

La Crosse Middle School Wrestling

Program Philosophy

GENERAL EXPECTATIONS

1. Do their best to excel in the classroom, this is #1 for a reason!
2. Represent La Crosse Middle School Wrestling in a positive manner.
3. Give their best effort every day regardless if its sports or just life.
4. Be committed to the program, show up for every practice ready to work.
5. Help each other get better and be a good teammate.

THE TOTAL PERSON

The La Crosse Middle School Wrestling program will not be concerned simply with wrestling-related issues. Our goal is to create positive, productive CITIZENS! We will develop young athletes who understand the importance of academics, work ethic, first-class behavior, and perseverance. We will NEVER compromise the integrity of our athletes or ourselves to win matches. When the community speaks about our program, we want them to say we develop quality individuals, not just quality wrestlers. Success is not so much an occurrence as it is an attitude.

PRACTICE TIMES AND EXPECTATIONS

3:00-4:45 Mon-Tues-Thurs-Friday

3:00-4:30 Weds

There is a bus that will bring you to Logan Middle and then back to Longfellow each day. You need to get down to the bus as soon as possible to make sure you do not miss it. This is the same bus that gets you too and from meets. If you're not sure where to get on the bus, ask the office or Mrs. Eliason. We will hand out a meet schedule the 1st day of practice.

You must wrestle as hard in practice as you would in the state finals. Preparation is the key to success. Your attitude when you enter the room will be to learn, to improve, to help your teammates, and at all times, to wrestle hard. All team members are required to attend practice every day. An UNEXCUSED practice during a week of a meet may result in not participating in that week's meet/tournament. ***If you need to miss a practice/match for family or academic reasons, let Coach King know ahead of time. All absences must be accompanied by a parent or teacher note in order to be excused.***

COMPETITION

You are not required to compete. Though we would like to see you compete at some point in the season, it is not a requirement. At wrestling meets, we generally try to pair you up with other wrestlers of equal ability when possible. We generally have meets on Tuesday's and those go till about 7pm or so. We will travel on a bus as a team to the meets and the bus will still bring you back to Longfellow after we are finished with the meet.

APPEARANCE / TEAM DRESS CODE - At no time shall a team member wear any clothing that makes reference to drugs, refers to or contains any distasteful or profane words. We would like our athletes to wear gym shorts or sweat pants with a sleeved t-shirt or sweatshirt for practice. Compression cloths are also ok. Each day is a new set of clean cloths. Hygiene matters.

SCHOOL RULES & GRADES - Our school rules, regulations, and grades come first! Wrestling comes second after the above have been taken care of properly. All students are expected to be in school at least 1/2 day the day of a competition to be eligible to compete

Wrestling will eventually end, but your education will last a lifetime. **SCHOOL IS YOUR NUMBER ONE PRIORITY!**