

Rock Canyon High School Wrestling

Coaching Ideals



Wrestler/Parent Standards
2023/24

Table of Contents

Coaching Ideals	3
Wrestler/Parent Expectations	5
PRACTICES ARE MANDATORY	5
PRACTICES START ON TIME	5
ADDITIONAL TRAINING	6
HABITS OF DISCIPLINE	6
ATHLETIC TRAINER RULES	7
Team Executives and Members	7
TEAM MANAGER	7
TEAM CAPTAINS	8
TEAMMATES	8
Wrestling Room (aka DOJO)	9
Family, Friends, and Spectators	9
SPECTATOR EXPECTATIONS	9
INVITE CLASSMATES	9
PARENT/FAMILY INVOLVEMENT	9
Eligibility	10
GRADES	10
CLASS WORK	10
ATTEND CLASS ON COMPETITION DAY	11
ILLEGAL DRUGS	11
Competitions	11
CHALLENGE BOARD	11
SEASON SCHEDULE	11
SUPPORT JV AND VARSITY TEAMS	12
TOURNAMENT INFORMATION	12
Wrestling Season Awards	13
RCHS WRESTLING LETTER AWARD	13
SEASON AWARDS	14
JAG FITNESS CHALLENGE	14
Vision “Board”	15
Coaches’ Contact Information	15
RCHS Wrestling Team Commitment	16

**PUSH HARDER. PUSH FORWARD. PUSH YOURSELF.
PUSH YOUR TEAM. ALWAYS KEEP PUSHING.**

Coaching Ideals

Physical & Mental Toughness - Wrestling is as much mental as it is physical. You will sweat. You will ache. You may bleed. You may lose. But do not quit. Wrestling will teach you perseverance. You will learn that pain and struggle are part of the process of doing great things. You will come to know that you are stronger than you think you are. Your beliefs determine your thinking. Your thinking determines your feelings. Your feelings determine your actions. And your actions determine your results. So believe the best about your potential, think positively, be passionate, push and prepare yourself, and look forward to endless possibilities.



Passion - Be obsessed with learning and doing everything you can about wrestling. Focus during practice, work with partners who want to succeed as much as you do, watch wrestling youtube videos, be excited to compete, go above and beyond what the coaches ask you to do. This passion will fuel you when you are tired and build your motivation to do what it takes to win.

Change Your Attitude About Work - Stop thinking that exercise, drills, chores, class, and homework are boring and grueling work. Instead think of these things as hope-filled preparation to succeed and tools to become better than you were yesterday little by little. Learn to love learning and working. We want every wrestler to look forward to and see every challenge, assignment, and test as an exciting wrestling match that they pin to the mat.



Commitment & Discipline - Wrestling requires commitment and discipline. It's the repetition of drills, hard work, and continually doing the best thing instead of the easiest thing. Practice relates directly to your match results. The more you practice, the more you master, the more you win. If you practice everyday like it's game day, then game day will feel like practice.

Future-Mindedness - Think about your future now. Think about who, what, where you want to be one month, at the end of the season, one year, four years, ten years from now. Then think about what you need to start doing or stop doing today. If you don't make the little sacrifices now for what you want, you will sacrifice what you want later.

Teamwork - Together we make each other better. Just as iron sharpens iron, one man sharpens another. This requires surrounding yourself with others who want to succeed. Be willing to be pushed by others as well as to push others to success.

Life Lessons - Wrestling teaches what it takes to be successful in life: goal setting, hard work, determination, focus, overcoming fear, confidence, coachability, toughness, discipline, creativity, teamwork, and accountability. It provides the life lessons and skill sets that go beyond the wrestling mat and endure for life. We aim to create successful habits in the wrestler's life and give them the courage to pursue challenging, yet rewarding goals.

Open Communication - Effective communication requires a strong connection and mutual respect between wrestlers and coaches. Coaches will always make themselves available to work one-on-one with you before, during, and after practices and matches. We will be working right alongside you. We will also be that trusted person who will listen and, if appropriate, counsel you on things outside of wrestling.



