

BRUSH BEETDIGGER WRESTLING

2019-2020

Wrestler and Parent Handbook

Head Coach

Aaron Quinlin

Assistant Coaches

Cole Kembel

Cody Pfau

Louis Hernandez

Richie Grauberger

Travis Lefever

Vicky Quinlin

Principal

Scott Hodgson

Assistant Principal/Athletic Director

Bradley Bass

BRUSH HIGH SCHOOL

1600 Mill Street

BRUSH, CO 80723

(970)842-5171

Ways of Communication

Web Page

Beetdigger Wrestling is a great source for information. The site contains the history of Brush Wrestling, schedules, results, a calendar and much more. Check in on www.beetdiggerwrestling.com for tons of wrestling news and updates

Facebook

www.facebook.com/diggerwrestling

Twitter

www.twitter.com/beetdiggerwr

Coach Quinlin- a.quinlin@brushschools.org (970)380-4370

Brush 2019-2020 Team Goals

- 3.5 Team GPA – ACADEMIC ALL STATE TEAM
- Create reliable, responsible, hard-working student athletes
- Support Teammates
- Grow as a family
- Help each student-athlete meet their academic and athletic goals
- Become better wrestlers
- Have Fun, and create a love for the sport
- Win League Title
- Top 2 team at Regionals
- Top 2 team at State Tournament

Our Philosophy

Wrestling is a sport that builds character. Our sport has a culture that is unique to us. Our team will not find success without commitment, dedication, and hard work. Brush is rich with wrestling tradition and it is our job to maintain the integrity of that tradition. We know that every individual will achieve at different levels, but our goal is that every individual on our team gains something valuable from this sport. We will demand the same commitment from everyone on our team. Every individual with their own uniqueness has the opportunity to take part in our sport. We are different, but it is our differences that make us great. Wrestlers are pushed harder, farther, and longer than any other sport. We transform kids into young adults not only physically, but also in terms of understanding the value of commitment, accountability, and responsibility.

School Attendance

Brush wrestlers are expected to be in class learning and contributing to the learning process. All student-athletes are expected to place a value on education and prioritize academics above athletics. Just like in athletics, your attitude and effort is always within your control in the classroom. Proper time management is essential in order to enjoy success. Starting November 18th any unexcused absence from class will result in student-athletes missing the next competition, or wrestle off. The 2nd unexcused absence in a 4 week period will result in student-athletes being suspended for 1 week of competition and forfeiting their varsity status. A 3rd unexcused absence in the same 4 week period will result in dismissal from the team. If your student athlete has a Dr. Appointment or anything else that will keep them from attending class please notify the office and Coach Quinlin prior to missing class.

Grade Policy

Student–Athletes that choose to join the wrestling team will be held to a higher academic policy. Any student-athlete that has two grades on the down list D or lower or 1 F will not practice but instead meet with the teacher in the class and do the missing work, or corrections in the teacher’s classroom or wrestling office. I understand teachers sometimes misplace papers or do not put grades in on time, if you feel this is the case please notify Coach Quinlin immediately and he will contact the teacher and try to resolve the problem.

Practice

Morning conditioning begins at 6:00am sharp. This morning portion of our practice schedule is not optional. Not having a ride is not an excuse to miss practice. Contact Coach Quinlin if you will need a ride in the mornings. Morning practice is critical to our early season and postseason success. It allows us to spend more time in the afternoons going over technique and wrestling. Practice begins at 3:30 p.m, each athlete will check his/her weight before AND after practice and record the correct weight in the wrestling office. Being ready for practice means you should be weighed in, dressed out, shoes on, in the room, and ready to go. If there is a reason that you must miss practice (i.e. illness or family emergency) contact Coach Quinlin. Do not rely on a teammate to relay this information for you. Failure to contact coach will result in an unexcused absence. Three unexcused absences may result in dismissal from the team. All wrestlers are required to attend and be on time to all practices, team meetings, and events whether they are able to participate or not (i.e. skin conditions, sprains, etc). Lack of attending practices or meets for such conditions will result in an unexcused absence. Leaving events prior to being excused by Coach Quinlin will also result in an unexcused absence.

