

GUIDELINES



This guide is the working mold for today's and yesterdays successful Student-Athletes.

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1. Introduction

Great Bridge Wrestling has undergone many changes over the years. These changes have made us a "recognized" name throughout the state of Virginia. The changes were brought about by a group of athletes who together sacrifice long hours of hard work and determination.

If you read this booklet and decide that this program is for you. WELCOME ABOARD!!

If you decide this program is not for you. Please always remember that just by reading this booklet you come to see what we are all about and support us!! The psyche of the fans makes us better wrestlers!

2. Philosophy

As a WILDCAT WRESTLER you are expected to prepare yourself physically and mentally for each and every opponent. This is done by complete dedication and sacrifice. You are further expected to conduct yourself as a gentleman on the mat as well as in school, in the community and at home. We do not nor will not accept anyone who will make us look bad or ridiculous. The influence of drugs, anti-social behavior

and the like is very great today. If being a wrestler for the WILDCATS means enough to you, the above problems should never be any concern of yours!!

3. Goals

Individual - HS
State Champ
Regional Champ
District Champ
Winning Record
Varsity Competition
Getting a Uniform

Individual - Youth
State Champ
Member of VA State Competition Team
NCHSA National Qualifier
Tournament Champ
Winning Record
Qualify for State Tournament

4. Weight Loss

Weight loss is definitely a part of wrestling. Dropping down one class is very common. However, we do not want our wrestlers "drying out" to make weight. After month of hard workouts you can see just about where you belong.

For you body to function it needs fuel and water. Anyone who thinks that shrinking their body will make them a better wrestler is a fool. Only a wrestler who enters the season fat and way out of shape will be permitted to keep on losing weight during the season.

We want our wrestlers to eat during the season. If making weight means not eating for 2 days before a match you are in the wrong weight class! MOVE UP ONE!!

5. Discipline

It is too ideal to think that there will be no discipline problems when you bring 40 different personalities together. There are a few things that you can do to "avoid" certain situations.

Don't be a class clown!! Let some other person be the idiot. You don't have to call attention to yourself. People know who you are. YOU ARE A WILDCAT

WRESTLER!!

Stay away from the places that breed trouble! Even if your friends are in the woods, bathrooms, ect. You should stay away. Guilt by association is common. Don't put yourself in jeopardy!!

Be respectful to your teachers, administrators, custodians and to yourselves. It is just as easy to have manners than to not. "Please" "Thank You" and "Excuse Me" will make you more respected than "Huh?" "What?" "Yea" Do what you're told!! You're a student NOT a celebrity.

We do not want to lose anyone but if you insist on trying to buck the system you will be the loser in the end. GREAT BRIDGE WRESTLERS ARE DISCIPLINED!!

6. Academics

You are expected to pass every course with at least a C. there are no excuses to fail in school. Apply Yourself!! You cannot learn in class how can we teach you anything about wrestling? If you cannot remember notes, homework or assignment; how can you remember rules or moves or wrestling? If you are "too lazy" when it comes to school work you will be "too lazy" when it comes to "paying the price"

7. Self Esteem and Pride

There is no greater feeling than to have your hand raised in victory after a tough battle. Wrestling is one of the one man vs. another man sports. There are no gimmicks, trickplays or equipment to use. You cannot blame a loss on a teammate! If you lose. YOU LOSE!

On the other hand when you win. YOU WIN!!

It is the greatest feeling in the world!!

There you are in the spotlight!!

A Hardworker

A Dedicated Athlete

The Best!!

8. Family Support

You may want your parents to read this section. We know that you want support but sometimes you may feel funny asking your parents to come to the matches, We'll do it for you:

To the Parents, Brothers and Sisters,

Your son/brother has undertaken a tremendous challenge when he decided to become a

GREAT BRIDGE Wrestler. We practice 5-6 days per week for practically 2 hours and our practices rank up with the best and toughest. Some nights he may be tired, have headache or just feel lousy. As a wrestler he is expected to do homework every night to achieve academically also. He needs your support! Understand him. He is under going tremendous changes both psychologically and physically! He is learning what the world is all about.

One more thing. Especially to Moms! No junk food around the house. Your son is trying to maintain weight and keep in shape. He needs fruits and vegetables, not candy, pretzels and soda. For snacks he should eat dry roasted nuts or eggs. He does not have to stuff himself at dinner time. His body is working efficiently therefore he digest and utilizes all of the food he eats.

