WESTMOORE WRESTLING

PARENT SURVIVAL GUIDE

INTRODUCTION

Parents and Wrestlers,

Welcome! The Westmoore Jaguar wrestling season has arrived. This is an exciting time for all of us. High expectations are always the predominate emotion we all feel at this time of year. We have a group of very capable and talented returning Varsity, Junior Varsity, and other wrestlers who all want to make an impact on this year's wrestling season. Changes will be seen at all levels of competition – JH wrestlers moving up to fill spots vacated by last year's senior class, younger wrestlers moving into the JH level, and, of course, we will have a new group of first-time wrestlers wanting to explore this exciting sport and to, hopefully, make their mark on the team.

There are many things first-time parents of wrestlers and those parents coming from the youth leagues will be asked to do and events you will be expected to participate in. To help you become acquainted with the Westmoore Jaguar wrestling team, along with their activities, we have put together this Parent's Survival Book to help inform you on a wide variety of subjects concerning our team and the wrestling booster club. From the very beginning you will see that the sport of high school wrestling is like no other sport in or out of the high school level.

Those of you coming from our Westmoore Elementary Wrestling Club or other youth league clubs will have an idea of what to expect from your high school wrestler and, to some degree, the high school wrestling club. For those of you coming in as a parent of a first-time wrestler, you and your child are in for what may possibly become the most exciting and rewarding years you could imagine. All wrestling parents find the time spent involved in the sport a roller coaster ride through the gamut of emotions. A great deal of patience, dedication, and work will be required of you, as well as of your child.

It is our hope this book will provide you with useful information that will help get you through your athelte's Westmoore Wrestling career. We produce this book due in large part to the belief and trust we have in our coaching staff and the athletes of the Westmoore High School wrestling team to become the very best they can be. This is what makes the publication of this book worthwhile for you and your child. We hope that you will come to appreciate the tremendous effort your child is putting forth to participate in a sport that we have all grown to love. We hope that you come to realize that you must participate fully in your child's journey, both emotionally and physically.

The Westmoore High School wrestling program is one of the best coached, best organized, and most respected programs in the state. The Westmoore Jaguar wrestling family has conducted many wrestling events, all of which have been well-run and well-received. Because of the reputation of our organization, we look to you -- our newest members -- to continue to make this the best possible wrestling program.

Join us now as we embark on another wonderful and exciting season of Westmoore Wrestling. Experience first hand the great adventure we have come to know as ***Westmoore Jaguar Wrestling***.

The Westmoore Wrestling Coaching Staff

WELCOME FROM COACH BRYSON MCGOWAN

Dear Westmoore Jaguar Wrestlers and Parents,

I would like to welcome everyone into the Westmoore Wrestling Family! We will post a weekly itinerary on ParentSquare. It is important to have ParentSquare/StudentSquare and keep up with updates throughout the season. This is the main source of how we get information out, so please be sure you are familiar with how to use all the features of ParentSquare.

Regardless of whether your child is interested in becoming a state champion wrestler or just becoming a better athlete for football or any other sport, I am confident that Westmoore Wrestling has something very positive to contribute to your child's life. We in the Westmoore wrestling community pride ourselves on building self-esteem and confidence through hard work along with discipline and sacrifice.

It is also important to note that every wrestler in our program will have a chance to compete. Even our middle school team will have approximately 25 matches by the end of the season!

If your child competed in a fall sport, he will not have to worry about another physical. Those who did not participate in a fall sport will need to get a physical form and get a physical before they can participate. There is a step by step tutoritl on our website if you are unfamiliar with how to complete Rank One. To access the website, go www.westmoorewrestling.org**.**

We do our own laundry so parents don't have to worry about getting practice gear to and from practices for your wrestlers. For the overall health of our program, we highly encource every athlete to shower daily! Wrestlers should plan on purchasing some wrestling shoes soon if they have not already done so. Many of the varsity wrestlers may have some shoes they could loan or even give away to incoming wrestlers.

Some background on Coach McGowan:

Name: Bryson McGowan

Wife: Lindsey McGowan

Currently Teaching: Weight Lifting at Westmoore High School

College: Oklahoma City University

High School: Hulbert High School

College Coach: Archie Randall/CJ Campbell/Sam Hazewinkel/Josh Powell

High School Coach: Mickey McGowan

Accolades:

3x Oklahoma State Qualifier

3x Oklahoma State Placer

2x Oklahoma State Finalist

Member of the 2015 National Champion Freestyle Nattional Dual Team

2015 Fargo Greco Roman All American

4x NAIA National Qualifer

2x NAIA All American

4th at the 2019 Bill Ferrell Memoerial International Open in Greco Roman

2019 Senior Nationals All American in Greco Roman

Coaching Accomplishments:

Oklahoma National Team Coaching Staff Member 2024-2026

Westmoore High School – 2024- present

Moore West Junior High- 2021-2024

National & International:

USA Wrestling Bronze Level Certified National Coach

Additional Accomplishemnts

M2 Level official for USA Wrestling

2022 Fargo Offical

A Message To All Westmoore Jaguar Wrestlers and Parents,

- Please read through the following information so you are familiar with the upcoming activities.
- It is important that wrestlers have all their work schedules and other commitments taken care of before the start of the season. Work should not conflict with any team event.
- Due to the nature of our sport (bodily contact), it would be wise to always have antibacterial soap and a tube of Chlotrimozole, which is an anti-fungal medication. This is an over-the-counter medication and comes in either brand names or generic. It is probably the most effective formula for fungal infections.
- The wrestling managers will provide laundry service on a daily basis to ensure clean workout clothes for the wrestlers. Please encourage your athete to take advantage of us doing their laundry. It greatly improves the overall health of our program and also helps them stay in uniform daily.
- Practices are designed to improve conditioning and skill, not to lose weight! No plastic sweats are allowed during practice. If you condition your body properly, you will not have a weight problem. Body composition measurements are much better indicators of your fitness level and give us a clearer picture of what weight class you should be competing. The scale really does not tell you very much. We will keep up to date records of your body composition. This will help you and the coaching staff determine what would be the best weight-class for you to compete.

This may seem like a long time away; however, we will practice over the Thanksgvnig and Winter Break. This are some of the most critical times of the season. It is important that wrestlers attend these practices. Wrestlers and parents will be notified of these dates and times well in advance. If you are planning to go on vacation, please try your best to take into account these practices. We will not practice on Thanksgiving Day or Christmas Day.

"Gold medals aren't really made of gold. They're made of sweat, determination,and a hard-to-find alloy called guts." -Dan Gable, 1972 Olympic Gold Medal

"Champions aren't made in gyms. Champions are made from something they have deep inside them: A desire, a dream, a vision. They have to have late minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill." -Muhammad Ali

Westmoore High School
EST. 1987

Past Head Coaches
John Finn
Mark Peck
Chris Finn
Kevin Casula
Dustin Finn
Will Evans

State Champions
Josh Greer – 2000
Chris Finn – 2003
Partick Finn – 2006
Dalton Duffield -2013
Cannon Randall –
Aubey Smith- 2023
Kyrstan Perez- 2025

All State
Jacob Newby – 1992
Stewart Green – 1993
Scott Stapleton- 1994
Josh Greer – 2000
Wes Roberts – 2000
Caleb Randall - 2009
Beau Gastineau – 2009
Dalton Duffield- 2013
Cannon Randall – 2017
John Martinez – 2017
Shane Flandermeyer – 2018
Domonic Derr – 2019
Cooper Evans- 2021
Reginald Jones Jr.– 2021
Holden Martin- 2023
Ethan Day- 2023
Aubey Smith- 2023
Trae Rios- 2025
Cole Olguin- 2025

3 X State Champs
Jacob Newby -1990,1991, 1992
Wes Roberts – 1998, 1999, 2000
Cannon Randall- 2015, 2016, 2017

2X State Champs
Tim Burroughs – 1998, 1999
Kyrain Perez- 2024, 2025

Team State Runner Up (Tournament)

2000

Dual State District Champions

1992	2002	2010
1993	2004	2011
1998	2005	2013
2000	2006	2015
2001	2008	

Regional Tournament Champions

2000
2016

PARENTS, THE DIFFERENCE IS YOU!