Practice Attendance

Coaches must be notified of an absence in advance for it to be considered excused. The only exception is when an emergency occurs. An excused absence must be prearranged in person. There is no excuse for missing training. If an athlete must miss practice even with an excused absence they are required to make it up. Not as a punishment but to not be behind in conditioning and training. Excused absences must be made up the same as unexcused absences. Failure to make up an excused absence will result in an unexcused absence. An athlete's inability to practice even if excused may affect his/her eligibility to compete that week. An athlete's eligibility to compete within the week will be up to the discretion of the head coach. An unexcused absence is any absence from practice, competition, or event that has not been approved by Coach Quinlin (events include helping clean up after matches and tournaments). Failure to verbally contact your coaches in person will result in an unexcused absence. An athlete will be ineligible for competition until all missed practices are made up.

First unexcused: Make up missed time with coach at the earliest opportunity.

Second unexcused: Same as above plus a 1-week suspension from all competition.

Third unexcused: Turn in gear.

In order to accomplish the goals set by the team and the coaches we need a system to hold our athletes accountable. We also need parents to support our role in helping the members of this team learn accountability and responsibility. If athletes miss practices, competitions, or events for any reason, they are expected to make up that time

TEAM CAPTAINS

Appointment of Team captains shall be chosen by the members of the wrestling team, and approved by the coaching staff. Careful consideration should be taken when picking team captains. Only those who exhibit strong leadership skills will be approved by the coaching staff. Team captains can be removed by the coaching staff if it is determined their actions do not best represent the team. Team Captain Responsibilities: A team captain's responsibility is to monitor and maintain the entire teams' credibility. Team captains must help the coaches monitor wrestlers during practice, meets, in school and after school activities. Team captains are responsible for leading the team during pre-match warm-ups, and representing the team during a coin toss. Other duties of the team captains are to organize daily cleaning of the mat. Lead by Example, Leading by example means taking part, not just delegating. Demonstrate what it takes to excel in athletics and academics. Be on time! Work hard! Be a good sport! All members of the Brush wrestling team are representatives of our school and our sport. Do what you are supposed to be doing when you are supposed to be doing it. As a student athlete you should put high priorities on both class work and practice. Make sure you and your teammates are taking care of both

TEAM EXPECTATIONS

Respect your team, your room, and your equipment In order to accomplish our goals (both individual and team) we need to rely on each other to make us the best we can be. We are not competing against each other; we are competing against other teams. Help build up your teammates with positive remarks and constructive criticism.

Competition

All team members are expected to be on time to leave for an event. If a student-athlete is late to a departure time they may be left behind, this will count as an unexcused absence. If you need a ride or a wakeup call please inform the coaches the day before. Student-athletes will be required to sit with the team and support their teammates during competition. All athletes are required to wear team-issued gear while at team events. The only visible logo on your gear other than manufactures should be Brush Wrestling. Student-athletes are expected to follow all rules and guidelines at all times. All athletes are expected ride to and from competitions together. Only the head coach can excuse an athlete from riding with the team. Athletes will be excused from riding with the team only with a valid reason and after signing them out with Coach Quinlin. Athletes should follow the directions of all coaches. If team rules are broken while on a road trip arrangements will be made to send the athlete home immediately. After home meets, wrestlers are expected to stay and help put everything away. No one goes home until it is completely cleaned up.