Wrestler/Parent Expectations

We are passionate about coaching young men through wrestling. We know it is a privilege to influence your sons both on and off the wrestling mat. The effectiveness of our coaching, the growth of these young men, and the success of our team is dependent on parents and athletes meeting the following expectations.



PRACTICES ARE MANDATORY

Practice is the time when you learn and improve the skills necessary to win. **You must call or text your coach BEFORE practice if you are unable to attend for any reason.** Excused absences include illnesses that prevent you from being at school, family emergencies, and doctor's appointments that absolutely could not be scheduled.

In addition to hurting your team and yourself, your unexcused absences will deduct from your match time and letter eligibility points.

If a wrestler is injured, he must be at practice, duals, and tournaments. Injured wrestlers can still help with drills, learn about new moves, stay in shape by doing what they are permitted to do, encourage teammates, assist with team management, and stay involved with their team.

We expect wrestlers to protect wrestling partners and those around them from injury and illness. Be cautious with your takedowns and partners' joints. To minimize the spread of viruses, we will use sanitizers and air purifiers, and possibly masks and essential oil diffusers.

PRACTICES START ON TIME

Before the designated start time, all equipment and wrestlers must **be ready to go. All wrestlers must help set up the mats, be in their practice gear, stretch, get hydrated, use the restroom, and do whatever they need to do before practice time.** Also, they must roll up the mats at the end of practice.

Practice times:

- November 13 - December 7: 7:00-9:00 pm
- December 8 - February 13: 3:15-5:15 pm



We will be efficient and intense with every minute of practice. For all 120 minutes, we will be learning, drilling, exercising, and preparing to make every wrestler amazing; not wasting a single minute. So, come excited and ready to go!

Every request and minute to leave the room for water or the restroom will cost you no less than 10 burpees each.

ADDITIONAL TRAINING

In addition to these practice times, we expect wrestlers to do the following exercises everyday:

MORNING	NIGHT
Stretch shoulders, neck, inner thighs, quads Sit-ups or leg-ups (3 sets of 25) Wall sit (3 sets of 60 secs) Dips (3 sets of 20)	Neck bridges (3 sets of 30 secs) Planks (on hands) (3 sets of 45 secs) Jumping Push Ups (3 sets of 15) Watch 5-10 mins of YouTube wrestling videos

Increase the number of reps/secs by 5 every other week.

YouTube Wrestling Channels:

- <https://www.youtube.com/@FloWrestling>
- <https://www.youtube.com/@KOLATCOM>
- <https://www.youtube.com/@fanaticwrestling3904>
- <https://www.youtube.com/@RUDISwrestling>
- <https://www.youtube.com/@DPSBreakdowns>
- <https://www.youtube.com/@earnyourgold>

We also have an Airdyne bike (aka, Jag Bike) for wrestlers to get some extra exercise, burn calories, do as an alternative when injured, or learn *discipline*.

On certain days, coaches can be available to work with wrestlers one-on-one during off periods, before, and after practice.

HABITS OF DISCIPLINE

To compete at the highest level requires habits of discipline that train your body and your mind to be at their best.

- Sleep - Get at least 8 hours of sleep each night.
- Bed - Make your bed every morning. Keep a clean room.
- Water - Drink at least 8 cups of water each day.
- Healthy Eating - Eliminate sugary food from your diet.
 - Breakfast - eggs, whole grain bread and cereal, fruit, yogurt
 - Lunch - whole grain bread, fruit, salad, grilled chicken, tuna
 - Dinner - grilled chicken, turkey, steak, fish, whole grain rice, vegetables
 - Snacks - nuts, trail mix, beef jerky, popcorn, fruit



ATHLETIC TRAINER RULES

RCHS athletes are very fortunate to have a wonderful athletic training staff to help them prevent and recover from injuries.

There are a few rules to follow:

- Go to the training room immediately after school. The athletic trainers operate on a first come, first served basis and are extremely busy in the fall. If there is a long line, please report to practice and assist with setting up the mats. Any athlete who is chronically late to practice because they are at the training room (and one of the trainers has not talked to your coach about your need) will be marked as late to practice.
- Trainers record every visit and provide the appropriate information to the coaches.
- If you see a physician for an injury, the athletic training staff must have a note regarding your athletic participation and treatment plan from the physician before you can return to competition. We must adhere to the doctor's instructions.
- You may need to stay after practice to be looked at by a trainer. If you're hurting when practice ends, go to the training room at that time because the line will be shorter, less time will be wasted, and you'll get instructions on how to care for your injury overnight.



