

BRUSH BEETDIGGER WRESTLING

2022/23

Wrestler and Parent Handbook

Boys Head Coach

Aaron Quinlin

Boys Assistant Coaches

Chad Cox

J.J. Pursley

Louis Hernandez

Richie Grauberger

Girls Head Coach

Vicky Quinlin

Girls Assistant Coach

TJ Wolever

Assistant Athletic Director

Marla Tappy

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

Takedown Live

Live action score reporting

Brush 2022-2023 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
- Top 2 League
- Top 2 team at Regionals
- Top 5 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.

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.

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.

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 14th 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 may 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 may result in dismissal from the team. If your student athlete has a doctor appointment or anything else that will keep them from attending class please notify the office and Coach Quinlin prior to missing class.

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.
- Organize daily cleaning of the mat when managers are not present
- Cleaning transportation after trips
- 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

Practice

Morning conditioning begins at 6:00 am 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 3:50pm each athlete will check his/her weight before AND after practice and record the correct weight in their locker room. 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 the 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 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 the 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

Competition

An athlete's eligibility to compete will be up to the discretion of the head coach. 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 to 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 the clean up is completed.

Rules and Regulations

1. All school policies will be followed and enforced.
2. Chain of communication
 - a. Please See BHS Athletic Hand Book
 - b. Reminder No contact with a coach is allowed 24 hours post event
3. Absolutely no harassment, bullying, or hazing will be tolerated. Students-athletes caught doing so will be turned over to administration.
4. 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 the 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. - Facebook, Twitter, Snapchat, etc. Individuals should be aware of the effect their actions may have on their images as well as the image of Brush Wrestling, BHS athletics and their families. The information individuals post or publish may be public information for a long time and seen by the world. 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 images 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. BHS Wrestling Cell Phone Guidelines
 - a. Cell phones are a vital tool to following tournaments on trackwrestling and watching film.
 - b. Cell phones will be allowed on trips and at tournaments so long as they are used appropriately.
 - c. Cell phones use inside of the locker room, bathroom, and weigh in area is prohibited.
 - d. You are not to violate the above listed social media guidelines regarding inappropriate content.
 - e. You are not allowed to take inappropriate pictures/videos of yourself or other students
8. Tobacco, alcohol, nicotine, e-cigs, vape pens or any other illegal substance use will result in a suspension or dismissal from the team.
9. Team curfew will be as follows- 10pm on weeknights and 12pm on weekends breaking curfew may result in suspension or dismissal from the team
10. 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. Please be sure to look out your body daily and check for possible skin issues. Any possible rash or infection must be reported to coaches immediately and if need be treated by a doctor. Any delay in reporting issues or attempts to cover up skin issues could cause a serious breakout across the team and shut the whole program down for weeks.
11. BHS wrestling practices are closed doors and limited to BHS Coaching Staff, BSC Administrators, BSC Athletic Training staff, Teachers assisting students with homework, BHS wrestling managers, blood clean up crew, BHS wrestling student athletes.
12. 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.

EXPECTATIONS OF ADMINISTRATORS

1. Administrators are expected to know, understand, and be committed to the K-12 Athletic Goal Statement.
2. Administrators are expected to know and to enforce the rules of the School District, League, State, National Federation, and the sport

EXPECTATIONS OF ATHLETES

1. Athletes are expected to know, understand, and strive to achieve the goals as outlined in the K-12 Athletic Goal Statement.
2. Athletes are expected to maintain academic eligibility, attend school regularly, and demonstrate good character within the school.
3. Athletes are expected to take responsibility for their own behavior and set a good example on the playing field, in the classroom, and outside of school.

4. Athletes are expected to commit themselves to the sport in which they are competing by willing to work hard and give 100%.
5. Athletes are expected to show good sportsmanship and respect to teammates, opponents, officials, coaches, parents, and other students.
6. Athletes are expected to keep open cooperation and honest communication with teammates, coaches, and parents.
7. Athletes are expected to improve both fundamentally and emotionally.
8. Athletes are expected to be prepared mentally, physically, and emotionally for practice and games.
9. Athletes are expected to set realistic goals and strive to achieve them.
10. Athletes are expected to keep things in perspective and always work toward maintaining a hard-working, positive attitude.
11. Athletes are expected to enjoy themselves and have fun during their sports experience in Brush Public Schools