Now, if you have watched him pay the price, why not come out to see why? Just think of the pride you will feel when someone asks "Who's that super kid?" And you say "That's my son" or "That's my brother!!"

9. Traveling Rules

When we are traveling to events you are expected to sit in your seat and be quiet. Wrestling demands mental concentration. If the ride is a "party" that is exactly how you will wrestle. When we arrive at another school you are to conduct yourselves as WILDCAT Wrestlers which means first class. No vandalism, no talking trash, no clowning around. Even if some of your opponents act like idiots, it does not justify that we follow suit.

Be proud to be from Great Bridge!! Show it!!

10. Practice Rules and Regulations

You practice everyday there is practice!!

No one leaves practice.

Do what you are told to do at practice. If you cannot listen, you will not learn.

11. Use of Whirlpool, Hydrocollator, Steambaths, Saunas

Whirlpool, Hydrocollator pads, Steambaths and Saunas are designed to help injured muscles and joints. You are not supposed to use them to lose weight. When you dry out your body you cannot function mentally or physically. Dehydration can be very harmful.

Almost every case of a wrestler with muscle cramps and spasms can be linked to a sauna or steambath. Losing 2 or 3 pounds the day of a match by sweating is usually ok. Losing 5-10 pounds in a sauna in an hour or two is insane.

Discipline yourself between meets so you do not have to even consider drastic

measures to make weight.

12. Equipment

Make sure your shoes fit properly. You will develop blisters if they do not. Also, do not run in your wrestling shoes. First of all they do not have arches support. Second, they will fall apart. Wrestling shoes are made to be worn on a wrestling mat only.

You will also get headgear. You must wear a head gear when you are competing in a meet. It is recommended that you wear it in practice to avoid cauliflower ear injuries. You should also "sterilize" your head gear periodically. Especially the chin strap! You may start to develop a rash or infection from the perspiration and rubbing.

Practice gear should be limited to a singlet or shorts and a t-shirt. Putting on 3 sweat shirts and a pair of sweat pants to lose weight in practice does not work. You will also get so hot that you will not be able to endure the workout.

13. Teamwork, Togetherness, Respect

When you are at practice, help each other. Don't "take it easy" on one another. Your opponent are not going to "take it easy" on you during the meets. Help prepare each other for the toughest opponent, not the whimps!!

In the same respect, don't humiliate a team mate of lesser ability. Be happy that you are as good as you are and that someone of lesser ability is trying to "learn" from you! Teach each other how to be better wrestlers and better people. Respect each other, you are all in this together. We all either enjoy the season and are proud of it or not. Remember, people will know your school and its reputation a lot sooner than they will know you as an individual. When a young man walks on the mat with "GB" on his uniform he will command respect!

14. Weigh-Ins

When we weigh-in you should be stripped down and ready when your weight class is called. Nothing looks worse than a coach yelling for some wrestler to get on the scale.

You also should stand in line and keep your mouth shut. Talking trash at the weigh-ins will not win the meet for you. Usually the guy doing the talking is the one who chumps out on the mat. "Staring Down" your opponent is also bush league. Do it on the Mat!

If you are close to weight, get on the scale before official weigh-ins start. This is most important. Weigh-ins last only a half an hour. I will stall the start of the weigh-ins if it looks like you are slightly over weight. This will give you maximum time to get it off.

Once you weigh-in, get dressed and go back to our locker room. If you are going to eat

something, eat right!! You cannot "PigOut" and then wrestle efficiently. Besides, you will have to make weight again in a few days.

Thing not to eat after weigh-ins: Soda, cake, milk, candy

Things to be eaten after weigh-ins: Fruit, Vegetables, Sandwiches, Gatorade

15. Post Match Rules

At the end of your match, you must shake hands with your opponent.

THIS IS A RULE!!

If you do not, they will deduct one team point.

If you don't, I will deduct your privilege to wrestle.

Whether you Win, Lose or Draw you must shake hands!!

If you win you should be happy to shake hands

If you Draw or Tie be happy you didn't lose.

If you Lose, shake the hand of the man that was better.

If you don't like shaking the hand of your conqueror, **DO NOT LET HIM BEAT YOU!
PAY THE PRICE!!**

Also, No theatrics! Don't be sticking up a finger like "We're #1"!! That's Bush League.

If you are #1 everyone will know it anyway

If you are not; you will look like a jerk!

If you are defeated; get up at the end and shake hands. Do not lay on the mat like you were shot dead. It looks ridiculous!