We are aware that a few athletes abuse the privilege of going to the athletic trainer just to skip part of practice. This wastes the time of our trainers, those who have a genuine injury that needs to be handled, and your teammates who need you working alongside them. But we don't discourage athletes from going to the training room if they are genuinely hurt. For genuinely minor issues, our team manager will be trained to apply KT and can assist with athletic tape as well. The manager will assist you before practice time or after the initial HITT exercises.

Team Executives and Members

TEAM MANAGERS

We are fortunate to have the best team managers in all of RCHS! Respect the managers as much as you respect the coaches. The managers' role consists of the following:

- Attend practices
- Log the attendance and tardiness of the wrestlers
- Video all matches
- Ensure wrestlers know when they are on deck and what mat to go to



- Help wrestlers know when to watch their opponents' matches
- In charge of first-aid kit during practices and matches (nose bleeds, cuts, ...)
- Trained to apply KT and can also help with athletic tape
- Manage spreadsheets (attendance (late, trainer visits, ...), weights, win/loss records, records of pins, letter award points, ...)
- Wrestle off scoring
- Post pics on Instagram
- Room supervisor (check-in with managers before going to bathroom or getting water; she will charge a "burpee fee")
- Assist with cleaning mats
- Count reps or manage the timer
- Other tasks helpful to the team and coaches

TEAM CAPTAINS

JV and varsity captains will be selected by the coaches based on their character and ability to lead after wrestle-offs. The captains' role will consist of the following:

- Greet opposing team captains and handle coin toss
- Lead by example
- Sometimes lead exercises and drills
- Encourage all teammates, especially when they are struggling
- Ensure inclusivity of all teammates
- Speak with teammates that are detracting from the team's ability to succeed
- Motivate, push, and pump the team up during practices and matches
- Assist with coaching when appropriate

TEAMMATES

Although wrestling is an individual sport, we need everyone helping and pushing each other. We expect all members of the team:

- To operate as a "family", inviting everyone to join in activities in or outside of practice
- Hold each other accountable with their grades, eating habits, exercise, behavior, etc.
- To encourage and speak positively about each other, the team, season, etc.
- To never speak negatively about other teams
- To help each other improve by being a good drill partner, reviewing video together, sharing tips, etc.
- To look out for and fist bump each other in the school hallways and commons
- To push the team

Wrestling Room (aka DOJO)

This is our training center - where we push aside distractions, focus on our goals, and prepare to meet them. Speak only positive, encouraging words. Do not curse. Leave the room cleaner than how you found it. Don't ignore the trash; pick it up even if it isn't yours. Avoid stepping on the mats with street shoes. Hang all gear on the hooks in the hall or store it inside of a cubby. No personal items are permitted on the floor. Encourage non-wrestlers to respect our space.



Family, Friends, and Spectators

SPECTATOR EXPECTATIONS

Officials have increasingly been complaining about parent behavior. Parents and athletes must respect the integrity and judgment of all match officials. Your coaches will deal with any questionable calls.

If any inappropriate or unsportsmanlike comments or behavior from any spectator is heard by our coaching staff, or another school's staff complains about any of the RCHS parents, we will ask the spectator to leave the gym.

We want RCHS to be known for being the most welcoming, courteous, and thankful team.

INVITE CLASSMATES

On competition days, wear your wrestling hoodie to school and invite other students to cheer on the wrestling team.

