

PARK WRESTLING

MISSION STATEMENT

Park Wrestling will be comprised of a group of men who are selflessly committed to one another. We will hold each other accountable to the standards that we have chosen by own volition, to live by. No individual needs or goals will be met at the expense of Park Wrestling's integrity or success. We will create goals, devise plans to achieve them and then execute those plans with a Relentless Pursuit of Excellence. We will always communicate our thoughts and concerns honestly. We will use the gift of Park Wrestling as a vehicle to become better students, athletes and men.

Park Wrestling...

The Program is Above Us All!

PARK WRESTLING

T E A M
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TEAM — A COLLECTION OF DIVERSE INDIVIDUALS STRIVING AND SACRIFICING TOGETHER TO ATTAIN COMMON GOALS.

** AS A TEAM OUR GOAL IS TO WIN A CHAMPIONSHIP. TO DO THAT WE MUST RESPECT EACH OTHER AND DO WHAT IS BEST FOR THE TEAM AND THEN WHAT IS BEST FOR THE INDIVIDUAL.

“ BELIEVE IN YOURSELF ”

BELIEVE IN YOU TEAMMATES ”

“ BELIEVE IN THE PROGRAM ”

A WRESTLING PROGRAM CANNOT FUNCTION EFFECTIVELY WITHOUT LEADERSHIP. ALL THOSE WHO ARE IN A LEADERSHIP POSITION MUST UNDERSTAND THAT; THE BEST WAY TO LEAD IS

“BY EXAMPLE”

PARK WRESTLING

A PROGRAM WRESTLER...

- UNDERSTANDS THAT SCHOOL AND ACADEMIC CONCERNS COME FIRST. HE UNDERSTANDS THAT HE IS IN SCHOOL TO WORK FOR AN EDUCATION; NOT ONLY TO WRESTLE.
- FOLLOWS THE RULES AND SCHEDULES ESTABLISHED BY THE SCHOOL AND COACHES.
- PRACTICES SELF-DISCIPLINE.
- RESPECTS HIS SCHOOL, HIS PARENTS, HIS TEACHERS, HIS COACHES, HIS TEAMMATES AND HIMSELF.
- HAS A DEEP COMMITMENT TO MAKING HIMSELF THE BEST PERSON POSSIBLE.
- IS A ROLE MODEL FOR HIS TEAM AND HIS SCHOOL.

A PROGRAM COACH...

- IS HONEST AND LOYAL TO HIS WRESTLERS.
- MAKES ALL DECISIONS BASED ON WHAT IS BEST FOR THE TEAM FIRST, AND THEN THE INDIVIDUAL.
- IS AN EDUCATOR THAT TRULY BELIEVES IN THE VALUE OF EDUCATION.
- PROVIDES THE LEADERSHIP AND TRAINING NECESSARY TO ACHIEVE THE GOALS OF BOTH THE TEAM AND INDIVIDUAL.
- WORKS HIS WRESTLERS HARD TO MEET THEIR POTENTIAL.
- ASSISTS HIS WRESTLERS IN ANYWAY POSSIBLE TO BECOME CONTRIBUTING MEMBERS OF SOCIETY.
- HELPS HIS WRESTLERS REACH THEIR GOALS.
- CARES FOR AND RESPECTS HIS WRESTLERS.
- IS A ROLE MODEL FOR HIS TEAM.

PARK WRESTLING

“DO NOT ENGAGE IN ANY BEHAVIORS THAT MAY TARNISH THE REPUTATION OF YOURSELF, YOUR FAMILY, YOUR TEAMMATES, OR ANYONE INVOLVED IN OUR WRESTLING PROGRAM.”

THIS SINGLE STATEMENT ADDRESSES THE DEMANDS THAT ARE TO BE PLACED UPON YOU BY THIS WRESTLING STAFF. YOU SHOULD BE AWARE THAT IT IS A PRIVILEGE TO REPRESENT OUR WRESTLING PROGRAM AND WITH THAT PRIVILEGE COMES RESPONSIBILITY. THE IMAGE PRESENTED BY YOU IN AND OUT OF UNIFORM IS GENERALLY ACCEPTED BY THE PUBLIC TO BE THAT OF A

“PARK WRESTLER”,

NOT NECESSARILY YOUR OWN.

