

Springfield High School Wrestling



Program Handbook 2018-2019

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2018-2019 Coaching Staff

Head Coach: Kyle McClain

- Years with program: 6
- Wrestling experience: 4 years Sherwood High School; 3X OSAA 5A State Qualifier; member of 2010 Team Oregon Junior National Team
- Contact information: kyle.mcclain@springfield.k12.or.us; 503-724-9211
- Education experience: Sherwood High School graduate; University of Oregon graduate with a Bachelor of Arts in History; Northwest Christian University graduate with a Master of Arts in Teaching; PE teacher at Hamlin Middle School

Head Assistant Coach: Misael Hernandez

- Years with program: 2
- Wrestling experience: 4 years at Springfield High School; 2X OSAA State Qualifier
- Education experience: Springfield High School graduate; student at University of Oregon

Assistant Coach/Girls Associate Head Coach: Katie Kelly

- Years with program: 1
- Wrestling experience: 4 years at Marana High School; president and member of University of Oregon wrestling club
- Education experience: Marana High School graduate (Tuscan, AZ); current student at University of Oregon

Assistant Coach: Charles Hardage

- Years with program: 1
- Wrestling experience: 4 years at Riddle High School; OSAA 1A/2A State Champion and 2X State Qualifier
- Education experience: Riddle High School graduate; current student at University of Oregon

Assistant Coach: Trace Vega

- Years with program: 1
- Wrestling experience: 4 years at Phoenix High School; OSAA 4A State Finalist; OSAA 4A 6th place finisher; 4X OSAA 4A State Qualifier

Strength Coaches: Ryan Pollard and Jason Mahnesmith

Coaching Philosophy- McClain

Going into my fifth year as the head coach, and sixth year overall, of the Springfield Millers wrestling program, I am very excited for the 2018-2019 wrestling season. The success and growth that we will see this season starts with the coaching staff, especially from myself. I believe that winning is a by-product. We must do the little things first, before we can start winning. As the head coach, these are some dispositions that every stakeholder of the Springfield wrestling community can expect from me:

- **Belief:** I will always have genuine belief in our student-athletes. Win or lose, I will always be in their corner. As the great NCAA basketball coach Jimmy Valvano once said, "My father gave me the greatest gift anyone could give another person. He believed in me." On the eve of the 1983 NCAA basketball tournament, Valvano's father told him, "See that suitcase? I'm packed. When you play and win that National Championship I'm going to be there. My bags are already packed." My bags are already packed for the 2019 OSAA State Championships! I will always believe in our student-athletes.
- **Hard work:** I believe that, in order to be successful, we need to work hard. I will do my end of the job of putting our student-athletes in positions to be successful, and I will give them opportunities to work hard and better themselves. I believe that actions speak louder than words, and that I will never expect a student-athlete to do something that I have never done myself.
- **Integrity:** I will hold myself, the coaching staff, parents, and student-athletes accountable for their actions. I believe that we need to hold ourselves to a high standard, especially when no one is watching. What we do when no one is watching defines who we are as people. Our character and reputation of our program in our community is far greater than any individual stat, record or championship.
- **Development:** Before we can become a championship caliber program, we must do the little things first. This includes development of the student-athlete. Our program includes platforms that fosters individual physical, mental/emotional, and social growth. I will do whatever it takes to develop the individual first and, ultimately, the program as a whole. I want to develop Springfield wrestlers into leaders that our community can be proud of.
- **Community/Family:** I believe that the Springfield community is the root of our program's success. I will do whatever it takes to develop strong relationships and partnerships with community members, non-profits, local businesses, and the city of Springfield. Winning championships are great, but we will remember the experience and, ultimately, who we were with. I will strive to foster a "team-first" mentality and provide our student-athletes with opportunities to strengthen friendships that will last a lifetime. We are the SPRINGFIELD WRESTLING FAMILY!