To All Parents,

Our wrestling program offers many challenging and rewarding experiences for not only your child, but you, as well. Our coaching staff firmly believes that you are an integral part of your child's development and success. Your attitude, encouragement, and dedication to the program will greatly affect how your child reacts to the pressures and demands of the wrestling team. It is up to all of us to ensure that each and every one of our wrestlers is given the best possible environment in which to grow not only as a wrestler, but, more importantly, as a young person entering adulthood. If they stay with the program, it is inevitable that what he takes away from this experience will literally last a life time. It is hoped that, with your help, those experiences will be positive and rewarding.

The responsibilities we, as parents, face during our children's teenage years are enormous. We must face these responsibilities head on with determination and commitment while at the same time giving our sons the room to grow and mature. This is a very delicate balancing act and one that requires a great deal of effort on everyone's part. In the next five articles, our booster club has outlined some of the parameters that we expect not only from our wrestlers, but from our parents as well. By adhering to them, we feel the journey through your child's high school wrestling career will be a little easier for you and your child. Please read them carefully.

TEN TIPS FOR PARENTS WITH ATHLETIC CHILDREN

1. Make sure your child knows that, win or lose, scared or heroic, you love him, appreciate their efforts, and are not disappointed in them.
2. Try your best to be completely honest about your child's athletic capabilities, their competitive attitude, sportsmanship, and actual skill level.
3. Be helpful, but don't coach them on the way to the rink, pool, field, gym or track or on the way back or at breakfast and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes.
5. Try not to relive your athletic life through your child in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure him because you lost your pride.
6. Don't compete with the coaches.
7. Don't compare skill, courage, or attitudes of your child with other members of the team, at least within his hearing.
8. Get to know the coaches so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains but are afraid to fight. Some of us will fight but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear but a means of doing something in spite of fear of discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents helped, I was lucky in this."

THE BENEFITS OF WESTMOORE WRESTLING

Wrestling is a tough sport. There is no doubt about it. However, there are many benefits to participating in such a tough sport. One of the most important is that it allows young men and women to become better athletes and better human beings. All of the young athletes on our roster will learn things about themselves they never knew or things they thought they could never accomplish. The positive effects upon them will remain with them the rest of their lives.

Young wrestlers take many lumps as they learn the sport. Very seldom does someone jump in and immediately have a successful record. Teaching these young athletes to deal with losing is a very important reality in life. They find it is not easy to get to the top. It takes a lot of hard work and commitment.

It also takes a lot of courage to be a wrestler. When a wrestler steps out onto the mat, they are all alone. They risks being beaten in front of their teammates, their parents, and their friends. Yet, all wrestlers take that risk repeatedly. Courage is one thing emphasized by the coaching staff at Westmoore High School.

Another quality of wrestling at Westmoore is that wrestling teaches is self-discipline. Wrestlers have to work hard and maintain their intensity every day of the wrestling season. Some of them also choose to diet to maintain a certain weight. That is particularly tough for growing young people who are use to eating several times a day. It takes self-discipline to practice hard every day and to diet. The conditioning drills the wrestlers go through also take a great deal of self-discipline.

While wrestling is difficult and takes hard work, the young athletes involved learn they will be rewarded in the long run. This reward is called success, and every athlete will more than likely define that differently. When your athlete sees some fruit of their labor, they can carry this with them even when their days of competition are over.

Wrestlers learn many good values while participating at Westmoore, but there are other benefits from being involved with the Jaguar wrestling program. These young people come in contact with many people who can and do influence them in a positive way. The parents involved in the program are always willing to help with any situation that may occur. We as coaches strive to be excellent role models for these young athletes, willing to always put them first.

Have patience with all things, but first of all with yourself.
- St. Francis de Sales

PARENTAL RESPONSIBILITIES

Many individuals have put much time and energy into the Westmoore Wrestling Program and have a great desire to see it continue in a growing fashion. We, as parents and alumni parents, care too much for these young athletes - your children - not to allow this program to go in any direction but forward. These young people are worth too much for us not to give them all the advantages possible. One of the most important advantages for them, whether they realize it now or not, is a strong, reliable and workable booster club, which can be obtained only by having an equally strong, reliable, and working parental support base.

With many individual booster clubs in Moore Public Schools, we take great pride in the fact that we are consistently in the forefront with more activities for our team members and parents, plus the greatest amount of parental participation by the number of students involved than any other booster club. Therefore, we would like to submit a list of responsibilities we feel parents should not only be made aware of but also put into practice. These responsibilities are very important to the growth of the booster club and certainly to the team as a whole.

YOUR RESPONSIBILITIES AS A PARENT OF A WRESTLER

1. Be a vital support system for your child.
2. Make an honest attempt to be at every meet and tournament possible.
3. Try to understand the pressure put on your child and the commitment he/she is having to make.
4. Get to know your child's coaches and work with them as much as possible.
5. Realize you are not the only person with a child on the team. We may, at times, need to offer encouragement and understanding to parents as much as we would to their children.
6. Remember your child is not the only person on the team. These young athletes may respond to encouragement and positive pressure from other parents more than from their own, and we should be willing to offer help whenever necessary. Parents are encouraged to offer:
    a. Words of praise and encouragement to all wrestlers after a match, win or lose,
    b. Hugs, handshakes and/or a pat on the back,
    c. Asking questions about and being involved in their personal lives (i.e., other sports, school work, general support, etc.)
7. Demonstrate unity, involvement, and commitment, especially for parents who choose to be club officers.

Remember, a chain is only as strong as its weakest link. Your parental responsibility is to become a very vital and strong link in the chain of your child's life, actively involved both in and out of school and sports.

WESTMOORE WRESTLING PARENT PARTICIPATION

Parent participation in any sport is important, but in the sport of wrestling it is essential. Parents need to be aware of the many pressures put upon their children. To be able to meet one's opponent alone in front of hundreds, even thousands of people, requires a tremendous amount of courage, class, commitment, and character, but sometimes even this may not be enough. Most, if not all, of our children require and want a great amount of parental approval in their lives whether they acknowledge it or not.

Parent participation should not be confused with parents being disruptive or intrusive into the workings of the team or in the individual wrestlers, coaches, parents, or fans at practices, duals, or tournaments. We encourage parents to be enthusiastic and passionate about the sport. We also encourage parents to be supportive and energetic in their actions to not only their child's accomplishments, but the other wrestlers, as well. Parent participation should always be constructive and helpful. Sadly, in recent times we have all seen a growth in violence and poor sportsmanship from spectators and participants alike in all sports and at all levels. The sport of wrestling is not immune from this disruption and violence. Violence and disruption of any nature has absolutely no place in youth sports, or any other age group as well. It is only allowed because people are willing to tolerate it. The Westmoore Wrestling Program believes that inappropriate behavior such as this is unacceptable and therefore will not be tolerated.

We not only expect but also demand that spectators and participants associated with the Westmoore Wrestling Team always be on their best behavior at all times before, during, and following any wrestling event, regardless of the actions of others. Anything less than your total cooperation should not and will not be tolerated. You are the one responsible for setting the example for your son or daughter. You are the one they will learn from and will try to emulate. It is your absolute responsibility to present yourself in the best possible light. You not only represent yourself and your family, but also the city of Moore, the Moore School District, and the coaches, wrestlers, other parents, and fans of the Westmoore Wrestling Team.

Parents of wrestlers have the responsibility to see their athletes have all of the tools necessary to have a successful high school wrestling career. This may mean many sacrifices on your part. It may mean changing your schedule around to attend meets and tournaments. It will mean a great amount of time and energy going to and from meets locally and across the state. It means spending long hours and days sitting on uncomfortable bleachers. It means the heartache of watching your child being defeated. It will mean seeing him dejected and alone in a large auditorium filled with people. And then there is the volunteer work at the concession stands and other events! What a joy!