Rules and Regulations

- 1.) All school policies will be followed and enforced.
- 2.) Absolutely no harassment, bullying, or hazing will be tolerated. Students-athletes caught doing so will be turned over to administration.
- 3.) Win with class and lose with class. You're representing your teammates, your school, your family and yourself. Make everyone proud of Brush wrestling. Never demean your opponent in any way – no taunting or showing up an opponent. Keep personal celebrations on the mat in line; share your joys and frustrations with teammates and coaches away from the mat.
- 5.) Behavior in practice room, locker rooms and at matches will be professional at all times. Disrespecting of Coaches, Referees, or Teammates will not be tolerated at any time. Such behavior will result in disciplinary action.
- 6.) Student-athletes must know and adhere to the BHS Athletic Handbook when using social media. Individuals should be aware of the effect their actions may have on their images as well as the image of Brush Wrestling and BHS athletics. The information individuals post or publish may be public information for a long time. Student-athletes should be aware that the coaching staff, parents, fans and teachers may observe content and information made available by social media. Student-athletes should use their best judgment in posting material that is neither inappropriate nor harmful. Although not an exclusive list, some specific examples of prohibited social media conduct include posting commentary, content or image that are defamatory, pornographic, proprietary, harassing, or drug related. Social media is a great tool when you use it correctly, misuse will result in disciplinary action and possible suspension or removal from the team.
- 7.) Tobacco, alcohol, or any other illegal substance use will result in a suspension or dismissal from the team.
- 8.) Team curfew will be as follows- 10pm on weeknights and 12pm on weekends breaking curfew may result in suspension or dismissal from the team
- 8.) Student-athletes will be required to shower at school after practice. This is to help eliminate the possibility of skin funk. Defense soap will be provided to all student-athletes. You must wear clean gear every day to practice and routinely wash knee pads and wipe down head gear to help reduce

the chance of contracting or spreading a skin infection. Any possible rash or infection must be reported to coaches immediately and if need be treated by a doctor.

9.) All school issued singlets, bags, gear or equipment must be turned in at the end of the season. Student-athletes who do not turn gear in will be billed for it.

NFHS Boys Wrestling Weights

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

CHSAA Girls Wrestling Weights

100, 105, 111, 118, 127, 136, 147, 161, 185, 215

Weight loss is not a requirement. That is a decision that is made between the student-athlete and their parents.

Student-athletes must have a doctor and parent signed weight certification on file prior to competition.

Wrestle Off's

1. Wrestle offs will occur every week until the last week in January.
2. All wrestle offs will happen on Monday and Tuesday of the week.
3. You must be within 5 lbs. of the weight you are challenging for on Monday and 4 lbs. on Tuesday.
4. To participate in wrestle offs you must be in a singlet and headgear with laces taped, same as a dual meet or tournament
5. We will have a certified official ref wrestle offs
6. In the first wrestle off of the year returning regional participants will only need to win the first match to secure their varsity spot.
 1. If there is no previous years regional participant at the weight, then it is best 2 out of 3
 2. The challenger must win 2 of 3 matches to secure a varsity spot
7. If there is more than one challenger at a weight names will be placed into a hat and a random draw will occur to "seed" wrestlers in a challenge tournament.
 1. 3 challengers
 1. Round 1: 1-bye, 2vs3
 2. Round 2: winner of 2vs3 vs 1
 3. Round 3: winner of challenge bracket vs Varsity wrestler
 2. 4 challengers
 1. Round 1: 1vs4, 2vs3
 2. Round 2: above winners
 3. Round 3: winner of challenge matches vs Varsity wrestler
8. Once you secure your varsity spot, a win in the first challenge match the following week will secure your spot.
9. A wrestler may only challenge at one weight per week
 1. The only exception to this is the final wrestle off of the year in which a wrestler may go up or down if there is an open weight in the roster

Lettering

To earn a varsity letter in Brush Wrestling student-athletes

1. must finish the season eligible
2. in good standing with the school
3. turn all their gear in
4. compete at regionals
 1. or obtain 75 team points in varsity competition.
 1. 6pts win by fall
 2. 5pts win by tech-fall
 3. 4pts win by major decision
 4. 3pts win by decision
 5. various team points by placing in tournament

All – Conference and other awards

All – Conference is voted on by the league coaches at the end of the season and is typically based on performance in league competition. To be eligible for nomination as a Brush Wrestler for all–conference and other awards student-athletes must be academically eligible, good students, good citizens and represent Brush well.

