Hands clasped behind head; going up, elbows must touch knees; going down shoulders blades must touch the floor
- $\frac{1}{2}$ Mile Run



Journals

The coaches are ultimately focused on guiding these young men in a positive direction toward their short and long term goals in wrestling and life. Wrestlers will be encouraged to write in their journals weekly. Journaling is important for enhancing performance by improving self-awareness, setting and tracking goals, and building mental toughness through reflection and emotional regulation. It will help wrestlers to process emotions, learn from both successes and failures, and maintain focus by documenting training, progress, and feelings, ultimately leading to a stronger mindset and consistent performance.

Coaches' Contact Information

Head Coach	Patric McGowan	720-232-0603	pmcgowan1@dcsdk12.org
Head Coach	Darryl McGowan	303-246-0056	dmcgowan@dcsdk12.org
Volunteer Asst. Coach	Donny McCleery	303-964-9494	donmccleery@hotmail.com
Asst. Coach	Jeremy Linehan	720-212-6868	jeremy.linehan@bestbuy.com

Team Website

All information is available on our website:

<https://www.rchsjags.com/athletics/winter-sports/wrestling>

RCHS Wrestling Team Commitment

I commit to the following:

- I commit to keeping my grades up and striving for A's.
- I commit to coming to every practice and being on time.
- I commit to learning to appreciate working hard and being passionate about what I do.
- I commit to pushing and improving myself everyday.
- I commit to pushing and supporting my team.
- I commit to drilling hard with my wrestling partners and not wasting their time fooling around.
- I commit to keeping my wrestling partners and those around me safe from injury when drilling and wrestling.
- I commit to staying positive and encouraging my team.
- I commit to being inclusive of all team members.
- I commit to involving my family in this amazing sport.
- I commit to eating healthy.
- I commit to taking a shower with antifungal soap after every single practice.
- I commit to making good choices.
- I commit to communicating with the coaches when I have an issue.
- I commit to respecting our wrestling room, keeping it clean, and helping with the mats.
- I commit to respecting my coaches and doing more than they ask of me.
- I commit to preparing for my future.

YOUR NAME			
YOUR SIGNATURE		DATE	

**PUSH HARDER, PUSH FORWARD, PUSH YOURSELF
PUSH YOUR TEAM, ALWAYS KEEP PUSHING.**

RCHS Wrestling Parent Commitment

I agree to abide by the following policies:

- If there are any concerns about the wrestling program, the wrestler should talk to coaches first. If the wrestler still has concerns, a meeting can be arranged between the coaches, wrestler, and parents.
- When wrestlers are wrestling, minimize sideline coaching so as to not confuse wrestlers on the mat. Let the coaches do the coaching.
- Practices are mandatory and unexcused absences and tardiness count against them. Help your wrestler be at all practices on time.
- Help your wrestler make healthy eating choices.
- Remind your wrestler to take a shower with antifungal soap after every practice.
- For home duals and tournaments, be a great host to referees and other teams; and at away matches, be a good representative of Rock Canyon High School.
- Help your wrestler identify and nurture a passion for his future.

	NAME	SIGNATURE	DATE
PARENT #1			
PARENT #2			
WRESTLER NAME			

**PUSH HARDER, PUSH FORWARD, PUSH YOURSELF
PUSH YOUR TEAM, ALWAYS KEEP PUSHING.**