But it also means being with parents who have or are going through the same things you are. It means being with some of the greatest parents and families in the Moore Public Schools. It means sharing problems and ideas with each other. It means sharing in meet and tournament victories It means watching them being surrounded by a group of great young athletes who are as excited about their win as you and your family are\

Parents are an integral part of the wrestling team. For some parents, participation begins in youth wrestling and extends to high school alumni parents. Parents are requested to work tournaments and concession stands. Parents should always be willing to give ideas and time to the coaches and booster club. Your participation in fund-raising events is very important. Your help, enthusiasm, and participation towards all of the club activities are reflected in how much can and will be accomplished for the wrestling teams from the freshman team through the varsity squad.

Youth wrestling parents have an important role to play in the development of the team. They are the ones who may be handed control of the club and its future. These parents should be encouraged to begin looking forward to that time and start becoming involved in club activities and attending the high school meets as their children reach the junior high level. It is a time to get to know parents and coaches. It is also a time to become acquainted with many of the demands that will be put upon high

school wrestlers and their parents. High school wrestling is a whole new world. It will require some adjustments for parents, as well as the wrestlers.

Alumni parents have a special place in the wrestling family. They are the experienced "elder" members. They are needed for those "special projects" that they may have come up with and want to contribute to the team because of what the team has given to them and their child. They are some of the people other members may look to for leadership and new ideas. Some of these ideas are ones they may have had and wanted to implement when their sons were involved in the program, but did not have the resources or time to do so. These parents are the ones that the coaches can look to for help in areas that other parents cannot or may not want to spend time doing during meets and tournaments.

All in all, the wrestling team is famly: parents, coaches, alumni parents, managers and, above all, those special young members of the Westmoore Wrestling Team, and each person has his or her own place in that family. To make this family work, we must all come together for the benefit of your child and the children of the other great parents.

This is a very impactful time in their lives – don't miss it!

WESTMOORE JAGUAR WRESTLING CODE OF CONDUCT

The following regulations are meant to keep the reputation and integrity of the Westmoore High School Wrestling Team at the highest level possible. They are not meant to degrade, insult, or in any other way embarrass or belittle any team member or other individuals, but to act as a guideline for promoting Westmoore Jaguar Wrestling.

Team Members

1. Team members should consider themselves representatives of the Westmoore Jaguar Wrestling Team at all times whether in or out of the official wrestling season, whether in school or not, and while attending school activities. All actions by members of the team are considered a reflection of the team.
2. Team members will always be respectful of all parents, fans, coaches, wrestlers, schools, and any property of others, regardless of whatever team or teams they represent.
3. Team members will be respectful of the mat officials, as well as school officials, at all times.
4. Team members are to act as a single unit, supporting and encouraging each other totally, before, during, and following each match.
5. Team members should remember they are a team and act accordingly during meets and tournaments and are to restrict time spent with non-team members to a minimum during meets and tournaments.
6. Team members are to restrict physical contact with non-team members (i.e., girlfriends) to a respectable level so as not to cause embarrassment to other team members, coaches, parents, school officials, etc.

Parents

1. Parents should be responsible for seeing their son's and daughter's behavior is in a manner conducive with the rules and regulations set forth by the coaches and school administration.
2. Parents will always be respectful of other parents, fans, coaches, wrestlers, schools, and their property, regardless of whatever team or teams they represent.
3. Parents are to be respectful of the mat officials, as well as school officials, at all times.

4. Parents are responsible for ensuring their sons and/or daughters are on time and have all their equipment and any other items necessary with them for meets and tournaments.

SO, YOU WANT TO WRESTLE?

To Our Wrestlers,

To have an understanding of what wrestling is, you have to understand that at Westmoore High School, a very high priority is put on you, not only because you are a wrestler, but because you are a Westmoore Jaguar Wrestler. There are many wrestlers in the state as well as in the country, but it takes more to be a Westmoore Jaguar Wrestler than just being able to win matches. Westmoore Jaguar Wrestling has become synonymous with class, character, courage, and commitment. You will be expected to continue that tradition.

First and foremost, anyone who is considering becoming a Westmoore Wrestler needs to completely understand that he will be representing not only theirselves and their family, but on a very much larger scale, the city of Moore, Westmoore High School, the school administration, teachers, coaches, other parents, and fans of Westmoore High School wrestling on as well as off the mat. We, as Wrestling Booster Club members and coaching staff, do not take our responsibility to you lightly, nor should you take your responsibility lightly.

We not only expect but demand that you behave in a dignified and responsible manner at all times. It is expected that you will participate in the off-season as well as the in-season activities. It is expected that you will keep yourself in condition throughout the year. And it is expected that you understand that even your out-of-season behavior affects everyone involved with the program.

Read the following four articles carefully, and understand that wearing the Back and Red of a Westmoore High School wrestler is a privilege that has been given to you, but that can also be taken away from you if you demonstrate unacceptable behavior. The decision to behave appropriately is one only you will be able to make.

INTRODUCTION TO WESTMOORE WRESTLING

If you want to wrestle badly enough, what the next few pages contain will be easy for you to follow. If you do not want to follow these rules, no one if forcing you to make this commitment Much is asked of a wrestler, in regards to character, commitment, and discipline It will be the responsibility of the coaching staff and the wrestlers, who are committed, to make sure that the non-committed and non-disciplined do not make the difference in any match!

If you are absolutely certain that you want to be a member of this wrestling team, that you want to represent your school and your community, and that you can give up the things that can make the difference for your teammates, then we are excited to be able to provide the best experience possible for you!

PARENTS AND WRESTLERS: INFORMATION FOR THE SPORT OF WRESTLING

First: You must be willing to pay the price for wrestling on a good wrestling team! To wrestle on a winning team, you must go all out in every practice session and match. Only good condition can give

you the feeling of confidence and the physical ability necessary to go all out. Each and every rule plays a definite role in attempting to achieve standards of conduct and in producing winning teams. Whenever and wherever Westmoore Wrestling is mentioned, the words character, class, courage, commitment, and success will be and should be thought of!

Second: You as a wrestler cannot do some of the things other students do! To be on a championship team, you have to be a champion yourself and be willing to pay the price of keeping strict training rules. Wrestling is not compulsory but rather for those people who want to wrestle the match and abide by the rules. You are representing the town, the school, the coaching staff, your parents, and all of your peer group because all of your victories are their victories!

Third: The following qualities are desirable and worth striving for on the part of Westmoore Wrestlers:

CHARACTER: Be more concerned with your character than your reputation, because your character is what you really are, while reputation is merely what others think you are. (John Wooden)

A wrestler must be dependable and consistent, regardless of the time or place. Be it the opening whistle or the final 30 seconds. Character, as much as physical ability, is vital. (Calvin Hill)

CLASS: Class is being honest - both with others and with yourself. Class is treating others as you would like them to treat you. (Jack Nicklaus)

There is no mat space for malcontents or dissenters. One must neither celebrate insanely when he wins, nor sulk when he loses. He accepts victory professionally and humbly; he hates defeat, but makes no poor display of it. (Dan Gable)

COMMITMENT: A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and, if you are willing, to sacrifice the little things that are worthwhile, it can be done. Once a man has made a commitment to a way of life, he puts the greatest strength in the world behind him. It's something we call heart power. Once a man has made his commitment, nothing will stop him short of success. (Vince Lombardi)

COURAGE: Courage is not how a man stands or falls, but how he gets back up again. (John Lewis)

Courage is the first of human qualities, because it is the quality which guarantees all others. (Winston Churchill)

GENERAL CODE OF CONDUCT

Behavior: All wrestlers and managers are expected to act appropriately both on and off the mat. Undesirable or unacceptable actions or conduct will not be tolerated. This includes behavior in the wrestling practice room, on the bus, at motels, and during duals and tournaments. Remember, when other people present, always be on your best behavior.