Program Philosophy

Of course, we desire to win a district and state championship, but we need to do the little things first—and we need to do them right. As a program, we will focus on the physical, emotional/mental and social development of the individual. It is important to acknowledge that every student-athlete is different, and instruction must be individualized to meet the needs of all of our student-athletes. Our coaching staff is highly qualified and highly experienced to work with, and develop, all of our student-athletes physically, emotionally/mentally, and socially. We will hold our student-athletes accountable for their actions, and we will lead by example through our words and actions. We will be leaders that develop leaders! Additionally, we believe that our program should be a safe environment where student-athletes can have fun. We believe that it is not the necessarily the accomplishments that our student-athletes will remember the most, but rather the fun they experience with their teammates. This program will always strive to have fun. Finally, in order to develop a championship program, we must work hard. Student-athletes are expected to stay committed to the team, show up every day on time, and work hard. Wrestling is the toughest sport in the world, and wrestlers are the toughest people in the world. Working hard is the nature of the sport, and our student-athletes, parents, and coaches must embrace it! If we live by these philosophies, then we will foster a strong sense of family and community. We are all a part of the SPRINGFIELD WRESTLING FAMILY!

Mission Statement

The mission of our program is to develop student-athletes who excel at the sport of wrestling, in the classroom, and in life. Through grit and integrity, we want to develop a sense of family and compete at a level of wrestling that our community can be proud of. We strive to do the right things in order to accomplish our goals. We strive to stand by our philosophy, and live our lives, on and off the mat, by these principles.

Program Objectives

1. Develop student-athletes socially, mentally/emotionally, and socially.
2. Compete at a championship level
3. Grow healthy relationships with community stakeholders.
4. Have fun

2018-2019 Program Goals

1. Have a winning dual meet season.
2. Be in the top 4 for league dual meet wins.
3. Volunteer once a month in our community.
4. Have 50 wrestlers in our program.
5. Develop a competitive girls team.
6. Qualify 5 wrestlers for state.
7. Place in the top 4 at the District Championships.
8. Place in the top 20 at the OSAA State Championships.
9. Be in the top 3 in state for team GPA.
10. Fundraise \$10,000 in the next year.

**Wrestler Code of Conduct
Springfield High School**

Wrestlers are to abide by all program rules outlined in this handbook, as well as rules established by the SHS Athletic Department, administration, school district board, and the OSAA. It is the responsibility of the wrestler to read, understand and follow these rules and expectations. These policies are enforced 365 days a year, 7 days a week, and 24 hours a day. Wrestlers are expected to act in a way that represents themselves, their families, the school, the community and the program in a positive way. They must abide by these rules in the classroom, in competition, in practice, in public and in private.

Wrestlers are expected to be committed to the team. There is no one individual more important or a higher priority than the team. Individuals are expected to understand and live by the program philosophy and mission statement. If the program philosophy and mission statement are not lived out at an individual level, the program will not accomplish its goals and objectives.

I, _____, understand the program philosophy, mission statement, objectives, goals, rules, and expectations of the 2018-2019 Springfield Millers Wrestling Program. I will strive to keep the program first and positively represent the program, myself, my school, my community and my family, both on and off the mat.

Student-Athlete Signature

Date

Parent Expectations

Parents are expected to behave in a positive, uplifting manner when at practices, program events, and competitions. Parents will not ridicule, criticize or yell at any student-athletes. Parents will not coach any student-athletes. Parents will not communicate with wrestling officials in any way at competitions. It is the job of the coaches, not the parents, to coach the Springfield student-athletes and to communicate to wrestling officials.

If a parent committed to volunteering for an event, that parent is expected to follow through with that commitment. As high school athletics is a low-budget endeavor, we will be fundraising a lot. We heavily rely on parent volunteers to help. We encourage parents to volunteer as much as possible. It takes everybody to accomplish our program goals!

Parents are expected to encourage their wrestlers to live by the Wrestler Code of Conduct and follow program rules and expectations. We encourage our parents to hold their wrestlers accountable for their actions at home, and communicate with the head coach of any violations that the wrestler made at home.

In order for the program to be successful, we must have everyone, including the parents, fully invested. If everyone is committed, we will develop a strong wrestling community that Springfield can be proud of. With parent involvement and support, we will be able to mold student-athletes into leaders and champions on and off the mat.

Grades and Attendance

As a program, we take great pride in academics. Being in the top of the state for academics is a program expectation. The Springfield Millers Wrestling Program abides by the SHS Athletic Department grade policy for student-athletes. If a wrestler does not hold a minimum of a 2.0 GPA and have 5 passing classes, the wrestler is immediately ineligible until the grades are brought up. If a wrestler has ONE OR MORE failing class, the wrestler must have the teacher they are failing fill out a mandatory "Springfield Millers Wrestling Grade Check Card" in order to be eligible to wrestle. The grade check card will be due the day before a contest. Grades will be checked every Monday. Academically ineligible wrestlers are expected to be at a mandatory study hall for every practice until the failing grades are brought up.