PARENT/FAMILY INVOLVEMENT

We desire to make wrestling at RCHS a family affair! We welcome all family members to be as involved as they want to be in a variety of ways

- Learn the rules of wrestling so that you understand what is going on and can engage in what is happening. Here is an excellent video that explains everything in 10 minutes!
www.youtube.com/watch?v=RQcB0dOhmhA



- As a family, decide to eat and get healthy together. For the next four months, eliminate fast food. Minimize sugar to cut calories and enhance your immune system. Delicious smoothies with fruit, vegetables, and protein are easy and fun to make.
- Carpool: We know parents are juggling a lot. Let's work together to get the boys to/from practices and matches. Connect with each other to carpool and minimize the driving.
- Join our awesome volunteer team parents who do a lot of the work that no one sees (managing the Jag Wrestling Team store, organizing meal delivery for the boys on competition days, sending out communications, enabling other parents to lend a hand via SignUpGenius, etc.)
- We need your help during home duals and tournaments to run concessions, take tickets, help with the score tables, clean up, provide food services for the referees and visiting coaches, etc.
- At the matches, stake out a section for all the RCHS families and fans. To boost match attendance, invite friends and family to the exciting world of wrestling. Cheer on our wrestlers when they are wrestling and enable them to relax when they are not.
- Buy spirit wear from the Jag Wrestling Team store - <https://rc-wrestling-2023.itemorder.com/shop/home/>. A significant portion goes toward covering the team's expenses and gear.
- We on that parents please provide a tax-deductible donation to the RCHS wrestling fund to help to support the program and its costs.
- Take pictures and videos! We'll use some of it at the end of the year banquet!

Eligibility

GRADES

Grades are critical for your future and your participation on the team. You will disqualify yourself from competition for a week if you are not passing at least 5 classes at the time that the weekly eligibility reports are released.

CLASS WORK

Most boys have an hour-long period once or twice per week during school (Seminar/Access) that is designated for doing homework, making up tests, getting help, etc. It is not excusable for an athlete to be late to practice because they are making up work when they could have done it during that period, before school, or after practice. If it is necessary to make up work during a time that interferes with practice, we require a note from the teacher explaining the reason why they could not make up the work during their Seminar/Access period or before school. If necessary, during practice time, the coaches can provide an isolated work space and a little oversight for wrestlers struggling with their grades. In both cases, the wrestler will



focus on school and skip all matches that week. Grades and school work always has the higher priority.

ATTEND CLASS ON COMPETITION DAY

You must be in school a minimum of 50% of the day on a competition day to participate.

ILLEGAL DRUGS

The use of performance enhancing (i.e., steroids) or brain damaging (i.e., marijuana) drugs is strictly prohibited.

- 1st offense: an athlete's poor choice will result in him being benched for two weeks.
- 2nd offense: the athlete's continued poor choices will result in him being suspended from all sports throughout DCSD for one year.

Competitions

CHALLENGE BOARD

Periodically we will run a set of wrestle offs at the beginning of practice. The opportunity to challenge the wrestler above you in your weight class is open until the week of the league championship.

SEASON SCHEDULE

Dual competition times are 5pm for all weigh-ins, 6pm for JV matches, and 7pm for Varsity matches. Tournament competition times are 7:00am for weigh-ins and 9am-4pm for wrestling. Check www.rchsajags.com and/or www.continentalleague.org for competition times, locations, and possible changes to the schedule throughout the season.

- Nov 18 - Air Academy Scrimmage
- Nov 24 - Broomfield Scrimmage
- **Nov 27 - 6pm Team pictures**
- Nov 29 - @Valor Dual (JV/Varsity)
- Dec 2 - Adams City Tournament (JV)
- **Dec 6 - Rangeview Dual @ Home (JV/Varsity)**
- Dec 9 - Columbine Tournament (Varsity)
- Dec 9 - Discovery Canyon Tournament (JV)
- Dec 13 - @Regis Dual (JV/Varsity)
- Dec 15/16 - Weld Central Tournament (Varsity)
- Dec 16 - Valor Tournament (JV)
- Dec 20 - @Arapahoe Dual (JV/Varsity)