Sportsmanship: We expect every wrestler to display good, clean sportsmanship while wrestling hard and tough, giving everything humanly possible, while still playing the game as intended.

Horseplay: Injuries often result because of horseplay in the dressing room, both before and after practice, and even during practice.

Language: Please watch your language both on and off the mat; your reputation and that of your coaches, school, and community will be under close scrutiny by others. Also, because of the penalties which may occur for such conduct, you may cost your team points! Not getting in the habit will eliminate this problem from the beginning! Watch Your Language!

Away Meets: Report promptly to locker room and check all gear before leaving. The coaching staff expects the buses to be quiet on the way to meets to allow for mental preparation for upcoming opponents. Do not take anything that does not belong to you when leaving another school. You must return with the team unless given special permission!

Dress: Proper attire will be expected on trips away from home. Proper attire will be designated by the coaching staff.

*ALCOHOL:	Absolutely prohibited at any time!!!
*DRUGS:	Absolutely prohibited at any time!!!
*TOBACCO:	Absolutely prohibited at any time!!!
	All tobacco products will be considered prohibited!!!

* These regulations will be enforced as outlined in the Code of Conduct pending a review with staff, wrestler involved, and their parents! The staff will make every attempt to eliminate the wrestler who must party from our team!

ACADEMICS

It is of the utmost importance that Westmoore wrestlers perform to their fullest potential in the classroom. The coaching staff would be negligent in their responsibilities if we only spoke of athletic performance and not academic performance. Wrestling at Westmoore High School is a privilege and an option. If you decide that you cannot perform up to the established minimum standards, which include academic performance, choose not to participate!

CLASSROOM PERFORMANCE

Classroom: Classroom obligations always come first. Consider all our code of conduct guidelines exneded to your classroom behavior and performance.

School Work: Get your education! What you are going to be, you are now becoming! Without school, you would not be participating at this time. If you have plans on wrestling beyond the high school level, you will learn the first thing college coaches ask about are your grades! I will expect teachers to let me know about your classroom behavior, and we will handle problems that they can't!

School Tardies, In-School, and Detention/Eighth Hours: Stay out of trouble to avoid winding up with double trouble with your coaches as well as your teachers. We want our teachers to view our wrestling team in the best possible light and expect Westmoore wrestlers to be exemplary students who will be role models for the rest of the class.

Administrators, Teachers, and Coaches: Lack of respect for any of these people will never be tolerated. We will review each instance on a case by case basis, and reprocussions can range from extra workouts, suspsneson, and removal from the team.

DETERMINING YOUR WRESTLING WEIGHT

Percent Body Fat: Body fat percentage can be determined by measuring the thickness of certain skinfolds on the body. Many health care professionals will be able to perform these measurements for you. The results of the skinfold measurements will give you a good estimate of what percent of your body is fat. For example, if the results indicate a body fat reading of 14%, that simply means that 14% of your body is fat. Such measurements are only estimates, with an error allowance of plus or minus 2%.

The goal of safe weight loss is to lose excess fat weight. Not all fat on your body can be considered excess fat. A certain amount of fat is essential for energy use, to act as a shock absorber for your internal organs, to insulate your body from the cold, and to store certain nutrients.

Minimum Body Fat: For teenage males, 5-7% is considered the lowest healthy level of fat content, for teenage females, 12-15%. Body fat measurements can help determine how much fat you can lose in order to drop to 7%. If you drop below 7%, you will likely lose muscle tissue, strength, and endurance.

Keep in mind that these are not magic numbers. It is just a guideline for you to follow. Most wrestlers perform very well at a higher percentage of body fat. So, if you are at 10% body fat, there is no reason to believe that you'll wrestle better at 7% body fat. Many health care professionals will be able to determine your minimum wrestling weight.

NUTRIENTS

Your body depends upon a constant supply of nutrients to keep it functioning. There are six essential groups of nutrients your body needs every day: water, carbohydrates, protein, fats, vitamins, and minerals.

Water: The most important nutrient for any athlete is water. Your body is 60-70% water. Water is absolutely essential for optimal health and peak performance. You may be surprised to know that dehydration is a major cause of decreased performance. Some wrestlers are more sensitive to dehydration than others. A fluid loss of 2-3% of your weight can quickly occur during intense training.

Even modest levels of dehydration should be avoided because it harms performance. It is important to drink plenty of fluids during practice and between matches. Not only will you feel better, but you may also find you have more endurance. During physical activity, thirst is not an adequate signal of the need for fluid. Follow the fluid guidelines listed below:

- Weigh-in before and after training to monitor fluid loss. Drink two cups of fluid for every pound of body weight lost.
- Drink 2 ½ cups of fluid two (2) hours before training or competition.
- Drink 2 ½ cups of fluid fifteen (15) minutes before competition.
- Drink 1 cup of fluid every 15-20 minutes during training and competition.
- Avoid beverages containing alcohol and caffeine, as they promote dehydration.

Carbohydrates: Carbohydrates are the main food source for your body and should make up 55-65% of the total calories you consume. Excellent sources of carbohydrates include dark breads, pasta, cereals, fruits, and vegetables.

Fat: Everyone needs a little fat in their diets, and wrestlers are no exception. Fat should make up about 20-30% of the calories you consume. Most of the fat we consume is naturally found in foods (meats, nuts, and dairy products) or added during the preparation of food (e.g. fried foods). Sources of additional fat include margarine, peanut butter, and salad dressings.

Protein: Protein is used for growth and repair of all the cells in your body. Good sources of protein are meat, fish, and poultry. Many plant foods like beans and nuts are good protein sources, too. However, nuts are also high in fat and should be eaten only in small quantities. Your diet should provide 12-15% of its calories as protein. The typical American diet provides more than enough protein, so you don't need to worry too much about your protein intake.

Vitamins and Minerals: If you eat a balanced diet from the basic food groups, you will consume most of the vitamins and minerals your body needs; however, specific supplementation may be advanced for certain athletes.

METHODS OF WEIGHT CONTROL THAT SHOULD BE AVOIDED

Dehydration: Weight loss in wrestlers usually occurs in a short period of time and consists primarily of water loss. If you lose weight faster than 2-3 pounds per week, you are likely losing water (and perhaps muscle tissue). Unfortunately, when you rehydrate after weigh-in, your body absorbs water at a relatively slow rate: about 2 pints per hour, and it takes up to 48 hours for the water balance to be restored. The ill effects of dehydration include a decrease in muscular strength and endurance, a decrease in blood flow to muscle tissues, and an impaired ability to properly regulate your body temperature. Therefore it is recommended that:

- Wrestlers should limit weight loss by dehydration to a bare minimum.
- Wrestlers should not rely upon sitting in a steam room or sauna to cut weight. These practices are strongly discouraged because they can cause rapid dehydration and heat stroke, which may be fatal.

Fasting: When you do not eat at all (fasting), your body uses its stored nutrients, and weight loss will certainly result. However, fasting quickly reduces your blood sugar, which in turn robs your brain

and muscles of their most important energy source. Fasting can cause your muscles to use muscle proteins for energy, even if fat is available. Eat at least the minimum calories your body requires each day so you can maintain your energy and strength while losing weight.

Yo-Yo Dieting: The greater the peaks and valleys in your body weight, the more difficult it is for your body to function correctly. Studies have shown that alternating between feast and famine may cause your body to use food more efficiently, hanging on more tightly to each calorie. Yo-Yo dieting just makes cutting weight more difficult.

Diet Pills: Using diuretics (water pills) and laxatives to lose weight will dehydrate your body and rob your body of important nutrients. Diet pills can cause many adverse physical, as well as psychological, effects.

Research has shown that practicing proper methods of weight control are essential to maximizing your athletic performance. Peak physical performance can only occur when the body is supplied with an adequate amount of essential nutrients. Using improper methods of weight control will decrease your level of performance.

The psychological advantages of maintaining good nutritional practices are great. You'll wrestle better if you feel good physically and mentally. You will also wrestle better knowing that you have done everything possible to be at your best.

