

## **Barrington Broncos Team Rules and Practice Guidelines 2020-2021**

Below is a list of team rules and practice guidelines that we all have discussed and agreed to abide by.

### **Practice Environment**

**Practice times:** Practice will be from 3:45 P.M. to no later than 6:15 P.M. during the week. If you cannot make a practice or morning workout your parent or guardian must leave Coach Udchik, (varsity & jv) or Coach Hoving a message or email before the start of practice.

Coach Udchik: [Dudchik@barrington220.org](mailto:Dudchik@barrington220.org) (847) 842-3454

Coach Hoving: [KHoving@barrington220.org](mailto:KHoving@barrington220.org) (847) 842-2306

**Attendance:** Attendance will be taken at afternoon practice and wrestlers must be on time. Wrestlers will have to make up a missed workout whether it is excused or unexcused. More than three absences, excused or unexcused, could result in being dismissed from the team.

**Practice Dress:** Wrestlers must dress in a light tee shirt, shorts and socks. Wrestlers must have clean workout clothes every day. Have a clean sweatshirt and sweatpants in your locker everyday as well. Sweatshirts must not have hoods. Headgear must be worn during all wrestling activities: live wrestling, drilling, technique, etc...

Wrestlers can wear both sweats AND a long sleeve shirt but no layers. If people are taking advantage of this new rule we will go back to the old rule...either sweat pants or sweatshirts but not both.

Street shoes are not to be worn on the wrestling mats and wrestlers shall wipe their feet each time they enter or leave the room. Wrestling shoes should be carried to practice and put on once in the room. Do not wear your wrestling shoes in the hallways or in the foyer as you go to and from practice.

Please bring a mask and water bottle to practice. Please also bring a towel for showering as it is mandatory. Wrestlers will have to give the locks and locker number to the managers.

**Practice attitude:** Wrestlers must be on time for practices and give 100% during workouts. Wrestlers must get focused once practice warm up begins and must show good character on and off of the mat. Foul language, hazing, picking on teammates (and other behavior that is deemed inappropriate) will not be tolerated. Hustle in and out for all technique demonstrations and get to work right away after breaking from technique.

Once practice begins wrestlers are not to sit down. Wrestlers will stand or take a knee during demonstrations and must remain standing during live wrestling. If there is blood on the mat it must be sprayed and wiped immediately.

The boys can wrestle without masks, but should wear a mask to and from practice and wear a mask during technique.

All Wrestlers must sign the 2020-2021 Code of Conduct and will be held accountable for any infractions of the Code of Conduct. Student athletes are often held to a higher standard which is good. Therefore, wrestlers must understand that people are always watching in and out of the

school and the decisions they make will have an impact on their status within the Barrington High School Wrestling Program.

**Personal Hygiene:** Barrington wrestlers will shower with soap after practice and matches and commit to keeping their bodies and clothes clean. This includes washing clothes and knee pads after practice and wiping down with wipes after matches at a tournament (Personal hygiene) This one is hard to police, but it is very important because not cleaning your self or clothes spreads germs and disease. If the coaching staff suspects you of not showering or cleaning your clothes we will have a discussion with you and notify your parents to enlist their cooperation.

Note: You MAY shower with a swimsuit in the locker room if you wish, but you MUST shower.

**Locker room:** Keep your stuff locked at all times. There are always thefts the first few weeks due to unlocked lockers. Locks can be purchased in the athletic director's office, and make sure you write your combination down somewhere other than inside of your locker. Belongings will not be allowed in the wrestling gym after the first week.

Wrestlers must shower with soap every day after practice and bring a spare towel from home in case we run out of towels. Childish stunts in the locker room will not be tolerated such as throwing soap, snapping towels, hazing, etc...

**Contagious skin rashes:** If a wrestler has a contagious skin condition he must bring it to the attention of a coach immediately. A wrestler must be cleared by a doctor before he is cleared for competition, and he will need to show the referee a doctor's note. Before going to the doctor pick up the IHSA skin form from a coach or obtain the form at IHSA.org. Go to "wrestling" then go to "skin condition evaluation form." In order for a wrestler to be cleared for competition the note must say the following:

1. The note must say the rash is not contagious
2. The note must describe where the rash is verbally and by circling the area on the body
3. The date the rash was treated must be written down. The note is valid two weeks from the treatment date.

In addition to having clean workout gear everyday, wrestlers must wash their kneepads, wipe their headgear down with disinfectant wipes, and bring home workout gear each day to wash. If a wrestler has had a skin condition in the past he should keep his medication cream and apply it whenever he sees a potential rash beginning. If he has never had a prescription cream, he should get an over the counter anti-fungal spray or cream like Tinactin or Lotrimin. Any cream that clears athletes' foot is suitable. If you have prescription cream and the ringworm keep recurring you will need to go back to the doctor for an oral prescription.

**Grooming Guidelines:** The IHSA Wrestling Rule states the following about hair length:

1. The hair must be above the shirt collar in back.
2. The hair must be out of the eyes in front
3. The hair must not be below the earlobe on the side.
4. The hair must not have any greasy substances in it.
5. No beards or mustaches are allowed

**After practice and weigh ins:** All wrestlers will keep their shirts on outside of the wrestling room especially when walking down to the foyer. When weighing in after practice you must keep your clothes on because there are female managers and/or female wrestlers around.

