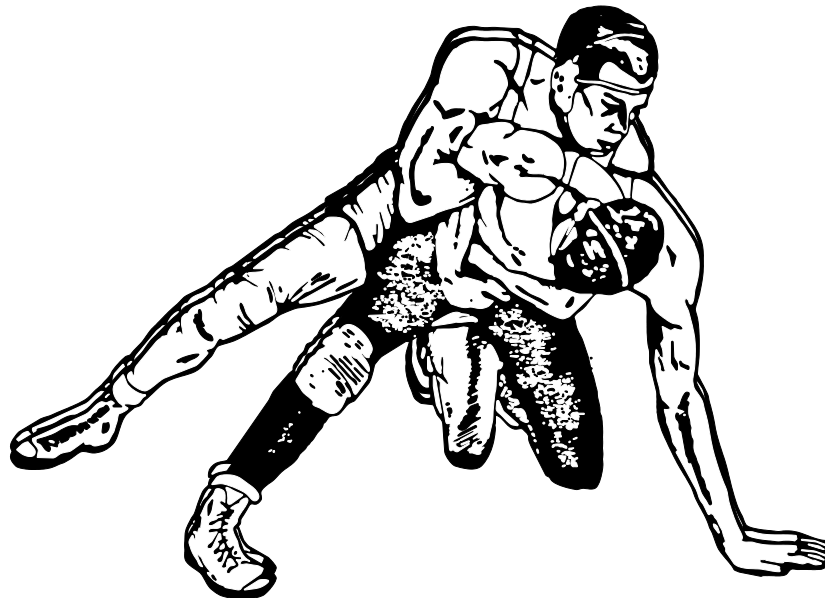


PAOLA MIDDLE SCHOOL  
PANTHER WRESTLING  
HANDBOOK  
2012



Head Coach: Dave Nash  
Asst. Coach: Russ Hermreck

# PAOLA MIDDLE SCHOOL WRESTLING

## Practice

1. You must have a signed physical and insurance form on file in the office before you may check out any equipment and practice. These should be on file in the PMS office. **NO EXCEPTIONS.** This is a KSHSAA rule.
2. Practice will be held at the High School every day from 3:30 – 5:30 in the Wrestling room (multipurpose room) at the North East corner of the school. This is near the weight room and girls locker rooms.
3. Once practice is over, go home immediately. **Have your parents pick you up at the High School promptly at 5:30.**
4. Listen when a coach is talking. Open ears and closed mouths.
5. Stay out of the halls once practice has started. You are not permitted to roam the halls during or after practice. Remember that you are in another building and the teachers and administrators do not know you.
6. Do not return to the Middle School for any reason. If you have forgotten something in your locker have a coach write you a pass.
7. Drink plenty of water throughout the day. Remember that you will be sweating during practice and lost liquid will need to be replaced.
8. If you are staying in for a teacher to do homework and will miss part of practice you must have that teacher write you a note. If you are staying in for a detention you will miss the next meet; Even Friday School.

## Behavior

1. It is expected that every wrestler conducts themselves in a manner befitting that of a mature and well behaved student-athlete.
2. Represent your school and self in a sportsmanlike manner.
3. Behavior that results in a detention for a teacher will cause you to miss the next meet. ISS/OSS for any length of time most likely will result in your dismissal from the team.

## Attendance

1. Be at every practice.
2. Schoolwork comes first. You will get an excused absence if you stay after school to get help from a teacher. The teacher must write you a note or a coach must speak to the teacher prior to practice.
3. Excused Absences are when you are not at school or the coaches receive a **written** note within 24 hrs of absence from parents as to the absence. An Excused Absence is always subject to the coach's discretion.
4. Unexcused Absences are when you are at school and fail to show up to practice. This will result in you missing the next meet.
5. One unexcused absence will result in the loss of a competition date. The second will result in your dismissal from the team. i.e. OSS
6. Tardiness to practice is allowed as long as you are staying for a teacher for academic reasons and they write you a note to return to practice. If you are late because of a detention then you lose the next competition date. i.e. Friday School.

## Equipment

1. The school will provide headgear. This is for practice and competition. You may use your own headgear.
2. You must use the school issued black singlet for competition.
3. Wrestling shoes are not required, however if you do not have wrestling shoes you may be asked to remove your street shoes.
4. All school issued equipment is due back to the school at the end of the last competition date. This year the last competition date is our League Tourney.
5. Wash all equipment such as, but not limited to, your practice shorts and shirts, socks, singlet, headgear and kneepads **every night**. Wrestling is a contact sport that does have such skin diseases such as Ringworm and Impetigo. Both are usually avoided with proper hygiene.
6. If any part of your equipment doesn't fit you properly, STOP, and tell a coach. This could prevent serious injury.

## Dress Code

1. Your hair must be cut above the eyebrows, above the tops of the ears as well as above the top of a normal collared shirt.
2. Gear for practice is shorts or sweats (NO JEANS), tee-shirt, socks and athletic supporter.
3. If you do not have wrestling shoes you do not need them. However, you may be asked to remove your street shoes for practice and at meets.
4. Please ensure that these are turned in before the first day of practice.
  1. Physical, insurance, eligibility forms on file in office.
  2. Athletic agreement signed by athlete and parent/guardian turned in

NOTE: Anything not covered in this Handbook will be dealt with at the coaches/Administrators discretion or handled according to School Policy, USD 368 board policy or KSHSAA rules.

## Schedule 2012

October 11	Equipment checkout - PMS	3:00 – 4:00
October 16	Practice – Parent Meeting	3:30 – 5:30
October 17	Wrestling Practice @ PHS	3:30 – 5:30
October 22	Wrestling Practice @ PHS	3:30 – 5:30
October 23	Wrestling Practice @ PHS	3:30 – 5:30
October 24	Wrestling Practice @ PHS	3:30 – 5:30
October 25	<b>MEET at PHS</b>	<b>8<sup>th</sup> Dis. 2:10</b>
October 26	Wrestling Practice @ PHS	3:20 – 5:30
October 29	Wrestling Practice @ PHS	3:20 – 5:30
October 30	<b>MEET at Ottawa</b>	<b>2:50/3:00</b>
October 31	Wrestling Practice @ PHS	3:30 – 5:30
November 1	<b>MEET at Eudora</b>	<b>2:30/2:40</b>
November 2	Wrestling Practice @ PHS	3:30 – 5:30
November 5	Wrestling Practice @ PHS	3:30 – 5:30
November 6	<b>MEET at Louisburg</b>	<b>2:50/3:00</b>
November 9	Wrestling Practice @ PHS	3:30 – 5:30
November 10	Wrestling Practice @ PHS	3:30 – 5:30
November 11	Wrestling Practice @ PHS	3:30 – 5:30
November 12	<b>LG TOURN @ Baldwin</b>	<b>TBA</b>

# PMS WRESTLING

## Athletic Agreement

I have read and understand the Paola Middle School Wrestling Handbook and along with my parents agree to abide by all rules and regulations in it. I understand that anything not covered in the handbook will be dealt with in accordance with Paola Middle School policy and/or USD # 368 board policy as well as KSHSAA rules and regulations. I realize that the coaching staff has the team's best interest in mind when dealing with any problems; therefore I accept the responsibility of being a member of the Paola Middle School wrestling team and the decisions of the coaching staff/school administration in regard to my participation.

Date \_\_\_\_\_

Player's Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_