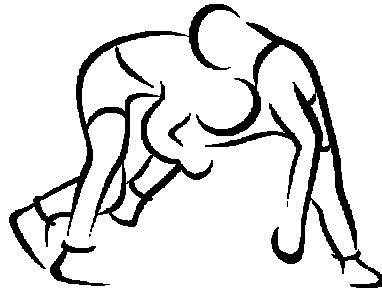


Torah Academy of Bergen County

Wrestling

A Tradition of Champions

2009-2010



Parent/Athlete Handbook

Coach Yoni's Cell Phone (646-305-8771)

Wrestlers must call to report any absence BEFORE the practice begins.

School Number

TABC Main Office (201-837-7696)

Table of Contents

Page 3.....	Why Wrestle
Page 4.....	Coaching Staff
Page 5-12.....	Guidelines
Page 6.....	Program Goals
	What does it take?
Page 6.....	Team Expectations
Page 7.....	10 Commandments
	Practices
Page 8-9.....	Absences
	Injuries
	Meet Guidelines
Page 9.....	Program v. Team
Page 10.....	Lineup Designation
	Academics
	Weight Management
Page 11.....	Nutrition
	Off-Season
	Summer
Page 12.....	Parental Support
Pages 13-14.....	Basic Wrestling Facts
Pages 15-16.....	Lettering Criteria
Page 17.....	Points to Remember
Page 18.....	Wrestler/Parent Contract

The Handbook is designed to provide parents and wrestlers with answers to any questions they may have. Please read through the whole thing and ask me any other questions you may have.

Why wrestle ?

Wrestling prepares a person to compete in the game of life. The wrestler is the one athlete that must meet their opponent and do battle completely on their own. No one can substitute and time outs are not possible. You have no one to check, screen, and block or assist you in anyway; there is no one to pass the ball to and no one to blame for your mistakes. When you win, you must display quiet pride and modesty; when you lose the responsibility is yours.

Wrestling is a unique sport. In other sports, when contact is made, they blow the whistle and stop the action; in wrestling when contact is made, we're just getting started.

No sport requires more sacrifice and discipline than wrestling. The individual, through self-denial, offers more of their character, than can ever be explained here. It is something you carry with you throughout your life, and through every trial, test, and tribulation. Wrestling ... truly teaches life skills and values.

Coaching Staff

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Guidelines

Program Goals

Goal Number One---Academic Success

That each wrestler realizes his academic success by aiming high, showing constant improvement, and carrying the work ethic learned from the mat into classroom.

Goal Number Two---Wrestling Success

That each wrestler achieve his greatest potential in athletic performance, and by doing so, they not only contribute to their own success as a high school wrestler, but also to the overall success of the wrestling team as well. The team will be known as a prestigious winning program.

Goal Number Three---Personal Growth

That each wrestler realizes a continuing maturity and perfection in his personal virtues, character traits, attitudes and habits. Each wrestler works hard, stays positive, and achieves. We want everyone to mature, develop self-confidence, and become a better person through learning self-discipline, cooperation, integrity, teamwork, and respect.

What does it take to be on the Storm wrestling team?

FIRST, you must be willing to pay the price for wrestling on a *great* wrestling team! To wrestle on this winning team, you must go all out in every practice session and match. Only good conditioning can give you the feeling of confidence and the physical ability necessary to go all out. Each and every team rule plays a definite role in attempting to achieve standards of conduct and in producing winning teams. Our standard of excellence applies to all parts of your life:

ALL OUT – 100% Effort
ALL THE TIME
ALL THE WAY!

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 our rules. You are representing the school, the Jewish people, the coaching staff, your parents, and all of your peers with all of your victories being their victories!

THIRD, the following qualities are desirable and worth striving for on the part of Storm 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 Nicholas) “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: “The important thing in life is to try to be your best. Be honest with yourself, your family, your friends, and your community. An honest commitment means 100 percent. It means loyalty, and it means being able to be counted on in the clutch.” (Joe Paterno) “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. (Joe Lewis) Courage is the first of human qualities, because it is the quality, which guarantees all others. (Winston Churchill)

Team Expectations: JUST DO RIGHT

Live an **honorable** life. Do what is right and avoid what is wrong. These rules are based on common sense and civility.