PARK WRESTLING

TIME COMMITMENT

FROM THE DAY AFTER THANKSGIVING UNTIL THE END OF MARCH, NEXT TO YOUR ACADEMIC RESPONSIBILITIES, WRESTLING WILL CONSUME THE GREATEST AMOUNT OF YOUR TIME.

THROUGHOUT THE SEASON, THE WRESTLERS ATTENDANCE AT PRACTICES AND TEAM COMPETITIONS IS MANDATORY. THIS INCLUDES ALL SCHOOL VACATIONS.

AS A MEMBER OF THE ROSELLE PARK WRESTLING TEAM, THE WRESTLER CAN EXPECT TO EITHER PRACTICE OR COMPETE EVERY SATURDAY AND MOST SUNDAYS FOR THE ENTIRE SEASON.

IF SCHOOL IS CANCELED, PRACTICE WILL STILL TAKE PLACE AT 3:00. THE WRESTLER WILL BE NOTIFIED OF ANY CHANGES.

AWARDS

RECOGNITION WILL BE GIVEN TO ALL WRESTLERS AT ALL LEVELS (JV & VARSITY) IF THEY COMPLETE THE OBLIGATIONS OF A FULL SEASON. AWARDS WILL BE GIVEN TO THE WRESTLERS BASED UPON THEIR CONTRIBUTIONS, DEDICATION AND COMMITMENT, AS DETERMINED BY THE COACHING STAFF.

COMMUNICATION

PART OF MATURATION DEALS WITH BEING ABLE TO COMMUNICATE. WRESTLERS AND COACHES ARE EXPECTED TO COMMUNICATE IF SPECIFIC SITUATIONS ARISE BEFORE THEY BECOME A PROBLEM.

LOYALTY IS VERY IMPORTANT TO A SUCCESSFUL WRESTLING PROGRAM. IF YOU ARE FRUSTRATED, DISSATISFIED, OR CONFUSED ABOUT SOMETHING IN OUR PROGRAM, YOU CAN FIND A SOLUTION WITHIN THE WRESTLING FAMILY, NOT OUTSIDE OF IT. WE CANNOT ACCEPT AN INDIVIDUAL WHO CHOOSES TO EXPRESS HIS DISLOYALTY OUTSIDE OF OUR PROGRAM.

AS ALWAYS, PARENTS/GUARDIANS AND WRESTLERS CAN CONTACT ME AT HOME 241-3836 OR ON MY CELL PHONE 578-3944 REGARDING ANY QUESTION OR CONCERNS. YOU CAN ALSO COMMUNICATE THROUGH YOUR CAPTAINS, TEAM LEADERS, AND ASSISTANT COACHES. BUT REMEMBER THERE IS A TIME AND PLACE FOR THIS COMMUNICATION.

PARK WRESTLING

PRACTICE

OUR MATCH PERFORMANCE IS DEPENDENT ON THE QUALITY OF OUR PRACTICE SESSIONS. YOU MUST ATTEND AND BE ON TIME FOR ALL SCHEDULED PRACTICES AND MATCHES. IF YOU ARE TO MISS OR BE LATE FOR PRACTICE YOU MUST NOTIFY ME; MR. RANIERI PERSONALLY BEFORE HAND. YOU CAN REACH ME ON A CELL PHONE ANYTIME (908) 578-3944.

“JUST AS IRON SHARPENS IRON ONE MAN MUST SHARPEN ANOTHER”

WHO WRESTLES?

AS IN OTHER SPORTS THE DECISIONS AS TO WHICH ATHLETE WILL REPRESENT THE SCHOOL IN ANY GIVEN CONTEST IS UP TO THE DISCRETION OF THE COACH.