In conjunction with the SHS Attendance Policy, wrestlers are expected to attend all classes. If a wrestler does not attend 80% of classes, the wrestler will face an immediate suspension.

Behavior

Springfield Miller wrestlers are expected to behave in a way that positively represents themselves, their family, the school, the community and the program. Cussing and inappropriate language is not allowed. Bullying will not be tolerated, and will result in a suspension depending on the severity. Wrestlers will respectfully engage with teachers, parents, administrators, classmates, teammates, coaches, and community members. Wrestlers will practice good manners such as saying "Thank you", "Please", "Excuse me", "Sorry", waiting their turn, opening the door for others, and picking up after themselves. Wrestlers will not act in a disruptive or obnoxious way in practice, in school, in public or at competitions. Based on the discretion of the coaching staff, a wrestler may face a suspension if their behavior does not meet this standard.

Tobacco, Alcohol and Drugs

Wrestlers will be expected to remain tobacco-, alcohol- and drug-free during their time as Springfield High School students. For first time violators of this policy, the wrestler will be suspended for 3 contests. This suspension will take place immediately following the offense.

The following policy is directly from the SHS Athletic Department handbook:

Offenses are punishable if:

- A. A staff member or the police find the student-athlete under the influence of, or in possession of tobacco, drugs, or alcohol.
- B. A parent or legal guardian reports the student to a staff member.
- C. The student-athlete admits the offense to a staff member.
- D. Student-athlete is seen in possession of tobacco, drugs, or alcohol via social media.

Offenses are not punishable if:

- A. The student-athlete is merely suspected of an offense via social media. When conducting investigations, however, building administrative staff can use social media pictures and or posts.
- B. The student-athlete is rumored to have been in possession of, or under the influence of tobacco, drugs, or alcohol.

C. Students who find themselves in the company of person(s) in possession of tobacco, alcohol, or non-prescribed drugs are expected to leave the company of individuals within a reasonable time frame.

Wrestlers who violate this policy twice will be immediately removed from the team. It is important to note that this policy is monitored 365 days a year, 7 days a week, and 24 hours a day. Student-athletes are given two chances for their time as SHS students. For example, if a student-athlete violates this policy once as a freshman, is punished, and then violates it again as a senior, the senior is dismissed from athletics at Springfield High School. There is a clause to this policy where if a student-athlete cooperates with SHS administration and enrolls in counseling sessions, the student-athlete may only face suspensions.

Competitions

Wrestlers are expected to represent themselves at all competitions in a way that makes their family, school, community and program proud. Wrestlers must remain on the campus of the competition at all times, except with explicit permission from the head coach. Wrestlers must practice good sportsmanship. They will not communicate negatively with officials, opposing coaches, opposing wrestlers, tournament staff, or parents. Wrestlers will ALWAYS shake the hands of their opponents and opposing coaches after every match. Wrestlers will pick up after themselves. If a wrestler is caught vandalizing any property, the wrestler will be immediately suspended for 3 contests. If a wrestler is ejected from a competition, the wrestler will face an immediate suspension dependent upon the severity of the ejection.

Wrestlers are expected to sit together AS A TEAM in the stands. During dual meets, JV/novice wrestlers are expected to sit together in the stands during the varsity match. Varsity wrestlers are expected to stay in their seats mat-side and support their teammates. Wrestlers are expected to encourage their teammates, and not criticize, blame, or complain. Please leave the criticism for the coaches.

Traveling

The wrestling team will travel every week. A traveling itinerary will be posted every week for the convenience of parents, wrestlers and coaches. A roster will be posted every week outlining who is traveling with the team and what their roles will be. Wrestlers are expected to travel on the bus to and from all competitions, unless explicit permission from the head coach is granted and the parent of the wrestler signs the wrestler out. All male wrestlers will sit in the back of the bus, while female wrestlers and mat girls will sit in the front of the bus. Wrestlers will pick up after themselves, and they will respect the bus and the driver. Wrestlers will wear appropriate attire while traveling (Team apparel).

Practice attendance

All practices are mandatory. It is the responsibility of THE WRESTLER to communicate with the head coach if the wrestler anticipates that he/she will be late or will not be in attendance. Wrestlers must inform the head coach before 3pm if they will be absent. The Springfield Millers Wrestling Program has a 3-Strike Policy regarding unexcused absents and unexcused tardiness.

