

# Hadley Wrestling

The Hadley wrestling program is one of the largest athletic teams at Hadley. All students who are interested in the sport, and are in 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade, are welcome to join the team. The wrestling season begins right after Thanksgiving weekend and lasts until mid-February for most wrestlers. There is also a state tournament that follows the regular season, which consists of a series of three weekend tournaments, lasting until mid-March. This also provides an excellent opportunity for junior varsity wrestlers to gain valuable experience, as each team can enter the top two wrestlers at each weight class.

**Coaching Philosophy:** It is our belief that being involved in an extracurricular sport is extremely beneficial to a student's overall learning experience. Values that are emphasized in wrestling are dedication, hard work, persistence, sportsmanship, and team unity. We want our wrestlers to gain a sense of belonging, build self-confidence, establish friendships, accomplish goals, and have fun

**Tryouts:** No Tryouts. Everybody who comes out will be on the team.

**Equipment needed:**

Headgear - provided by school

Wrestling shoes – approx. \$50

Mouth guard – only required with braces

**Costs:** Activity Fee and shoes

**Location:** Hadley and Glenbard West

**Practices:** We practice at two different locations. When practice is held at Hadley, it generally goes from 3:30-5:45p.m. Due to limited space, we sometimes have to practice at Glenbard West. Those practices are usually held later in the evening from 5:30 to 7:30p.m. A practice schedule will be provided.

**Schedule:** A schedule of competition for the season will be handed out after the first week of practice. Practice schedules are determined on a monthly basis, so these will be handed out the week before the upcoming month. Included in these practice schedules are a reminder of upcoming competition, as well as specific directions to the away meets and tournaments. Weekly group emails will also be sent out to remind families what is coming up in the near future.

**Away Games:** Bussing is provided to and from away meets. Parents are allowed to transport their students as long as coaches are provided with proper notification. Students returning on the bus from away meets will need to be picked up from Hadley equipment. Contact the coach if this is an issue.

**Athlete Expectations:** Participating in the Hadley Wrestling program is a privilege; therefore student athletes are held to a higher standard of conduct. Since they are

representing the whole school, Hadley wrestlers are held to the school rules at all practices and competitions. Also, wrestlers must maintain acceptable grades and work habits. Coaches check in with teachers regularly to make sure that no wrestler is falling behind in either category. Any wrestlers struggling in class will have to get caught up before participating in practices or meets.

**Playing Time:** The large number of students that join the team make “playing time” difficult to define. The varsity wrestlers, who are the starting athletes at each of the 19 weight classes (65 lbs., 70 lbs., 75 lbs., 80 lbs., 85 lbs., 90 lbs., 95 lbs., 100 lbs, 105 lbs, 112 lbs., 119 lbs., 126 lbs., 135 lbs., 145 lbs., 155 lbs., 167 lbs., 185 lbs., 215 lbs., 275 lbs.) are guaranteed to wrestle during weekday meets, unless the opposing team has no one at their weight. Varsity status is determined by weekly challenge matches at each weight class. For the junior varsity wrestlers, exhibition matches are set up with other coaches based on weight, skill level, and attendance at practice. Coaches cannot guarantee a match for all at every meet, but they do the best they can. This is largely determined by how many junior varsity athletes the opposing team brings. However, there are two junior varsity tournaments throughout the season that allow for all junior varsity wrestlers to get at least two matches that day.

**Attendance:** Wrestlers are expected to attend every practice, unless they notify a coach one day ahead of time of a valid reason why they cannot attend. If a student athlete accumulates three unexcused absences from practice or competition, the student and a parent will be notified that a further unexcused absence will result in removal from the team. In addition, students who have an unexcused absence from a meet may not participate in the following meet as a consequence.

**Important Rules:** As stated in the IESA rules handbook, the following violations will result in disqualification from competition: “greasy substances on body or uniform, improper grooming, objectionable pad and braces, illegal equipment or uniform”. Hair regulations consist of the following: hair on the back of the head must not be below the collar; hair on the side of the head must not extend below the bottom of the earlobe; hair in front must not extend below the eyebrows; no facial hair like mustaches, goatees, or stubble is allowed. Proper grooming must be maintained by the student or parents and must be done prior to the day of competition. A mouth guard is required during competition for athletes with braces on their teeth. Mouth guards are not supplied by the school. The IESA also forbids students from participating in any way with a wrestling club team during the wrestling season.

**Communication:** There will be a parent meeting at the start of the season. Group e-mails will also be utilized to inform parents of any schedule changes. Please contact coaches via phone or e-mail with any issues that come up during the season.

**Coaches:**

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