1. Arrive promptly at team activities
2. Obey the coaches
3. Maintain academic standards
4. Behave with dignity
5. Be honest

In other words, we ask you to *behave like responsible adults*. We are simply asking you to do things right the first time. We are not into guilt or huge amounts of discipline. Our discipline goal is to inflict short-term pain to lead you to a long-term gain. It is not our decision to discipline it is yours. The choice is simple; you need to choose to "Do Right". **Champions** don't complain about restrictions, they take pride in them. They understand that their willingness to sacrifice places them in that rare breed of individual who will do whatever is necessary to attain goals.

A CHAMPION is a person that gives every thing they have to fulfill a goal.
Notice it does not say win!! Winning is simply the by-product of doing things right!

What is a Torah Academy Wrestler?

A Torah Academy Wrestler always follows the 10 Commandments of wrestling. These align with the pillars of pursuing victory with honor.

TEN COMMANDMENTS OF WRESTLING:

- 1 - Thou Shall Not Make Excuses
- 2 - Thou Shall Listen To Coaching Staff
- 3 - Thou Shall Not Miss Practice
- 4 - Thou Shall Not do other activities to risk injury during wrestling season
- 5 - Thou Shall Have Team Leadership
- 6 - Thou Shall Not Miss Weight
- 7 - Thou Shall Not Have Poor Sportsmanship
- 8 - Thou Shall Not Quit
- 9 - Thou Shall Not Be Intimidated
- 10 - Thou Shall Not Forget What Parents Have Done

Practices

Practice times: Practice will run from 5:55pm to 8:05pm on school days and from 9:15 to 11:30am on Sundays preceded by mandatory minyan at 8:15am. Everyone will practice together on Sundays and Thursdays. Gold Practices will take place on Mondays and Blue Practices on Tuesdays. Every wrestler will be attending either blue or gold practices every week for a total of 3 practices per week. Coaches will decide which practices each wrestler is to attend.

Practice Dress: All wrestlers must have their own water bottle everyday. It must be filled up before practice. All wrestlers must wear a T-Shirt and shorts to practice. School clothes will not be permitted. Their shirt must be tucked in. WASH YOUR WORKOUT CLOTHES OFTEN, HAVE CLEAN WORKOUT CLOTHES EVERYDAY. Head gear should be worn during all wrestling activities; stretching, live wrestling, drilling...

Practice Attitude: Team members are to show good character on the mat as well as off. Foul language will not be tolerated. Childish stunts, which include but are not limited to hazing, will not be tolerated (tricks, picking on others.....). Hustle in and out of all demonstrations and coaching discussions. Get to work right after being told to do so. Once wrestling begins wrestlers are not to sit down or leave the wrestling area unless instructed by a coach.

Contagious skin rashes: If a wrestler has any kind of skin rash, he must bring it to the attention of the coach. Before a wrestler is eligible for competition, he needs to show a doctors note to the referee (If visible) granting him permission for competition. Covering the rash is NOT acceptable for competition. All wrestlers must provide a note from the doctor clearing them to resume practice after a skin infection.

Equipment: Each wrestler is responsible for all equipment issued. Equipment is to be returned within one week of the Wittenberg Tournament, or the last day a wrestler remains on the team. There will be a \$2 dollar per day fee for everyday the equipment is turned in late or the fine for lost equipment. The same \$2 dollar fee will be charged for any wrestler that quits. (Example: If a wrestler quits on a Thursday all equipment is due the following Thursday) The cost for equipment lost is as follows: Team Warm-up \$50, Singlet \$75.

Practice Absence Procedures

If a wrestler is going to be absent from practice on any occasion, he must call Coach Yoni explaining the reason before the practice begins. I will check my messages before every practice (646-305-8771). By the time practice begins everyone will be accounted for. A wrestlers call does not excuse an absence. Excused absences are deemed by the coaching staff. Unexcused absences could result in dismissal from the team.

Pre-Arranged Absences

If you know you will miss practice for an appointment or family function, you must contact me in advance. Vacations: Wrestling falls at a tough time with the Torah Academy schedule. There are two vacations times: Channuka break and January winter break. Please try not to plan family vacations through this time. If you do the coaching staff needs to know ASAP.

Injury Policy

If you are injured you are still required to attend practice, dress for practice and do what you can or is deemed you can. (Learning moves, drilling, pushups, conditioning) If you feel your injury is so severe that you can't practice, I must be contacted before hand. You will still be required to be there to run errands and help out other wrestlers, unless I specifically excuse you.

Meet Guidelines

Always be at weigh-ins **on-time** and **on-weight**. Be prepared for weigh-ins; haircut, clean-shaven, fingernails trimmed, jewelry off.

