

Capital “Eagles” Wrestling Student Athlete “Handbook”

Coaching Philosophy

While not every wrestler who comes through our program will be a “State Champion”, they will practice like a “State Champion”. There are no shortcuts! Not in wrestling and not in life. The harder you work the more success you will achieve. Every member of this team will not only become a better “Wrestler”, but will become a better “Young Man”. They will have established a strong work ethic that will benefit them the rest of their lives.

Coach Jody Webb



Wrestling

Student Athlete Training Rules:

All athletes and all sports must observe the following training rules. It is important that parents read and understand these rules and the associated consequences. The district coaches and administration adopted these rules on May 21, 1981.

The student athletes in District III, Boise athletics will:

1. Maintain passing grades in all subjects/pass 5 classes.
2. Observe the 90% attendance rule.
3. Provide the coach with a recent physical exam summary or interim questionnaire.
4. Provide the coach with proof of insurance.
5. Abstain from the use of tobacco, alcohol, smoking, profanity, and drug abuse.
6. Abstain from participating in any activity that will disrupt the regular school program or that will dishonor the school or team.

DISCIPLINE CONSEQUENCES OF BREAKING TRAINING RULES:

Any Athlete who breaks training rules faces any one of the following consequences:

1. Suspension from further participation, or
2. Temporary suspension from participation, or
3. Extra workouts, drills, etc.

Additional expectations of a Capital High School Wrestler:

1. CHS wrestlers are expected to attend every scheduled, mandatory practice.
2. If a CHS wrestler is unable to attend practice, prior arrangements must be made with Coach Webb.
3. An unexcused absence may result in losing the privilege to compete in the next event.
4. Any CHS wrestler who has a problem is expected to discuss it with a coach in private: **NOT** in front of the team.
5. CHS wrestlers are expected to treat parents, teachers, coaches, and officials with respect at all times.

Sportsmanship and General Conduct

1. Education comes first – wrestlers are expected to keep their grades up.
2. All wrestlers are expected to use appropriate language at all times.
3. Win or lose, CHS wrestlers are expected to conduct themselves in a sportsmanlike manner.
4. CHS wrestling team has a **ZERO TOLERANCE** policy for dishonesty and theft.
5. All wrestlers are expected to help move mats and set up prior to home matches.
6. Wrestlers are expected to sit with and support their teammates during competition.
7. After dual matches, the team will return to our locker room before being dismissed.

Rules for “Away Trips”

1. Be on time, or the bus will leave without you!
2. Obey all bus rules.
3. You are encouraged to return with the team when we travel as a team. A written note from a parent is required if you plan to return home with them.
4. On all dual matches, our entire team will make the trip together. For tournaments, only the competing wrestlers will go.