

Carey Junior High



WRESTLING HANDBOOK 2025

CAREY JUNIOR HIGH WRESTLING HANDBOOK

Wrestling has a long and honorable history, with a tradition of fair play and sportsmanship that can be traced through the centuries. The tombs of the Egyptian, Beni Hassen, built in 2500 B.C., provide the earliest known recorded evidence of the sport.

As a sport, wrestling tends to develop concentration of attention, both mental and physical. Wrestling increases respect for ability, alertness, spirit of aggressiveness, confidence, toughness, and an ability and willingness to carry on despite aches and pains, conquers fears and inferiority complexes. It also helps develop such desirable traits as quickness, speed, grace, agility and strength.

As in any sport, you can learn from your own mistakes. In fact, it is one of the best ways to learn. Numerous wrestlers in practice get flipped onto their backs in a “danger” position, and instead of fighting and learning how to get off their backs, they will just stop and say, “Well, you got me, let’s start over again.” Then when they are competing in a match and are flipped, they do not know what to do! Unfortunately (for them), they have not used their mistakes to help them learn.

Everyone can be expected to make mistakes. However, if you go out and keep making the same mistakes, you are not learning anything.

PROGRAM GOALS

1. To develop a love for the sport.
2. To develop a concept of citizenship as it relates to our school and athletic program.
3. To help foster a sense of responsibility toward the team, team members, coaches, the school and one’s self.
4. To show and teach the importance of commitment in working toward personal as well as common team goals.
5. To develop a sense of fair play and sportsmanship during competition in our athletes.
6. To develop self-confidence, mental toughness, and pride in a strong work ethic.
7. To unashamedly support the Carey Junior High athletic programs and wrestling program by introducing skills, proper attitude, and proper behavior expectations of a Carey student-athlete.

PRACTICE POLICIES

1. Practices will be held every day, **Monday through Friday** of each week at East H.S. unless specifically noted.
2. Attendance at all practices is mandatory if school is in session. If you are unable to be in attendance for some valid reason, you must contact Coach Pugh for clearance prior to practice.
3. Practice will begin at East High School promptly at 3:10 p.m. and end at approximately 5:15 p.m. Later in the year we may adjust our practice end time to 5:30 to prepare for the conference tournament.
4. All wrestlers should be dressed and on the mat by 3:10 p.m. Tardiness is not acceptable.
5. If you miss practice for academic reasons, you must present a note signed by your teacher to excuse the absence. Emails are preferred.
6. All missed practices or tardiness will be handled by the coaches.
7. **Horseplay prior to, during, or following practice is not acceptable. The practice area is for serious concentration only. Wrestlers are expected to enter the mat room and get their shoes on to be ready to practice. Bathroom issues should be taken care of before you enter the room.**
8. All injuries must be reported to the coaches or trainer no matter how minor. Neglect is not the same as being tough.
9. If you are injured, you will still be required to attend practice even if you cannot participate unless you are cleared by Coach Pugh.
10. All practice equipment must be cleaned or aired out each day. This includes headgear, shoes, and knee pads.
11. Class attendance is your first responsibility. You are required to maintain attendance and course work throughout the season.
12. The practices and associated facilities, including the wrestling room, locker room, and coaches' office, are for wrestlers and coaches only. Practices are closed to parents and non-wrestlers.

ELIGIBILITY

Our belief at Carey Junior High is that student athletes are students first. Every student is expected to be passing his/her classes in order to be able to participate. If a student is failing any course, they will have one week of probation to bring the grade up to passing. Student athletes will be able to participate during this week in competitions. If a student is failing any course for two consecutive weeks, he/she will be deemed ineligible to participate until passing all classes. They will not be able to participate in competition during this time; however, will be expected to continue to practice. Notes to show passing grades or ability to participate must be submitted to a coach the day before competition.