Pay attention to the lineup and order. When the 103-pound match is finished, the 119-pounder should begin to warm up. This concept should be followed throughout the dual unless the weights are in a different order as noted above. In other words, the next two

wrestlers should always be warming-up. *Warm* does not mean you did five jumping jacks, it means you broke a sweat and your heart rate is way up.

Pay attention to the match in progress and only say words of encouragement. **Leave the coaching to the coaches.**

Stay at the bench with the team at all times dressed in match attire (no T-shirts)... Parents and friends are not part of the team and do not belong with you at this time.

At the conclusion of the dual, all wrestlers will form a line, shake hands with the opposing team, and meet with the coaches to discuss the meet. If it is a home dual, all wrestlers will help clean up.

Basic Procedures: We are a team and you must always cheer on your teammates. After every match you wrestle you must not show extreme emotion. WIN OR LOSE. You will run off the mat after shaking the opposing coaches hand and go back to the team bench, not to parents or fans. We expect all wrestlers to wear their team warm-up and a kippah while sitting on the bench or at a tournament.

Home meets (Duals): Every wrestler must attend the dual from start to finish. We will need everyone to move the mats to and from the wrestling room.

Weigh-in: For home meets all wrestlers will need to be prepared at least 1hr before the scheduled start time. We will do the weigh-ins about 1 hour before the meet starts. All wrestlers are required to aid the captains in setting up the gymnasium for matches.

Away meets (Duals): All wrestlers must be ready to leave at the designated time on the bus. ALL WRESTLERS MUST GO AND LEAVE WITH THE TEAM.

Weigh-in: We weigh in as soon as we get to the away site.

Tournaments: We compete in a few select tournament every season. We will always meet in front of the school unless other wise stated. We meet early anytime between 5:30-8:00am. Make sure you pay attention to times. Wrestling tournament's usually last most of the day. ALL WRESTLERS MUST GO AND LEAVE WITH THE TEAM.

Program vs. Team – Who's on the Team?

The Storm Wrestling Program is composed of those who participate in practices, matches and/or wrestling events. Most years, the Storm Program includes managers and other students who are part of our program, but not necessarily on the "team". Some people even practice with the program, but are not afforded the privileges of being on the team. All parts of our program are very important and appreciated, we need their support.

Wrestling is both an individual and team sport. While only 14 wrestlers officially wrestle in a dual meet, the Storm coaches have made the commitment to get each and every Storm wrestler adequate mat time. Every wrestler participates in the annual Wittenberg Tournament, no matter if they are the best or worst Storm wrestler in each weight class.

The Torah Academy wrestling program will feature both a varsity and junior varsity lineup made-up of members of the program. Every wrestler has the ability to make the lineup.

Lineup Designation

The varsity line-up is determined by wrestle offs, although coaches will have the final say in determining the weekly dual meet lineup. The decision will be based on the following criteria: Practice attendance, Work Ethic in Practice, Attitude, Citizenship, Challenge Matches

If a wrestler has satisfied the requirements listed above, he may challenge according to the challenge schedule and rules. All challenges must be requested prior to the beginning of practice. We will limit wrestle offs to no more than 3-5 times a year.

CHALLENGE MATCH RULES

1. Early Season Rankings will be determined by coaches. Challenge matches are conducted on special designated days, usually Sundays
2. Varsity challenges will be timed at 2 minutes per period (run continuously, no stopping of clock.)
3. Challenges may not take place before a match unless the challenger is within 3 pounds of the weight limit.
4. If you expect to challenge, let the coaches know in advance so that special time will be allotted for the bouts. (Sign-up)

Academics

All wrestlers are student athletes! Student comes first! However missing practice for homework is unacceptable. Wrestlers must be able to balance the school load and the athletic load at the same time.

Academic Help: We are glad to assist any wrestler who needs help with their school work. If any wrestler needs extra help we will find a way to help them in order for them to succeed.

Weight Management

Wrestlers have gotten the reputation for excessive weight reduction, but the Torah Academy of Bergen County does not advocate excessive weight loss. We expect every wrestler to carefully monitor his weight and act responsibly. Keeping the right weight is important. Keep in mind; I will never make a kid cut weight. They choose to go to that weight class. (Within my parameters) It is their responsibility for making the weight.

Wrestling weight classes: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, HVY (Max 285). All weight classes get a 2 pound growth allowance after February 1st.