Unexcused absence:

- Strike one: warning and conference with coaching staff
- Strike two: suspension from one contest
- Strike three: immediate removal from team

Unexcused tardy:

- Strike one: warning and conference with coaching staff
- Strike two: suspension from one contest
- Strike three: suspension from three contests
- Any following violations: suspension from three contests

It is important to clarify what designates as an excused and unexcused absence/tardy.

An excused absence or tardy is when the wrestler DIRECTLY communicates with the head coach before 3pm. An unexcused absence or tardy is when the wrestler DOES NOT communicate with the head coach. HAVING A FRIEND COMMUNICATE TO THE HEAD COACH DOES NOT COUNT AS AN EXCUSED ABSENCE OR TARDY. Please call, text or email the head coach.

Wrestlers are expected to attend all winter break practices. Please refer to the winter break schedule. We understand that families have holiday vacations, and we are willing to accommodate for family time with the appropriate steps of communication.

Facilities

Wrestlers are expected to maintain the cleanliness of all facilities including locker rooms, wrestling room and weight room. There will be no trash left behind in any facility. Wrestlers are expected to utilize the lockers, and they are expected to use locks. Lockers and locks will be issued out at the beginning of the season. Any clothes or items left on the floor after every practice will be either thrown away or put into the lost and found. Wrestlers who are caught vandalizing school property will face an immediate suspension dependent upon severity. Wrestlers are expected to have mats sprayed with disinfectant spray 15 minutes prior to the start of practice.

Personal Hygiene

All wrestlers are expected to shower with soap AT THE SCHOOL after every practice and competition. The wrestling program will provide towels and disinfecting spray for all after-practice showering. After competitions, wrestlers will be responsible for cleaning and drying warm-ups and singlets.

Unfortunately, the sport of wrestling is loosely associated with a number of skin diseases. These skin diseases can be easily avoided by simply showering after every practice and following these recommendations:

- Trim fingernails and toenails every week.
- Clean bed sheets and pillow cases every week.
- Use a clean towel every day after showering.
- Do not wear the same clothes every day at school.
- Do not wear the same clothes that you worked out in after you showered.
- Wash hands periodically throughout the day, especially after using the restroom.
- Shower every morning.

- Notify the head coach immediately when you notice an unusual liaison, cut, or rash.

Gear

Singlets and warm up sets will be issued once at the beginning of the season. Wrestlers will be issued a pair of head gear and a traveling backpack, and will be expected to care for them and return them at the end of the season. Wrestlers are expected to care for ALL issued gear, and take pride in the Springfield name. If gear is abused or does not return at the end of season, the wrestler is expected to pay for the damage.

Wrestlers are expected to wear their own athletic shirt, athletic shorts, socks and wrestling shoes at all practices. Wrestlers MAY NOT wear flannels, jeans, boots, tennis shoes, etc. at practices. Wrestlers MAY NOT wear their warm-ups to school or to practice. Wrestlers are expected to wear their warm-ups at all competitions. Wrestlers must wear their warm ups when they receive their tournament awards on the podium. Wrestlers are expected to wear Springfield wrestling apparel while traveling to all competitions. If a wrestler forgets their warm-ups or singlet at home, they will be issued JV gear and will be issued a consequence on the discretion of the coaching staff.

If gear is not returned or lost, the wrestler and his family will be billed for the gear item.

Gear Prices:

Cliff Keen Singlet: \$75.00
 Cliff Keen Warm Up Top: \$159.99
 Cliff Keen Warm Up Bottom: \$99.99
 Cliff Keen Head Gear: \$30.99
 Cliff Keen Travel Bags: \$35.00
 Asics Singlet: \$49.99
 Brute Warm Up Top: \$79.99
 JV Crew Neck Warm Up Top: \$15.00
 JV Warm Up Bottom: \$15.00
 Compression Top: \$30
 Board Shorts: \$30

How to clean your gear:

Singlets: wash cold (do not wash with hot/warm water); use mild, non-phosphorous detergent; hang dry (no dryers); presoak it if it is especially dirty with bloodstains or with odor (use a cup of baking soda in your presoak if necessary). NO BLEACH; WASH ALONE; NO IRONING

Warm-ups: wash cold (do not wash with hot/warm water!); use mild, non-phosphorous detergent; hang dry (no dryers)

Communication

Remind App: text @k69g2 to 81010 to stay updated throughout the season. For all questions or concerns, please communicate directly with the head coach. Coach McClain's email is kyle.mcclain@springfield.k12.or.us and his phone number is 503-724-9211. Wrestlers are expected to communicate with the head coach when an absence or tardy will be anticipated. The program also has a Facebook page (search "Springfield Millers Wrestling"), a Twitter account (@millers_wrestle), and an Instagram account (@millerswrestling). These social media platforms allow us to easily connect with the student body and the community. We

share tournament and match results, photos, schedules, stats, and news, so please like us on Facebook and follow us on Twitter and Instagram.