WRESTLE-OFF MATCHES WILL TAKE PLACE ON SCHEDULED DATES IN THE MAIN GYM. ALL WRESTLERS WILL HAVE THE OPPORTUNITY TO EXHIBIT HOW THEY COMPARE TO OTHER WRESTLERS ON THE TEAM. THESE MATCHES WILL BE OFFICIATED BY A VARSITY OFFICIAL OF THE UNION/ESSEX CHAPTER.

ALL CHALLENGE MATCHES WILL BE HELD IN THE WRESTLING ROOM BEFORE PRACTICE. CHALLENGE MATCHES ARE NOT BINDING, HOWEVER ARE AN EXCELLENT OPPORTUNITY FOR WRESTLERS TO DISPLAY THEIR ABILITY. IN ADDITION, ADHERENCE TO TEAM RULES AND MATCH STRATEGY ARE FACTORS THAT WILL BE USED BY THE COACHING STAFF TO DETERMINE WHICH WRESTLER REPRESENTS THE SCHOOL.

THE COACHING STAFF WILL MAKE THE FINAL DECISION IF A WRESTLER-OFF OR CHALLENGE MATCH IS NECESSARY. THE COACHING STAFF WILL ALSO RESERVE THE RIGHT TO ADJUST THE LINE-UP ACCORDINGLY. IT MUST BE REMEMBERED THAT WRESTLING IS ALSO A **TEAM** SPORT.

PARK WRESTLING

WEIGHT LOSS

THE PRIMARY PURPOSE OF ANY WEIGHT MANAGEMENT PROGRAM IN WRESTLING IS TO ENSURE THE FUTURE SAFETY AND HEALTH OF SCHOLASTIC WRESTLING PROGRAMS AND TO MAXIMIZE THE PERFORMANCE OF THE INDIVIDUAL WRESTLER. THIS PACKET CONTAINS THE NWCA WEIGHT CERTIFICATION INTERNET CALCULATOR PROGRAM FOR YOU AND YOUR SON TO UTILIZE DURING THE SEASON. VISIT THIS PROGRAM AT NCWACALCULATOR.COM

AT THE BEGINNING OF THE SEASON PARENTS/GUARDIANS, WRESTLERS, THE SCHOOL DOCTOR, ATHLETIC TRAINER AND THE COACH, WILL DETERMINE A SUITABLE MINIMUM WEIGHT THAT THE ATHLETE MAY COMPETE AT. THE DOCTOR, TRAINER AND COACH WILL PROVIDE A PROFESSIONAL EVALUATION BASED UPON THE WRESTLERS PRESENT WEIGHT, PHYSICAL MATURITY AND EXCESS BODY FAT. THIS MINIMUM WEIGHT IS DETERMINED THROUGH WEIGHT CERTIFICATION. THIS IS NOT NECESSARILY THE WEIGHT THE ATHLETE MUST OR WILL COMPETE AT. THE WRESTLERS WEIGHT WILL BE RECORDED BEFORE AND AFTER PRACTICE ON A DAILY WEIGHT CHART, SO THAT THE ATHLETES WEIGHT CAN BE MONITORED AND CONTROLLED.

GENERAL GUIDELINES

- ATTEND ALL PRACTICES.
- THE MATS WILL BE WASHED & SETUP, AND WRESTLERS SHOULD BE WEIGHTED IN AND PREPARED TO START PRACTICE AT 3:00PM / 10:00AM / 11:00AM.
- PRACTICE SESSIONS WILL BE APPROXIMATELY 2:30 HOURS.
- HEAD GEAR SHOULD BE WORN FOR ENTIRE PRACTICES.
- NEVER LEAVE PRACTICE OR COMPETITION AREA WITHOUT PERMISSION.
- REMEMBER TO WEIGH IN AND OUT WHILE A COACH WILL RECORD YOUR WEIGHT.
- YOU MAY NOT PARTICIPATE IN PRACTICE OR MATCHES IF YOU ARE ON A MEDICAL EXCUSE.