THE WRESTLER'S EATING HABITS

Wrestlers who cut weight often deny themselves the very nutrients they need to perform well. Many wrestlers either don't care about proper nutrition or simply do not know any better. Wrestlers often think of food and water only in terms of gaining weight. They forget that food provides nutrients to fuel their bodies. However, the scientific facts are simple - poor nutrition will hamper performance. The body cannot function at its best when it lacks vital nutrients. Consider these points:

- Concentrating on wrestling rather than on cutting weight will make you a better wrestler.
- To grow naturally and increase strength, wrestlers need the same nutrients as other teenagers but need more calories to meet the demands of daily training.
- Fasting causes the body to use muscle proteins for energy even if fat is available. This limits muscle growth and strength development.
- Proper eating habits will help wrestlers lose fat weight without sacrificing muscle tissue or becoming dehydrated.
- Dehydration is a major cause of losses in strength and endurance.
- Losing weight rapidly results in a loss of both muscle tissue and water.
- Losing weight gradually (2-3 lbs/week) is the best way to lose fat and keep muscle**.**
- Proper training includes practicing proper nutrition every day.
- Practicing good nutrition and proper weight control methods is vital to achieving peak physical performance.

There are several factors to consider when deciding your "best" wrestling weight, but the most important is how much weight can you safely lose and still perform well? The weight class you choose

should not be so low that you have to sacrifice good nutrition for the sake of making weight. In addition to the adverse physical effects of trying to cut too much weight, unhealthy weight loss practices affect you psychologically. The more you worry about your weight, the less you concentrate on your wrestling.

MATCH CONDUCT AND EXPECTATIONS

Wrestler Conduct At Meets: We expect you to wrestle to the utmost of your ability! An unsportsmanlike conduct penalty which is deemed flagrant will mean immediate removal from the match and possibly a one (1) meet suspension!

Officials: You are on the mat to wrestle, not to officiate! Address the official as "Mr./Mrs. Official." and always answer with a "Yes Sir/Ma'am," or "No Sir.Ma'am." Officials will not decide the best wrestle on the mat - accept their calls as some will be against you, and some will help you. Unsportsmanlike Conduct against an official could equal a one (1) match suspension!

Pre match warm-up: Specific drills and warm-ups will be conducted prior to dual and tournament competition. The objective of the warm up is to get the first match out of your system.

Bench Enthusiasm: A team is only as strong as its bench! Be enthusiastic and give encouragement - each wrestler must remember that when they are not wrestling, they must also support their teammates. We cheer for our people, not against the other team! There is a difference!

Meet Day Absence: YOU MUST BE IN SCHOOL ALL DAY ON MEET DAY TO DRESS OUT AND WRESTLE THAT NIGHT. (A tardy to first hour would mean you were not in school the entire day.) Make dental and doctor appointments on aother day. Special permission must be received beforehand specifically from Coach McGowan to waive this rule!

Uniforms: Meet uniforms will be handed out prior to events and will be taken up after events. Lost equipment will need to be paid for so that it can be replaced.

Meals: Your evening meal before a meet should be a good meal as this is what you will wrestle on. Drink a lot of water during the season! Ask one of your coaches which book they would recommend!

PRACTICES AND EQUIPMENT

Daily Practices: Expect to practice everyday with practice schedules posted before practice. You must report to practice every day whether injured or not, unless given permission beforehand not to attend. All missed practices must be made up before any meet participation. No one is excused from practice unless he has received special permission from a coach beforehand! Habitutal tardies will be delt with by the coaching staff.

Excused Absence: Please inform the coaches on ParentSqauare concerning all illnesses so we know why you are absent. Practices missed must be made up. Injured wrestlers will be sent to the doctor and excused. Notify coaches of illness or injury!

Meetings: All meetings are treated the same as practices. Habitual tardiness will be addressed by the coaching staff.

Practice Gear: Wrestlers will be expected to wear any issued practice gear. Practice T-shirts and shorts will be issued to all wrestlers. Practice gear should be left at school to be cleaned daily.

It should be considered an honor to have the opportunity to wear Westmoore Wrestling practice gear. To wear Westmoore Wrestling Gear means you are part of an elite group. When you put on the Westmoore Wrestling Gear, it is an indication that you are ready to learn, drill, and condition to be the best you can be.

Equipment: All equipment checked out is your responsibility and must be paid for if lost. Lockers and locks will be checked out to you and must be kept locked. Do not give locker combinations to anyone!

Locker Room: Do not pound, kick, write on, or destroy lockers or walls in the locker room. The locker room will be locked up during every practice - if you are late, you will not be able to get in!

Equipment Out Of School: No equipment should ever be worn outside of school for any reason.

Training Room: All injuries must be reported to a coach, who will report these injuries Coach McGowa ! Don't treat yourself and never skip treatments that you have been told to do!

MENTAL PREPARATION

Mental Attitude: Your approach to your wrestling is one of if not the most important part of finding success. To sum it up, we want to focus on performance over result. If we concentrate on having our best performance each match, this will help alleviate anxiety and help us find more consistent resuts. We can perform ba and win, and we can also perform the best we ever have and lose to someone who is just better. When we focus on performance over result, this will help us elevate our success.

SPECIAL COACHES' RULES

- Never lie to a coach!
- Never embarrass yourself!
- Never embarrass the program or your teammates!
- Never embarrass your parents or the coaches!
- Never give less than your best effort!
- The team comes first!

POST SEASON TRAINING

Simply put, spring/summer wrestlers make winter champions.

Wrestling has become a sport that demands more than a three or four month commitment. There are many different mediums which a wrestler can better himself in the off-season. The most efficient to improve in the off-season is to wrestle!

The coaching staff firmly believes that if we gear for a conference championship, that will be the limit of our success. In as much, if we gear for state and even national championships, we will move into a new level at Westmoore.

Due to O.S.S.A.A. rules, coaches are restricted a great deal as to what they can do with their athletes during the post seaon. However, if the athlete and the coaching staff make a commitment to set post season goals, many positive things will happen.

There are numerous opportunities for wrestlers to gain invaluable experience during the off-season. Oklahoma sponsors many USA Wrestling opportunities, such as club, regional, and national programs. You need to take advantage of these opportunities! As the season progresses, we will make a plan for the spring and summer wrestling.

Off-season strength training will be an important aspect of building and maintaining a state championship program. Wrestlers will be expected to work and to improve their strength during the off-season and pre-season.

Wrestlers will be encouraged to participate in other sports. However, this does not relieve the athlete of the responsibility of getting stronger. For those athletes participating in other sports, the coaching staff will work closely to tailor a strength program that is individualized and most efficient for that particular athlete.

IN-SEASON PROGRAM

We will use a combination of this workout program and a traditional wrestling weight program.

There has been much controversy over the last several years in regards to which is the best method of strength training for wrestlers. It may be best summarized by saying that there may be no best way for all wrestlers because there are so many intangibles that come into consideration when developing a program for individual needs. However, there are some rules of thumb that wrestlers should follow. I will attempt to identify some of these concerns.

1. Wrestling contains ballistic movements. This would mean power is more important than just strength. Power is gained by moving light to moderate weight through a full range of motion very quickly.

2. Wrestling also demands muscular endurance which is also acquired by using light to moderate weight and moving the weight through a full range of motion. To develop the endurance maximum, repetitions are needed.

3. There is a new philosophy on the horizon regarding strength training for athletes, Dynamic Strength Training. Studies are showing us that there are dramatic benefits of going 1 to 2 sets of 30% of a one rep max., 30 repetitions. In other words, if you can bench 200 pounds, your workout weight would be 60 lbs. (30% of 200) performing 30 repetitions. The only other criteria that must be met is the weight must be moved through the full range of motion in very controlled yet fast movements. Studies have shown that this technique relates better to sport related movements than does the typical 4 sets of 5 or 3 sets of 10 repetitions. Why does this work? Maybe it's because most all athletic movements are performed very quickly; with Dynamic Strength Training, athletes are training their muscles to move through a range of motion very quickly. Ironically, just because a wrestler or any other athlete can push 300 pounds above his head does not necessarily make him a good wrestler or athlete. Power is a much more important factor in determining ability to perform a skill.