Social Media

Facebook: “Springfield Millers Wrestling”

Twitter: @millers_wrestle

Instagram: @millerswrestling

Wrestlers will abide by the SHS Athletic Department social media policy. Any posts about drugs, alcohol or tobacco will be investigated and may result in the immediate suspension of three contests. Any evidence of cyberbullying will be taken seriously, and the involved wrestler will face an immediate suspension contingent on the severity of the action. It is encouraged that wrestlers post positive messages about teammates, families, friends, Springfield High School and the Springfield Millers Wrestling Program.

Community Involvement

As a program, our philosophy is very community-oriented. Our goals include volunteering at least once a month in our community. We have strong partnerships with several businesses, community members, government agencies and non-profits. Several local businesses have financially supported our program, and the least we can do is volunteer a small part of our season to give back. We take great pride in our city. It will be mandatory for all wrestlers to participate in all scheduled volunteering opportunities.

Fundraising

All wrestling families are expected to help with scheduled fundraisers throughout the season and in the off-season. Our biggest annual fundraiser is our home tournament. It is expected that all wrestlers and families help support our home tournament. We host around 20 teams a year, and is one of the best tournaments in our area. We can't do it without parent involvement!

Team Bonding

We believe that wrestling is not only a sport, but it is also a lifestyle. We believe that this is not only a team, but it is also a family—The Springfield Wrestling Family! There will be a number of opportunities for team growth and bonding, and wrestlers are expected to participate. We encourage parents to support these endeavors as much as possible.

Program Leadership

The head coach is the ultimate decision maker of the program. Athletic Director Audrea Shelley and Assistant Principal Calli Dean oversee all athletic programs at SHS. The program will consist of team captains. Wrestlers who are interested in being a team captain will submit an application. The coaching staff will select the finalists, and the team votes for who they think will be the best wrestlers for the position. There may be more than one captain. The number of captains is dependent on the number of applicants and the number of wrestlers in the program.

Varsity Letters

Outlined below is the criteria for the 2017-2018 season:

- Place in the top 6 at the varsity district championships.
- Place in the top 6 in two varsity tournaments.
- Win 10 or more varsity matches (including forfeits; not including byes).
- Wrestle in 90% of varsity matches.
- Be a senior and finish the season.

End-Of-Season Awards

Outlined below is a list of awards that will be recognized at the end-of-season banquet:

- Most pins (2018 winner: Josiah Lunas-Rodriguez, 16)
- Most reversals (2018 winner: Josiah Lunas-Rodriguez, 100)
- Most takedowns (2018 winner: Josiah Lunas-Rodriguez, 7)
- The Rookie of the Year Award (2018 winner: Brandon Unrein)
- The Jesse Aguilar Courage Award (2018 winner: Josh Mitchell)
- The Elmer Paul Outstanding Male Wrestler Award (2018 winner: Josiah Lunas-Rodriguez)
- Outstanding Female Wrestler Award (First year with this award)
- The Scott Cardwell Coaches Award (2018 winner: Gus Beeler)

Student-Athlete/Parent Agreement

As the wrestler, I _____, agree to follow the rules and expectations outlined in this handbook. I understand the program philosophy, program mission statement, program objectives and goals, and I will compete under these principles. I will keep my team first, and my individual accomplishments second. I will positively represent myself, my team, my school, my family and my community every day. I fully understand the consequences that will follow if I break this agreement.

As the parent, I _____, agree to follow the parent expectations outlined in this handbook. I understand the program philosophy, program mission statement, program objectives and goals, and I will encourage my student-athlete to compete under these principles. I will positively represent myself, my wrestler, Springfield High School, my family and my community at all tournaments, dual meets, program events, and practices.

Student-Athlete Signature

Parent Signature

Date