## Academics

The Barrington Athletic Department states that athletes must be passing at least five classes in order to participate in athletics. Wrestlers who are ineligible will be required to meet with teachers daily until they have raised their grades to the minimum standard of eligibility. Any wrestler who was previously in the starting position at any level, but had to sit out competition because of being ineligible, may have to earn that position back when he is once again eligible.

The Coach reserves the right to determine when that athlete may attempt to reclaim his spot in the line-up. Simply becoming eligible does not mean you have earned that right.

“Students of the sport and students in the classroom” is a phrase that our athletes will hear often.

Coaches also may require athletes who are earning D’s or F’s in a class to meet with teachers or tutors in an effort to raise the grades in question. This may be a requirement for athletes who are still eligible, but have grades that fall within the D or F range. Absences in this case need to be pre-approved by the coach.

## Gear and Equipment

**Gear and uniform:** Each varsity, junior varsity and freshman starter will be given a two piece uniform and warm up for as long as he remains the starter at that weight class. If the starter loses the starting spot for the weight class he must relinquish his singlet and uniform to the winner of the wrestle off.

**Please purchase the gear bundle(s) from our online store which will close on 5/2/21.**

\*\*Additionally, the team will wear the same color shirt during the meet to promote unity and to look sharp! The coaching staff will let the team know what color shirt to wear before each meet.

Away meets: The wrestlers will dress appropriately for away meets...the varsity will wear khakis, a dress shirt and the team tie. Junior Varsity and Freshman Team will wear khakis and a dress shirt. Please learn how to tie a tie as it is a life skill!

Note: For the 2020-2021 season we will wear warmups and khakis to away meets. We will return to wearing ties next year.

**Equipment:** Each wrestler is responsible for all equipment issued to him. Equipment is to be turned in after the last match of the year. If you lose gear you will need to pay the following and checks can be made out to BHS Wrestling:

Singlet: \$80                      Warm up top: \$70                      Warm up bottoms: \$60  
Two piece top: \$50      Two piece bottom: \$50

**Wrestling Mats and setup:** All wrestlers will help roll mats and set up the gym without having to be asked, prodded, or coerced into it. We run two very large tournaments and need everyone’s help to have successful tournaments. Sprints will be run if you are trying to get out of setting up or taking down mats.

**Trainer:** If a wrestler becomes injured he must first report to the coach before seeing the trainer. If he needs attention from the trainer he must see the trainer on his own time before practice begins. All injured wrestlers must be in the wrestling gym when practice begins and must not “hang out” in the training room. A wrestler should NOT go to the doctor before he has seen his coach and trainer. If this happens you will need a doctor’s note before you can return to practice or competition.

## **Conduct**

**Effort and wrestle offs:** There will be three official wrestle offs during the year. A wrestler must win 2 out of 3 matches in varsity wrestle off to win the varsity spot initially. Once the varsity spot has been established, the challenging wrestler must beat the varsity starter two out of three times to win the varsity spot.

**Note: Due to the shortened year, there may NOT be three official wrestle offs for the 2020-2021 wrestling season.**

Note: Once the varsity position has been established the challenging wrestler must win the first match to be eligible for the best of three series.

Note: The coaching staff may authorize additional wrestle offs for the starting spot if a wrestler is showing a lack of effort in practice and/or matches OR in extreme cases the coaching staff may pull the wrestler from the lineup without a wrestle off. This is not something the coaching staff wants to do, but not giving your best effort to your teammates and the program is unacceptable. Lastly, the coaching staff may authorize additional wrestle offs for any reason during the season.

Finally, to be eligible to challenge for a conference and regional wrestle off, a wrestler must have won a prior challenge at that weigh class. For example, a wrestler who has wrestled 106 all year cannot challenge at the 113 pound weight class unless he has won a prior challenge at 113 unless an exception is made by the coaching staff.

**Respect:** Wrestlers agree to treat teammates, coaches, managers, referees, parents and anyone else involved in the wrestling community with respect. This is a serious offense and the punishment is at the coaches’ discretion. The first offense could result in a wrestler being pulled from the lineup. A Barrington wrestler wins with humility and loses with dignity. Disrespect of any sort will not be tolerated.

**Making Weight:** A wrestler will make the weight class at which he has won the wrestle off. If a wrestler fails to make weight at a meet or tournament he will still make the weight he was scheduled to make that day and it must be seen by a coach. The second offense the wrestler may lose his starting spot.

**Cleanliness and picking up:** Wrestlers agree to pick up after practice, meets, on the bus, and anywhere at BHS or where we travel as a team. The first offense the team gets a warning.

**Appropriate Language:** Wrestlers will avoid swearing and foul language. Each offense is punishable by 25 pushups or more based on the coaches’ discretion.

**Team Bench:** There is no eating or having your cell phone on the team bench during dual meets. After a wrestler finishes his match he will run his sprints and then sit down to watch his teammates wrestle. There will be no pouting or sulking by yourself if you lose your match. Doing homework on the bench IS permitted.