2019-20 BHS Wrestling Important Dates

November 18th: CHSAA Official Start Date

November 27th: Weight Certification 6:00am

December 2nd: First Wrestle Off

December 17th-19th: Semester Finals

December 23rd-January 6th: Christmas Break No School

December 24th-27th, January 1st: CHSAA NO CONTACT DAYS

December 28th/30th/31st: Voluntary Practices

January 2nd: 2lb Allowance

February 1st: Girls Regionals

February 3rd: Final Boys Wrestle Off

February 8th: Girls State

February 8th: Boys JV State

February 14th-15th: CHSAA 3A Boys Regionals

February 20th-22nd: CHSAA 3A Boys State Tournament

2019/20 BHS Boys Wrestling Schedule

| Date | | Event | Location | Time | Level |
|---------|---------------|--------------------------|------------------------|---------|-------|
| Sat | Dec 7th | Arapahoe Invite | Arapahoe HS | 9:00 AM | JV/V |
| Wed | Dec 11th | Weld Central Dual | Brush HS | 5:30 PM | JV/V |
| Sat | Dec 14th | Brush Pre-Holiday | Brush HS | 9:00 AM | JV |
| Thur | Dec 19th | Rez Christian Dual | Brush HS | 6:30 PM | JV/V |
| Fri/Sat | Dec 20th/21st | NCCT | Budweiser Event Center | TBA | V |
| Sat | Dec 21st | Lakewood Invite | Lakewood HS | 9:00 AM | JV |
| Tue | Jan 7th | Morgan County Tri | Wiggins HS | 5:00 PM | JV/V |
| Thur | Jan 9th | Valley Dual | Valley HS | 6:30 PM | JV/V |
| Sat | Jan 11th | Brush Invite | Brush HS | 9:00 AM | V |
| Thur | Jan 16th | Wray Dual | Wray HS | 5:30 PM | JV/V |
| Fri/Sat | Jan 17th/18th | Mel Smith Invite | Florence HS | TBA | V |
| Sat | Jan 18th | Loveland Invite | Loveland HS | 9:00 AM | JV |
| Thur | Jan 23rd | Sterling Dual | Sterling HS | 6:30 PM | JV/V |
| Sat | Jan 25th | Eaglecrest Invite | Eaglecrest HS | 9:00 AM | V |
| Sat | Jan 25th | Poudre Invite | Poudre HS | 9:00 AM | JV |
| Thur | Jan 30th | Strasburg Dual | Brush HS | 6:30 PM | JV/V |
| Sat | Feb 1st | Thornton Invite | Thornton HS | 9:00 AM | V |
| Sat | Feb 1st | Stratton Invite | Stratton HS | 9:00 AM | JV |
| Thur | Feb 6th | Patriot League Crossover | TBD | 6:30 PM | JV/V |
| Sat | Feb 8th | JV State | Northglenn HS | TBA | JV |
| Fri/Sat | Feb 14th/15th | CHSAA 3A Region 2 | Platte Valley MS | TBA | V |
| Thu-Sat | Feb 20th-22nd | CHSAA 3A State | Pepsi Center | TBA | V |

2019/20 BHS Girls Wrestling Schedule

| Date | | Event | Location | Time |
|------|----------|-------------------|------------------------|---------|
| Sat | Dec 7th | Arapahoe Invite | Arapahoe HS | 9:00 AM |
| Sat | Dec 14th | Brush Pre-Holiday | Brush HS | 9:00 AM |
| Sat | Dec 21st | NCCT | Budweiser Event Center | TBA |
| Sat | Jan 11th | Northridge Invite | Northridge HS | 9:00 AM |
| Sat | Jan 18th | Loveland Invite | Loveland HS | 9:00 AM |
| Sat | Jan 25th | Poudre Invite | Poudre HS | 9:00 AM |
| Sat | Feb 1st | Regionals | Eaglecrest HS | 9:00 AM |
| Sat | Feb 8th | State | Thornton HS | 9:00 AM |

Student-athletes and parents please sign this page and return to Coach Quinlin

BRUSH WRESTLING TEAM COMMITMENT:

Athlete

By signing this document I acknowledge that I have read and understand the commitments required to be a member of the Brush High School wrestling team. I agree follow the coaches' decisions that are made in accordance with the guidelines set forth in this document. I pledge to do my best to represent this team, school, and community with honor and integrity.

Print Name

Signature

Date

Parent

By signing this document I understand the commitment that that my child is making to the Brush wrestling team. I pledge to be a supportive parent. I agree to help my child follow through with the commitments that are required by this team. I pledge to do my best to represent this team, school, and community with honor and integrity.

Print Name

Signature

Date