With a Dynamic Strength Training Program:

1. Younger athletes will not put themselves in a position of jeopardy by lifting weights that are too heavy for them. Less stress is put on the connective tissues such as the ligaments and tendons.

2. Wrestlers will have the opportunity to spend less time in the weight room and still see major benefits from the program.

3. There will still be dramatic visual changes in most wrestlers (hypertrophy of the muscles). Wrestlers' motivation should be high because of the notable changes.

4. Wrestlers will be able to work out 2-3 time a week and not have to do a traditional split routine, working legs one day and upper body another. Or, pushing one day and pulling the next. Rather, they can work out for 35-40 minutes a day and recover fully in 48 hours and repeat the workout.

5. Wrestlers should increase the weight when the 30 repetitions become too easy. This would signify that the max has probably increased.

6. Don't hesitate to change the exercises frequently. Variety of exercises is critical in keeping from hitting plateau.

7. Don't become discouraged if you miss a workout. Pick it up from the next one. Too many wrestlers lose confidence after missing just one workout. It is not terminal!

<u>Recommended Strength Program For Wrestlers</u>

- Power Cleans (youth wrestlers do not need to do these)
- Incline Bench Press
- Lat Pulls
- Squats
- Curls
- Shoulder Press
- Abdominal Crunches
- Lunges
- Pull-ups
- Wrestlers should do 30% of their standard one rep max.
- Repeat the above exercises for a second set if time permits in the workout.
- Add weight when the 30th repetition becomes relatively easy.
- Lift a maximum of 3-4 days per week.
- Add any supplemental lift you want to add variety.
- Change the lifts if you feel you have reached a plateau or unusual fatigue sets in.
- Supplement with rope climbing or other strength training techniques

WESTMOORE WRESTLING PRACTICE GOALS

- Establish a positive and effective routine.
- Warm-up and stretch properly.
- Push yourself as hard as possible.
- Envision practice situations as match situations.
- Focus on the positive.
- Remain in constant motion during drills.
- Get better at something every day.
- Refuse to be taken out of stance or position.
- Help at least one teammate become a better wrestler each day.

WRESTLING MATCH GOALS

- Establish and follow a positive and effective routine.
- Break your opponent.
- Out-hustle your opponent.
- Outwork your opponent
- Wrestle the way you do in practice.
- Control ties.
- Score the first points.
- Work the center of the mat.
- Attempt scores on the edges of the mat.
- Know the score during the match.
- Escape immediately.
- Work to score points the entire match.
- Win the overtime matches.
- Win with class / Lose with class

PARENTS' THOUGHTS

Westmoore Jaguar Wrestling produces the Parent's Survival Book for the benefit of the wrestling parents. Here is a collection of letters from past senior parents. We hope to give the parents of first year and freshmen wrestlers a sampling of what was in the minds and hearts of some of our wrestler's parents.

It is hoped that you will read and enjoy these articles, as well as reflect on the wide range of emotions that parents of Westmoore High School wrestlers endure along with their sons and daughters.

REFLECTION FROM PARENTS OF PAST SENIORS

"JUST LOVE THEM"

I have been involved in wrestling for 21 years beginning with my first son, Caleb, who began wrestling when he was five years old. You could tell that we had no clue about the sport of wrestling as we sent him out on the mat for his first match in tennis shoes, shorts and T-shirt while all the other kids had on singlets and wrestling shoes; hence, the nickname "tennis shoe boy." Caleb wrestled throughout little league, junior high and high school. He graduated in 2009. He was a four-time state qualifier and a state placer his senior year. Coach Peck and Coach Filippo were his coaches. Looking back, my main regret would be that I wished I would have been more outspoken about the way he tried to cut weight. They did not have a program to teach kids about proper nutrition and how to properly and safely cut weight so of course, he would just quit eating and drinking to get down before a match which is not healthy. I could go into a lot of details about him eating a frozen grape for food and curled up in a ball but I'll spare you those details! (Exaggerating somewhat!) Proper nutrition is one area I wish that the wrestling program could improve upon. So my advice would be: Don't be afraid to speak up about issues that you feel are in the best interest of your child.

While I know this is a little trivial in the scheme of things, I have always loved homecoming and always thought it was important for the wrestling kids to be recognized and celebrated in the same manner as other sports at Westmoore. I remember Caleb's freshman year for homecoming, and apparently someone must have forgotten to decorate because there were no decorations in the gym or chairs for the homecoming court to sit in. After that night, I made a promise that as long as I was there, I would try to make homecoming special! I may have gone a little overboard because I liked to order a big balloon arch for the ceremony because it always looks so pretty! But if you don't want to spend $350, the booster club recently bought our own arch which can be decorated instead. The boys also really liked having their locker room decorated even though no one sees it but them! We always made posters for the boys with their pictures on it for their lockers or to be placed in the cafeteria to give them some recognition throughout the school. Whatever you decide to do, the important thing is to just give the boys recognition for all the hard work they are doing and celebrate them! (I would add that it would be a good idea to buy your own chair covers for Homecoming because we have always had to borrow them from football which is a hassle).

My second son, Keaton, also started wrestling when he was five years old. He graduated in 2013 and also had Coach Peck and Coach Filippo. He was a three-time state qualifier and a state placer his senior year. One thing I learned about Keaton was that he needed to be treated differently by the coach than Caleb. Coach Peck could yell at Caleb and it didn't phase him. However, if Coach Peck would ever yell at Keaton, it would hurt his feelings. He also took losses much harder. I saw many times where Coach Peck would be consoling Keaton in the hallway after a tough loss. I never knew what he was saying to him, but I have always appreciated the fact that he realized he needed to coach using a different approach with him. My advice is: Don't be afraid to talk to the coach about how you think your child needs to be motivated by them because every child handles criticism differently.

My third son, Canon, grew up as a baby going to his older brothers' tournaments. He started wrestling when he was four years old. He graduated in 2017. During his four years at Westmoore, he was coached by Chris Finn, Kevin Casula, and Dustin Finn. There were a lot of ups and downs during his high school years but he struggled through them and somehow managed to be a three-time state champion. (His junior year with a broken elbow! My advice is: Always get a second opinion on an injury!) I think I will remember his last state championship the most because I was so happy for him to end his wrestling career with a win and be remembered as one of the few three-time state champions at Westmoore. What I learned with Canon is that as parents we should not put any unneeded pressure on our kids to be perfect because at the end of the day wrestling is just a match.

Watching my boys wrestle was one of the greatest experiences of my life. I feel that wrestling taught my kids discipline, hard work, and perseverance. It also enabled them to make lasting friendships with kids from all over the city.

Wrestling also taught me that I needed to be a better parent at times. There were many times that I wasn't as supportive as I should have been. (Like the time I was so disgusted during a match that I turned the video camera off. My advice: Always be sure you don't say anything negative while the camera is still on!) While we as parents aren't perfect, I always try to remember the advice my Mom always says to me: "Just love them."

I wish all of you new and incoming parents the best of luck and hope you all have a great wrestling experience!

Susan Randall

MORE INFORMATION ON WESTMOORE WRESTLING

We work intently keep our parents and wrestlers informed. The following twelve articles are full of information that you may need to help you get through this year, as well as through your athete's career. We hope you find them informative and enlightening.

One of the many things that we want from our parents is that they be able to help in the construction of this book. We look forward to any suggestions and/or ideas that you may have to make this book more educational to those parents who will follow in your footsteps. Please feel free to make suggestions or to present articles that you feel would be appropriate for this book. Remember, this is your booster club, and your involvement is always welcomed and appreciated.

Please enjoy the articles and keep in mind that we want you to be the most informed and educated wrestling parent possible. Wrestling is a sport that will involve the whole family, so please share this information with your family, grandparents, aunts and uncles, and friends who will be coming to see your son wrestle.