Nutrition

The competitive weight classes are designed to ensure the safety of the wrestler by matching athletes of relatively equal size, and to provide competition on an equitable basis. The unique feature of competitive weight classes affords a wrestler the opportunity to learn healthy life-style habits. A working knowledge of body composition, weight control, nutrition, muscle strength and cardiovascular conditioning is beneficial to optimum wrestling performance.

Competitive weight classes present many nutritional challenges to the high school wrestler. To be effective, wrestlers must remain well nourished and properly hydrated while attempting to compete at a weight that supports a minimal body fat.

Weight classes reward a wrestler for properly achieving an optimal competitive wrestling weight. Well planned meals that include a variety of healthy food choices combined with vigorous exercise frequently results in optimal competitive wrestling weight, a weight that has a maximum muscle mass, minimum body fat (6%-7%) and proper level of hydration.

An effective weight control program that is planned in advance, has clearly documented and reasonable goals, and is organized around a sound knowledge of nutrition and fitness will bring a wrestler to his optimal competitive wrestling weight with the greatest success.

Off-Season

When the season ends we take about 10 days off and then start right back into our club team. These practices are generally twice a week after school. The practices are imperative for use to grow to the level of being a top caliber program. Please plan on wrestling in the off-season as much as possible. The off-season generally runs from March - May. May wrestlers attend tournaments and even summer clubs and wrestling camps. Please pay attention for these updates.

Summer

We encourage every TABC wrestler to attend at least 1 wrestling camp in the summer. Ken Chertow provides kosher food and accommodations at his camps for our boys. I encourage all the wrestlers to go to individual camp as well as local wrestling clubs. The more time put into practicing wrestling the better each wrestler will become. Information in this area will always be given out towards the end of year.

Parent Support

We as a team need all the parent support we can get. PLEASE SUPPORT YOUR KIDS. Simple things like attending matches makes a huge difference to the boys and shows them your support. With a tight budget we need parents to help out as much as possible, especially with fundraising. We also need support for our home matches. We are also looking for motivated parents to serve as “Team Parents”. These parents help coordinate team activities, events, and fundraisers. Please email me right away and let me know your interest level in helping. gemdyl@yahoo.com

Basic Wrestling Facts

There are five ways to score points in a wrestling match:

1. Takedown - (2 points) You score two points for taking your opponent down to the mat and controlling him/her.
2. Escape - (1 point) You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.
3. Reversal - (2 points) You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.
4. Near Fall (Back Points) - (2 or 3 points) You get near fall points when you almost but not quite get your opponent pinned. A near fall (near pin) is when both shoulders are held for two seconds within four inches of the mat, or one shoulder touches the mat and the other shoulder is at a 45 degree angle coming down to the mat, or the wrestler is held in a high bridge or back on both elbows. If a near fall lasts for two seconds, you get 2 points. If a near fall lasts for 5 seconds, you get 3 points.
5. Penalty Points - (1 or 2 points) Your opponent is awarded points if you commit the following infractions.

Illegal Holds - There are several holds that the referee will penalize you for without warning. (There are other holds call "potentially dangerous holds" which the referee might make you let go of but will not penalize you for).

Technical Violations. Going off the mat to avoid wrestling ("fleeing the mat.") Grabbing clothing, the mat, or the headgear. Incorrect starting position or false start (You get two cautions before points are awarded). Locked or overlapped hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent's body or both legs unless you have your opponent in a near pin, or your opponent stands up and has all his/her weight on two feet. Leaving the mat during the match without the referee's permission. Figure 4 head scissors from the neutral position.

Unnecessary roughness

Unsportsmanlike conduct

Flagrant Misconduct (ejection, the match is over)

Stalling (you get one warning before you are penalized and points are awarded). The first and second time you are penalized, your opponent is awarded one point. The third time you are penalized, your opponent is awarded two points. The fourth time you are penalized, you are disqualified. (Except for illegal starting position or false start - you are cautioned twice, then one point awarded for each infraction, but you will not be disqualified).

These rules apply to the type of wrestling done in the United States in College, High School, Junior High, Middle School, and most youth wrestling. This type of wrestling is often referred to as "folkstyle" wrestling. The rules for "freestyle" and "Greco-roman" wrestling, as is done in the Olympics and internationally, are a little different.