CHALLENGE POLICY

1. There will be challenges (wrestle off) held before the first competition and several times throughout the season as the coach sees necessary.
2. All challenges must be registered with the coaches, and all properly made challenges must be accepted or the challenger wins by forfeit.
3. Challenges will normally be held two to three practice sessions before a meet.
4. Challenges will be a regulation match or running time and scoring. Two matches need to be won where opponents are close in ability (coaches' discretion) or to remove an established varsity wrestler from his spot.
5. Wrestlers will wrestle at their weights or at their ability level.
6. Rosters for each competition are ultimately the coach's decision. The coach will consider both the team and all individual wrestlers' best place for growth and success when making these decisions. Wrestlers will wrestle opponents of similar ability and size as much as possible. Your behavior in the classroom, the hallway and in the wrestling room will play a role in how coaches decide the roster.

PROFANITY

There is no place for profanity on our team. Profanity will not be tolerated in the locker room, on the mat, in the practice room or any time you are representing the Carey Junior High Wrestling Program.

HAIR, GROOMING, and ATTIRE POLICY

1. Our hair policy will follow the National High School hair and grooming rules.
2. No piercings will be worn during practice, or during home or away competitions.
3. Please present yourself appropriately when travelling. (clean and groomed) You are representing Carey Junior High School, your team, your family and yourself.
4. Showers or baths must be taken after practice, at home, every day. This is a must.

COMPETITION EXPECTATIONS

1. Be courteous. We represent our school, triad, and community. Say, “Please” and “Thank you.” Hold open doors. Be respectful of the space and the people.
2. Stay in the gym. Do not leave the building or the areas designated for competition. Doing so will result in forgoing the opportunity to travel with the team.
3. Support your teammates. Nothing feels better than having an entire team cheer for you while you wrestle. To do this, you need be in the stands and off your phones. Wrestlers are expected to stay until the competition is over. Leaving early is strongly discouraged. *(If you were playing a football or basketball game, you would not leave in the middle of third quarter!)*
4. Only use phones to call/message parents of updates, check TrackWrestling, or video a match. No games or social media. Phones will be confiscated if they are misused. We are there to wrestle and build community around our team – phones aren’t needed for that.
5. After a match, shake the hand of your opponent, their coach, and your coach. Talk to coaches after matches no matter the outcome. Ron Thon said, “Win with Humility. Lose with Grace.” Let’s embody that.
6. Sign-out before you leave.
7. Work Hard and Have Fun!

PARENT ROLES

1. Support your athlete with positive reinforcement.
2. Let the coaches' coach. Wrestling is constantly evolving. Our coaching staff stays up to date on changes in the sport, so we may teach moves that former wrestlers may not be familiar with. Trust us.
3. Let the coaches worry about the referees. Focus on your athletes.
4. Model quality sportsmanship from the stands.
5. Part of our focus is to develop team culture. Please wait until our team breaks down at the end of competitions before signing your athletes out. Help create the team atmosphere.
6. There are specific roles for all people involved in the sport of wrestling.
 - a. Wrestlers should concentrate on wrestling
 - b. Coaches should concentrate on all aspects of coaching
 - c. Officials should be working to officiate fairly and by the rules of the sport
 - d. Parents should parent their wrestlers.

Under no circumstances should any of these roles crossover.

COMMUNICATION BETWEEN WRESTLER AND COACH

Your coaching staff has a great deal of interest in you. We are not only interested in what you do on the wrestling mat, but in all that you undertake. We want you to do your best at all times. Your actions are observed by many interested people. Being a member of our team carries with it the responsibility of being in a position to greatly influence those around you.

We want each wrestler to be an important cog in a well-organized program. We play no favorites. You make the team by your ability and potential. It is important that you keep good communication with the coaching staff. Any problems that you have, please let's talk about them.

Parent Square

For most updates, reminders, and communication, we will be using the Parent Square app. This will include ETA for returning home, itineraries for competitions, etc.

IMPORTANT PHONE NUMBERS **Carey Junior High School 771-2580**

Coaching Staff:

Tracy Pugh	tracy.pugh@laramie1.org
Howard Wakkinen	howard.wakkinen@laramie1.org
Thad Trujillo	thad.trujillo@laramie1.org

Principal:

Matt Schlagel	matt.schlagel@laramie1.org
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Assistant Principal Carrie Wynne	carrie.wynne@laramie1.org
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Activities Director:

Jeff Palmer	jeff.palmer@laramie1.org
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