Questions Most Asked by Wrestling Parents

1. How long is a wrestling match?
    a. A wrestling match is made up of three (3) two-minute periods. If the score is tied at the end of the match, an overtime period is wrestled with the first person to score winning the match.

2. Why do the team members wear red and green straps on their ankles when they wrestle, and why do the referees wear read and green bands on their wrists?

a. The green band denotes the home team and the red is the visiting team. The referee raises the arm with the green arm band when awarding points, issuing cautions, or assessing penalties to the home team. The same procedure is used for the visiting team.

3. How is the question of who wrestles at what level and weight determined?
   a. Coaches will decide which wrestlers will wrestle varsity and junior varsity based on a number of criteria including, but not limited to: previous performance, performance in the practice room, weight and weight class considerations and finally, what is best for the team.

4. Why does the team participate in so many tournaments?
   a. The team participates in tournaments to gain experience. Sometimes the wrestlers will refer to this as "mat time". It is very important that the younger wrestlers get as much mat time as possible. This enables them to hone their skills.

5. Why are there two (2) sets of scores on the scoreboard? What are the other numbers on the board?
   a) The team score, individual score, period clock, weight class and the number of periods can all be found on the scoreboard.

6. How are individual scores determined?
   a) Individual scores are determined by the types of moves that are executed during the match.

Reversal:	Two (2) points.
Near Fall:	Two (2), three (3), or four (4) points, depending on the time the wrestler is on their back.
Penalty:	Two (2) or three (3) points, depending on the number of penalties issued up to that point.
Takedown:	Three (3) points.
Escape:	One (1) point.

7. How are team scores determined?
   a) Team scores are determined by the type of victory each individual on the team has made.

Decision (1-7 point spread):	Three (3) points.
Major decision (8-14 point spread):	Four (4) points.
Technical Fall (15 point spread):	Five (5) points.
Pin:	Six (6) points.

8. Why do referees get tagged with a rolled up towel or flexible tube?
   a) When several mats are in the same gymnasium, the buzzers cannot be used to let the referee know when the match periods are over. To allow the referee to watch the match instead of the timekeeper, the referee is tagged when time has run out.

9. Why do referees stop the match when the wrestlers seem to be actively wrestling?
   a) The referee can stop the match when the hold that is being used could be injurious to one of the wrestlers (dangerous hold) or if neither wrestler is making any progress with the hold they are using (stalemate) or it is the end of the period.

10. After a referee has stopped the match, why do the boys sometimes start in a neutral position (facing each other) and other times in an up-down position (one boy is given the advantage of the top position while the other is kneeling)?
    a) The first period always starts with the wrestlers in the neutral position. The second period position is determined by the choice of one of the wrestlers, which is determined by a toss by the referee of a (usually) green on one side and red on the other flat object. The choice going to the wrestler wearing the ankle band matching the color of the flat object which land face up. The third period is given to the other wrestler. Their choices are: deferring to the other wrestler (this only happens on the first toss only), top, bottom or neutral.

11. What are the weight classes for wrestling?
    a) The follwingweight classes for **High School Men** are 106, 113, 120, 126, 132, 138, 145, 152, 160, 171, 182, 195, 220, and 285.
    b) The following weight classes for **Junior High/Middle School** are 80, 86, 92, 98, 106, 112, 119, 126, 132, 140, 155, 170, 195, 285.
    c) The following weight classes for **High School Women** are as follows: 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, and 235.
    d) **Thr 14 Junior High Womans Weight classes** are as follows– 73, 82, 89, 96, 102, 110, 117, 126, 138, 145, 155, 170, 190, and 235.

12. Who are the people sitting at the tables in the gymnasium?
    a) An official scorekeeper and a timekeeper will always be at the table. You may also find an announcer and team scorekeeper.

13. Why are there money making projects?
    a) Money making projects are held to purchase equipment and supplies for the wrestlers and provide a college scholarship for a senior wrestler. Some of the equipment that has been purchased for the wrestlers are: travel bags, warm-up suits, refurbished and new mats, video equipment, practice shirts and shorts, etc.

WRESTLING TERMINOLOGY

Caution:	A ruling made by the referee where one wrestler is called for stalling, a false start, wrong starting position, etc. A second offense is a penalty. See: Stalling, Warning.
Control:	A position of advantage where one wrestler maintains restraining power over the other. This usually means that the other wrestler is off his feet and on the mat.
Cradle:	A pinning situation where the offensive wrestler has his opponent's head and one of his legs encircled, usually with his arms. In a pinning situation, locking of the hands is legal.
Escape:	When the defensive wrestler gains a neutral position and his opponent has lost control while either wrestler is inbounds. Counts one (1) point.

Fall:	Also called a "Pin." When either both shoulders or both shoulder blades are held in contact with the mat for two (2) continuous seconds. It terminates the match and is worth six (6) team points.
Ankle Bands:	In tournaments, the contestants wear leg bands to identify which one is being scored as the home wrestler and which is the away wrestler. The green leg band is for home, the red for away. Scoring cards, when used, are also green and red. The referee's coin is green on one side and red on the other. It is used to determine which wrestler chooses the starting position at the beginning of the second period.
Locking Hands:	Interlocking or overlapping hands, arms, or fingers around the opponent's body is illegal, except when both wrestlers are on their feet or in a pinning (near fall) situation.
Match:	Individual contest between two wrestlers.
Meet:	A contest between two wrestling teams. Each team may have one wrestler in each weight class. Team points are awarded on the basis of the results of individual matches between wrestlers. See: Points (Team), Tournaments.
Near Fall:	A near fall occurs when the offensive wrestler has control of his opponent in a pinning situation. It involves holding the shoulders or shoulder blades within four (4) inches of the mat or holding one (1) shoulder or shoulder blade on the mat and the other is held at a 45-degree angle for two (2) seconds. It is awarded when the defensive wrestler gets out of the pinning situation. A nearfall is two (2) points if held for two (2) seconds or three (3) points if held for five (5) seconds.
Neutral Position:	A position where neither wrestler has control. See: Control.
Pin:	See: Fall.
Points (Match):	Awarded for a takedown (3 points), escape (1 point), reversal (2 points), and near fall (2, 3, or 4 points). Penalty points are awarded for warnings. See: Warnings.
Points (Team):	Awarded on the basis of individual matches. A fall (or pin), forfeit, default, or disqualification is six (6) points. A technical fall is five (5) points. A major decision (point spread of 8 to 14 match points) is four (4) points. A decision (point spread of 1 to 7 match points) is three (3) points. See: Tournament.
Referee's Starting Position:	A starting position where one wrestler is in a defensive position (on hands and knees) and the other is in an offensive position (positioned over the other, normally with at least one knee on the mat).
Reversal:	When the defensive wrestler comes from underneath and gains control over his opponent either on the mat or in a near-standing position, while either

wrestler is inbounds. Counts two (2) points.

Stalling: A caution by the referee when one of the wrestlers fails to make a reasonable effort to wrestle aggressively. An offensive wrestler must make a reasonable effort to pin his opponent; a defensive wrestler, to escape.

Starting Position: The wrestlers begin each period either in the neutral or referee's position. The first period always starts in the neutral position. For the second period, a coin toss decides which wrestler chooses the starting position. He elects the neutral, offensive, or defensive position, or he may defer his choice. Unless he defers, the other wrestler chooses the starting position for the third period. When the wrestlers go out of bounds, either the neutral or referee's starting position is used, depending on whether one wrestler has control. See: Leg Bands, Neutral Starting Position, Referee's Starting Position.

Takedown: When one wrestler gains control over the other down on the mat from a neutral position while either wrestler is inbounds. A takedown is normally awarded when one or both of the defensive wrestler's knees are down on the mat. Counts three (3) points.

Technical Fall: It occurs when one wrestler has accumulated fifteen (15) points more than his opponent. It terminates the match and is worth five (5) team points.