- Jan 6 - Smoky Hill Tournament (Varsity)
- Jan 6 - Air Academy Tournament (JV)
- Jan 10 - @Ponderosa Dual (JV/Varsity)
- **Jan 13 - Jaguar Tournament at Home (Varsity)**
- Jan 13 - ThunderRidge Tournament (JV)
- Jan 17 - @Heritage Dual (JV/Varsity)
- Jan 1 - Arapahoe Tournament (Varsity)
- Jan 20 - Castle View Tournament (JV/Varsity)
- **Jan 23 - Highlands Ranch, ThunderRidge, Mountain Vista Quad at Home (JV)**
- Jan 24 - @Highlands Ranch, ThunderRidge, Mountain Vista Quad (Varsity)
- Jan 27 - @Legend League Tournament (JV/Varsity)
- **Jan 31 - Thomas Jefferson Dual @ Home (Senior Night) (JV/Varsity)**
- Feb 2-3 - Greeley West Dual Tournament (Varsity)
- Feb 3 - Bear Creek Tournament (JV)
- Feb 9-10 - Regionals at Ponderosa (Varsity)
- Feb 15-17 - State at Ball Arena (Varsity)

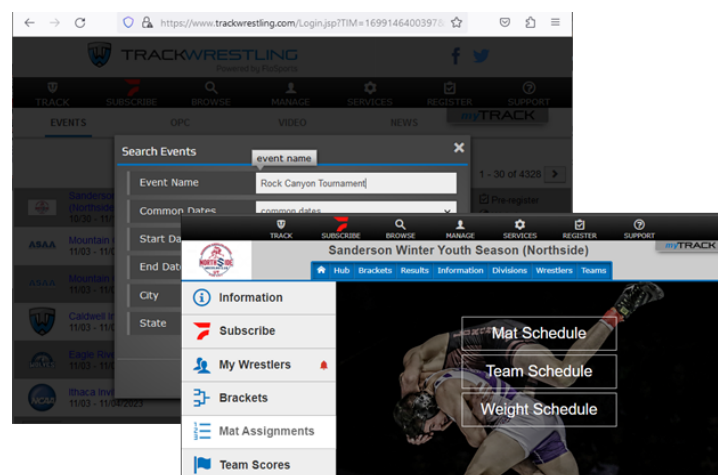
SUPPORT JV AND VARSITY TEAMS

For home duals and tournaments, all wrestlers are required to be in the gym before the start of the JV matches and are required to stay until the end when the mats are put away and trash is cleared from the bleachers. For away duals, JV wrestlers will be permitted to leave after the final JV match. Varsity wrestlers will be permitted to leave after the final varsity match. The boys can work on homework during matches if needed. For away tournaments wrestlers are encouraged to stay and support the team, but are excused to leave after their last match and after communicating with coaches.

TOURNAMENT INFORMATION

Tournament brackets, mat, and bout numbers are available on [trackwrestling.com](https://www.trackwrestling.com).

- Go to www.trackwrestling.com
- Click the "EVENTS" tab
- Click the "Search Events" button and enter event name
- Click the event name link
- Click "Enter Event" button
- Click "Brackets" on the left navigation bar
- Search the drop down for the appropriate weight class to find your bracket



- Click “Mat Assignments” on the left navigation bar to find the team schedule for "Rock Canyon" to find the bout numbers

Wrestling Season Awards

RCHS WRESTLING LETTER AWARD

JV and varsity wrestlers can earn points toward earning the award of lettering. 150* points are required to earn the award.

POINTS*	ACHIEVEMENT OR ACTIVITY
120	Placing at the varsity state tournament
4	Winning a varsity match (incl. forfeits)
1	Winning a JV match
5	Each A grade (B or above for AP/Advanced courses) at end of the semester
80	Placing at varsity regional tournament (1st-80, 2nd-70, ... 6th-30)
60	Placing at varsity league tournament (1st-60, 2nd-50, 3rd-40, 4th-30)
40	Placing at JV final tournament (1st-40, 2nd-30, 3rd-20, 4th-10)
40	Placing at JV league tournament (1st-40, 2nd-30, 3rd-20, 4th-10)
50	Earning an end-of-the-year wrestling award
20	Each year of high school wrestling
30	Joining Mile High or Golden Eagles Wrestling Club
1	Attending an RCHS Preseason Practice
10	Recruiting wrestlers to the RCHS team
5	Attending an off-season tournament
1	Being selected wrestler of the day
10	Winning Jag Fitness Challenge (1st-15, 2nd-10, 3rd-5)
1	Helping at a Rocky Heights Middle School practice
10	Attending a summer camp (from previous summer)
15	Participating in another school sanctioned sport (each sport)
25	Being selected team captain
5	Winning a challenge award
-2	Getting pinned in a match
-2	Unexcused tardy or absence to practice
-10	Forgetting gear
-10	Missing weigh in
-10	Each week of ineligibility
-10	Unsportsman-like conduct
-15	Each failing grade at the end of the semester