PARK WRESTLING

KEEPING WRESTLER SAFE

15 STEP SKIN INFECTION PREVENTION PROGRAM

1. CHECK SKIN DAILY FOR BREAKS AND ABNORMALITIES.
2. MAKE SURE ALL WOUNDS ARE REPORTED, EXAMINED, CLEANED, AND APPROPRIATELY TREATED.
3. HAVE THE SCHOOL DOCTOR, TRAINER, AND COACH EVALUATE ANY SKIN LESION OR INFECTION. THE ATHLETE MUST HAVE A NOTE THAT CLEARS HIM OF CONTAGIOUS DISEASE BEFORE HE MAY WEIGH IN FOR THE EVENT OR PARTICIPATE IN ANY SESSION.
4. WASH HANDS REGULARLY DURING THE SCHOOL DAY AND BEFORE EACH PRACTICE SESSION
5. APPLY SKIN PROTECTION (CK 99 ANTIMICROBIAL INSTANT SKIN SANITIZER)
6. SHOWER WITH SOAP IMMEDIATELY AFTER EACH PRACTICE AND EVENT.
7. AVOID ABRASIVE UNIFORMS AND WRESTLING GEAR WHICH MAY CAUSE SKIN SORES AND PREDISPOSE ATHLETES TOWARD INFECTION.
8. NEVER SHARE EQUIPMENT AND UNIFORMS.
9. NEVER SHARE A SHAVING RAZOR.
10. KEEP UNIFORMS CLEAN
11. WEAR FULL LENGTH PANTS AND LONG SLEEVE SHIRTS, ESPECIALLY DURING PRACTICE SESSIONS.
12. KEEP NAILS TRIM.
13. NEVER SHARE TOWELS OR SOAP.
14. IF A SKIN SORE IS PRESENT, DRY THE INFECTED AREA LAST WITH A TOWEL TO AVOID SPREADING THE INFECTION TO UNINFECTED AREAS.
15. MAKE SURE WRESTLING MATS, LOCKER ROOMS, WEIGHT ROOMS, AND SHOWERS ARE DISINFECTED BEFORE AND AFTER EACH PRACTICE SESSION.

PARK WRESTLING

In life, the absolute number #1 reason men do not succeed at high levels is because of one word...**FEAR**. What do they fear? They fear the risk of working as hard as they can with relentless efforts and possibility not reaching their goals. They wonder if it is worth it to work that hard and still have to face the possibility of not achieving all the goals they hoped to accomplish. They have one word for men who think like this...**LOSERS**.

Historically, men who have achieved great feats were usually the **ONLY** ones who believed they would actually do it. School teachers laughed at Albert Einstein's "Theory of Relativity", IBM told Bill Gates that Microsoft windows was a concept that would never work, the 1984 US hockey team of 18 year old kids defeated a team of Russian all-stars, who were the best team in the world, Buster Douglas was predicted to get ko'd in the 2nd round with his fight against Mike Tyson (the greatest boxer in the world) and knocked him out cold, the last two Super Bowls we were able to witness the New York Football Giants as double digit underdogs to the undefeated New England Patriots defeat them in the Super Bowl, the Pittsburgh Steelers win a Super Bowl as the 6th seed; playing all away games (the first time in NFL history) and settlers told George Washington that we could never defeat the British and re-claim our nation. What if all these men thought and lived like most **LOSERS**???

If your family or friend were being threatened and attacked; what would you do? Only decide to protect them if you felt that you could defeat them or would you fight without hesitation. Real men do not think about negative consequences when they attack their goals. They simply rely on their primal instinct to fight and attack. These are the men of **PARK WRESTLING**. These are the men we must strive to be everyday.

What happens in wrestling is no different. Each week multiple groups of high school age boys will attempt to defeat us. Does it matter who they are?? Is it anything to even think about?? How hard will you fight in practice and competition to protect our **PRIDE & TRADITION**?? Ultimately, when you leave this program your worth is measured by the loyalty and commitment to those who cared deeply about you. Think about your own future for a moment... when you leave; how do you want to be remembered?? Real men want to be remembered, as those who fought the fight, no matter whom the enemy, what the cost, or what the consequences were.

I want to be remembered as:

“A leader of a fight that never ended. A fight that was always
just in cause and produced great and fearless men...

PARK WRESTLING FOR LIFE”

PARK WRESTLING

program

guide

2009-2010