Tournament: A contest between several schools where wrestlers are divided into weight brackets. Each school may have one or more wrestlers per bracket. Normally, wrestlers in each bracket are seeded according to past records. Team points are given on the basis of the final placement of its wrestlers. See: Leg Bands.

Warning: A ruling made by the referee when one wrestler has made an illegal or potentially dangerous hold or other serious violation. False starts or stalling is given a caution for the first offense. A first or second warning awards the opposing wrestler one (1) point, a third two (2) points; a fourth results in disqualification of the offending wrestler. See: Caution.

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WHAT TO TAKE TO A MEET OR TOURNAMENT

The meets, and especially the tournaments, can be long and tiring, so the first and most important thing for a spectator is to be comfortable. Wear casual clothes, take a cushion, comfortable shoes, things to snack on, and perhaps something to occupy your time between rounds at tournaments: a newspaper, good book, knitting, crossword puzzles, etc. But don't forget - this is the best time to get to know the other parents and wrestlers. Visit with them. Get to know them and their families. Enjoy each other's

company. You won't regret this time spent with others. Wrestling duals are a little easier to handle because the time element is much shorter. Casual clothes and a cushion should get you through.

Another important item to take is a camera. Many people bring camcorders to film their children's matches, but fail to realize that photographs are important, too. Many parents start an album of their child's high school wrestling career, and photographs are always an important thing to have. Also, the booster club publishes a yearbook at the end of the wrestling season recounting the year's activities. Your photos will be greatly appreciated when we begin collecting for the yearbook. f course, your photos will be returned to you as soon as they are scanned into the yearbook. Most schools will allow you to take pictures of your child's match at mat side, but will not allow you to sit there throughout the dual and will probably ask you to return to your seat if you stay longer than one match. Pictures can rarely be taken from mat side at a tournament.

Wrestling meets usually last from two to four hours depending on how the meet is set up. Some schools run the Junior Varsity before the Varsity meets; some prefer to run them simultaneously. At times there may be a freshman meet or exhibition matches before the JV matches also.

Tournaments are a completely different story. They may run from several hours to a couple of days depending on the number of schools involved, the setup of the tournament, and where the tournament is located. Being comfortable is primary to having a good time. Casual clothes and shoes, plus a good cushion or stadium seat, are a must. Again, this is probably the best time to get to know the other parents and their families. Many friendships can be built at these tournaments, and a sense of team unity begins to grow.

For tournaments, wrestlers need to take casual clothes, snacks, something to occupy their time, and, if they want, money to buy tournament shirts plus some spending money in the case of two-day tournaments. Snacks can consist of a wide variety of foods, but should always be nutritious and wholesome. These foods can consist of sandwiches, dry cereals, raisins, fruit, health bars, yogurt, pasta, etc. Drinks can range from bottled water and fruit juices to power drinks. The coaches depend on the parents to see that the wrestlers bring healthy foods instead of junk foods to eat.

The booster club also will provide the varsity team with motel rooms, and some meals will be provided for those overnight tournaments. Meals will not be provided for one day tournaments for any of the teams.

ARE WRESTLERS AT RISK FOR EATING DISORDERS?

Wrestlers who go through dietary contortions to push their weights down don't have eating disorders, though they act like they do, a study shows.

"In our sample, we didn't find anyone who was bulimic," said researcher Daniel M. Landers of Arizona State University in Tempe. "Disordered eating is a better term, which I think everybody does in their life."

Some wrestlers forced down their weights artificially before weigh-ins so they can wrestle in lower weight classes against potentially smaller and weaker competitors.

Previous studies used questionnaires to search for eating disorders among wrestlers. But questionnaires are only a start in differentiating bad diet habits from bulimia, which is a clinically diagnosable psychiatric disorder, Landers said. He went the extra step of interviewing wrestlers who had high scores on the questionnaires.

The study in the American College of Sports Medicine journal *Medicine and Science in Sports and Exercise* looked at 85 junior high and high school wrestlers in the Phoenix area, and 75 non-wrestlers recruited from physical education classes in the same schools. Wrestlers took the questionnaire during and after the wrestling season; non-wrestlers took it once.

On the first test, 27 percent of wrestlers tested high in one of the categories, termed Drive for Thinness, which Landers described as an overwhelming fear of being overweight. In comparison, only

15 percent tested high in the off-season. That's statistically different from the results during the season, but not different from the 13 percent of non-wrestlers who also tested high.

There were no significant differences among the students in two other categories - Bulimia, which looked for behaviors such as self-induced vomiting, and Body Dissatisfaction.

Overall, 36 percent of wrestlers during the season reached the test's "at risk" threshold, while only 19 percent were considered at risk of bulimia after the season; 29 percent of non-wrestlers were rated at risk. The difference between wrestlers' scores during and after the season was significant.

Those findings are less worrisome than they seem - the questionnaire is only a screening tool, and should be followed with interviews to see if a diagnosis could be made, Landers said. When that was done, "we didn't find any who met the criteria for bulimic behavior," he said.

The wrestlers "had a fear of being fat, but you find out the reason for the fear is they are not going to be able to wrestle, not because they have an overwhelming fear they look terrible." Landers said.

One giveaway for the wrestlers was that they didn't worry about their weight in the off-season, Landers said. "Once that performance is over, they start eating. They like to eat. They have no aversion to eating," Landers said. "In fact, they don't like being skinny - which is very different from people who have this disordered body image."

The results suggested that wrestling officials who want athletes to avoid risky weight-loss methods should concentrate on changing the rules, not looking into the athletes' minds, Landers said. Rule changes have been made, especially because some behaviors have resulted in deaths. "Schools affiliated with the National Federation of State High School Associations are requiring weigh-ins no more than one hour before the meet, effective this season (1999-2000)", said Fritz McGinnes, editor of the wrestling rule book.

OFFICIAL WRESTLING SIGNALS
HIGH SCHOOL AND COLLEGE

Stopping the Match

Time Out

Start the Injury Clock

Stop the Injury Clock

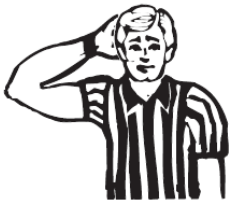
Neutral Position

Indicating No Control

Out-of-Bounds

Indicating Wrestler in Control Left or Right Hand

Defer Choice


Potentially Dangerous Left or Right Hand

Stalemate

Caution for False Start and Incorrect Starting Procedure

Stalling Left or Right Hand

Interlocking Hands or Grasping Clothing

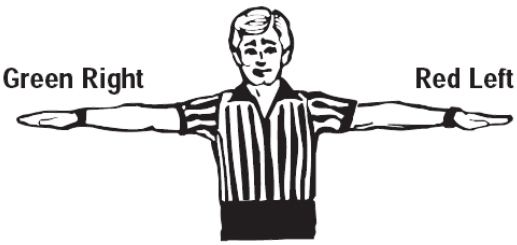
Reversal

Technical Violation

Illegal Hold or Unnecessary Roughness

Near-Fall

Awarding Points Left or Right Hand



Unsportsmanlike Conduct

Flagrant Misconduct Left or Right Hand

WESTMOORE HIGH SCHOOL
PARENT - WRESTLER ACKNOWLEDGMENT

You have been given this Parent's Survival Guide for the purpose of educating you and your child on Westmoore Wrestling. It is to be taken home and read by you both. We want you, as parents, to realize what your child is going through, and understand what rules he must follow to be a member of our team. Please read this carefully and help us to enforce these rules as the season moves along. As always, there will be special situations that come up during any season, and I will make decisions on each of these. If you have any questions or problems, please call and discuss it.

Remember that you, as a parent, are also a part of our team, and you can help us "win" by seeing that your child follows the rules!

Bryson McGowan
Westmoore High School
Wrestling Coach

I have read the parent's survival guide and understand what is expected in the program.

_____ _____
Wrestler's Signature Date

_____ _____
Parent's Signature Date

Please return this page to Bryson McGowan.