(*subject to changes)

SEASON AWARDS

There are also several awards that the wrestlers will aim to earn:

- Wrestler of the Week (awarded weekly)
- Hardest Working Wrestler
- Most Improved Wrestler
- Jag Spirit
- Most Valuable Wrestler



JAG FITNESS CHALLENGE

Wrestlers should prepare themselves in the off-season to get into shape. Those who have done the best and win the challenge will receive points toward lettering, 2nd period choice during wrestle-offs, HITT exercise skips, and bragging rights!

1. Burpees: # of reps in 90 seconds
Going down, chest must touch the floor; going up, feet must leave floor and hands must rise above head
2. Pull-Ups: # of reps
Going up, chin must go above bar; going down, arms must break 90°
3. Hex Bar Deadlifts: # of reps with 150% body weight
4. Dumbbell Snatches: # of reps in 2 minutes with ¼ body weight
5. ½ Mile Run
6. Frog Jumps: # of mats crossed in 1 minute
Hands must touch the floor and feet must stay together
7. Jumping Push-Ups: # of reps in 1 minute
Going down, chest must touch the floor; going up, hands must leave the floor
8. Split Squat Jumps: # of reps in 1 minute
Knee must touch the floor
9. Sit-Ups: # of reps in 1 minute
Hands clasped behind head; going up, elbows must touch knees; going down shoulders blades must touch the floor
10. Touch-and-Go Sprints: # of lines touched in 2 minutes (spanning two mats)
Hand must touch the floor beyond line



Vision “Board”

The coaches are ultimately focused on guiding these young men in a positive direction toward their goals in wrestling and life. The first step is creating a vision. By Nov 27th, the boys are expected to turn in a paper answering the following questions:

Describe 1) how you envision yourself changing, 2) what you envision yourself doing, and 3) which things you hope to have achieved:

- Mid-season
- End of the season
- End of high school
- 10 years from now

Write a couple sentences for each question and bullet; include details and pictures.

Coaches’ Contact Information

Head Coach	Patric McGowan	720-232-0603	pmcgowan1@dcsdk12.org
Head Coach	Darryl McGowan	303-246-0056	dmcgowan@dcsdk12.org
Volunteer Asst. Coach	Donny McCleery	303-964-9494	donmccleery@hotmail.com
Volunteer Asst. Coach	Trent Minor	847-636-7179	trent.minor@gmail.com
Volunteer Asst. Coach	Jeremy Linehan	720-212-6868	jeremy.linehan@bestbuy.com

RCHS Wrestling Team Commitment

I commit to the following:

- ☐ I commit to keeping my grades up and striving for A's
- ☐ I commit to coming to every practice and being on time
- ☐ I commit to learning to appreciate working hard and being passionate about what I do
- ☐ I commit to pushing and improving myself everyday
- ☐ I commit to pushing and supporting my team
- ☐ I commit to drilling hard with my wrestling partners and not wasting their time fooling around
- ☐ I commit to keeping my wrestling partners and those around me safe from injury when drilling and wrestling
- ☐ I commit to staying positive and encouraging my team
- ☐ I commit to being inclusive of all team members
- ☐ I commit to involving my family in this amazing sport
- ☐ I commit to eating healthy
- ☐ I commit to making good choices
- ☐ I commit to communicating with the coaches when I have an issue
- ☐ I commit to respecting our wrestling room like a dojo, keeping it clean, and helping with the mats
- ☐ I commit to respecting my coaches and doing more than they ask of me
- ☐ I commit to preparing for my future

YOUR NAME			
YOUR SIGNATURE		DATE	
PARENT SIGNATURE		DATE	

**PUSH HARDER. PUSH FORWARD. PUSH YOURSELF.
PUSH YOUR TEAM. ALWAYS KEEP PUSHING.**