Dual Meet Team Scoring

Fall, Forfeit, Default, Disqualification - 6 team points

Technical Fall (getting ahead of your opponent by 15 points ends the match) - 5 team points

Major Decision (winning the match by 8 - 14 points) - 4 team points

Decision (winning the match by fewer than 8 points) - 3 team points

Lettering Criteria

A Varsity Wrestling letter (eligibility to purchase a wrestling varsity jacket) will be awarded to any wrestler who meets one of the qualifications outlined below and finishes the year in good standing with the coaches, team, and the school administration.

Points – 100 points needed to letter

a. Wrestle a match	1 points
b. Victory by decision	2 points
c. Victory by pin or tech fall	4 points
d. Missing weight for competition	-2 points
e. Tournament Participation	3 points
f. Wittenberg Placing	
i. 1 st Place	16 Points
ii. 2 nd Place	14 Points
iii. 3 rd Place	12 Points
iv. 4 th Place	8 Points
v. 5 th Place	4 Points
g. Tournament Placing (besides Wittenberg)	
i. 1 st Place	8 Points
ii. 2 nd Place	6 Points
iii. 3 rd Place	4 Points
iv. 4 th Place	2 Points
h. Wittenberg Awards (Dominator, MOW, CoC)	8 Points
i. Perfect Practice Attendance	25 Points
j. General Practice Attendance	12 Points
k. Off-season Practices	10 Points
l. Summer Wrestling Camp	2 Points per day
m. Summer Wrestling Club	10 Points
n. Erez Wrestling Coach (Full-time in Fall or Spring)	10 Points
o. Varsity Line-up Spot (Consistently for entire season)	14 Points

Definitions

Perfect Practice Attendance – no more than 4 missed practices including both excused and unexcused absences

General Practice Attendance – no more than 7 missed practices including both excused and unexcused absences

Off-season Practice Attendance – consistent attendance to off-season practices, determined by coaches

Varsity Line-up Spot – maintaining a consistent spot in the varsity lineup for an entire season

***Final decisions on letter winners will be made by the coaching staff ***

Advancement

Wrestlers are eligible to earn chevrons/stripes as a symbol of their dedication and merit on the wrestling team beyond a simple letterman's Jacket. Chevrons are to be placed on the varsity jacket and will be awarded as follows:

1st Level Chevron – 225 Cumulative Points

2nd Level Chevron – 350 Cumulative Points
3rd Level Chevron – 475 Cumulative Points
4th Level Chevron – 625 Cumulative Points

Chevrons are strictly merit based. Wrestlers must annually talk with the coaches to discuss their progress towards additional chevrons.

The coaching staff retains the right to all final decisions regarding varsity letters, chevrons and varsity jackets. The coaching staff may disqualify a wrestler for any of above awards based on the wrestlers' actions both in and out of practice. This includes the right to revoke any awards including a varsity jacket as long as the student is in TABC.

Points to Remember:

1. Be on Time! This means ready to wrestle or workout at the start of practice. Get to practice early. 15 minutes is plenty of time to dress and be ready for practice. Practice starts at 5:55pm, and begins with the captains warm-ups (25 minutes). If all are here on time, we all leave on time. Headgear should be worn during practice. Practice ends at 8:05pm
2. **EXTRA DRILLING OF MOVES** should be done at least every other day. **DRILL FOR PERFECTION.** Extra efforts give you the edge over your competitors.
3. Practice of maneuvers is essential. When you get in the wrestling room, work at something which will make you better. No live wrestling until a coach is present.
4. Never miss practice. If you have an issue inform the coach immediately. If you are temporarily injured, go to the wrestling room anyway. If you must miss practice, inform the head coach beforehand.
5. Record weight daily after practice.
6. **SHOWER EVERY DAY IMMEDIATELY AFTER PRACTICE**
7. Keep your gear clean.
8. Keep your locker locked. You are responsible for all gear issued to you. Do not lend or trade without the coach knowing. Your complete gear is expensive. You will be charged for lost singlets and will be required to purchase a new warm-ups if lost.
9. Remember your actions before, during and after wrestling matches are a direct reflection on our team.
10. Show up fifteen minutes before departure time for any meets or Tournaments. Do not eat meats or sugared drinks prior to events.
11. Develop a desire for winning, strive for excellence, train faithfully and believe in yourself.

Wrestler and Parent contract

I _____ and _____ understand all of the team guidelines and will follow them to the standard set by the School and Coaching staff. I have read and understand the following:

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Wrestlers Signature: _____

Parent Signature: _____