EXPECTATIONS OF COACHES

1. Coaches are expected to know and teach the goals as outlined in the K-12 Athletic Goal Statement.
2. Coaches are expected to help each participating student to achieve a high level of skill, an appreciation for the values of discipline and sportsmanship, and an increased level of self-esteem.
3. Coaches are expected to demonstrate the basic ability to communicate effectively and to get along with young people.
4. Coaches are expected to show support of others and their programs by encouraging athletes to participate in various programs and by working at other sport activities or by attending other sport activities throughout the school year.
5. Coaches are expected to demonstrate the ability to treat athletes, officials, opponents, and fans in a sportsmanlike manner.
6. Coaches are expected to know and enforce the rules of the School District, League, State, National Federation, and the sport.
7. Coaches are expected to plan, organize, and conduct practices that teach fundamentals leading to the success of the group.
8. Coaches are expected to strive to instill positive work habits and healthful living in athletes.
9. Coaches are expected to complete all necessary paperwork to meet various deadlines.
10. Coaches are expected to promote the sport and athletic program through sound public relations in working with the media.
11. Coaches are expected to attempt to achieve success by staying abreast of the latest methods and techniques and by attending in- service programs and clinics.
 - a. Coaches are expected to complete preseason paperwork and upload to Arbiter Athlete.
12. Coaches are expected to insure a healthy and safe environment by using safe procedures and being responsible for the safety of those in the athletic program.
13. Coaches are expected to supervise their activities until the sport/activity is over and the students safely leave school property.
14. Coaches are expected to be responsible for the care and security of equipment and facilities.
15. Coaches are expected to develop lettering policies and team handbooks/contracts that will outline team policies in addition to the BHS athletic policies. This information should be communicated in writing, verbally, and electronically prior to the start of the season

EXPECTATIONS OF PARENTS

1. Parents are expected to know, understand, and support the goals as outlined in the K-12 Athletic Goal Statement.
2. Parents are expected to attend pre-season meetings held by coaches in order to understand better the goals of the coach and the sport program.
3. Parents are expected to strive to support the efforts of the entire team, not just their child.

4. Parents are expected to recognize the coach as head of the team, respect him or her accordingly, and avoid trying to coach their own child.
5. Parents are expected to allow their son or daughter to handle his or her own problems, when they occur, If parents have a conflict with a coach, it should be discussed following the established chain of communication, and try to resolve any problem at the lowest level possible.
6. Parents are expected to encourage their children to play to the best of their ability, be positive in their support, and realistic about their child's athletic ability.
7. Parents are expected to recognize that they are important role models for their children and demonstrate respect and appreciation for all involved in the sport program, including coaches, officials, opponents, their own child, and his/her teammates.
8. Parents are expected to be supportive of the District in enforcing the training rules.
9. Parents are expected to encourage their son/daughter as student-athlete to continue the sport throughout the whole season after he/she decides to start.
10. Parents are expected to encourage their student-athlete to take care of athletic equipment and to return it on time to the school after the sport's season.

NFHS/CHSAA Boys Wrestling Weights

106-113-120-126-132-138-144-150-157-165-175-190-215-285

NFHS/CHSAA Girls Wrestling Weights

100-105-110-115-120-125-130-135-140-145-155-170-190-235

Weight loss is not a requirement, and not a decision that a coach will force on a student-athlete. Coaches may suggest a weight they think is best for the student-athlete but ultimately 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 February.
2. All wrestle offs will happen on Monday and or 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, challengers 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 roste

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. 1pt for each match wrestled
 6. various team points by placing in tournament

All – Conference and other awards

All – Conference will be determined by placement at the Patriot League Tournament

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.

Important Dates

Thanksgiving Break Info

Regular Practice - Nov 21st, Nov 22nd

Weight Certification - November 23rd Weight Certification 6am BHS- Mandatory

Christmas Break Info

CHSAA NO CONTACT DAYS Dec 24th-27th & Jan 1st

Regular Practice - Dec 19th, 20th, 21st, 29th,30th

Voluntary Practice Dates - Dec 22nd,23rd,28th

Date	Event	Team	Location	Time
12/1	Eaton/PV Dual	B/G	Brush Secondary Campus	5:30pm
12/2	Greeley West	Girls	Greeley West HS	1:30pm
12/3	Akron	B JV	Akron HS	9:00am
12/8	Sterling/WC Dual	B V/JV	Brush Secondary Campus	5:30pm
12/10	Mesa Ridge	Girls	Mesa Ridge HS	8:30am
12/10	Roosevelt	B Varsity	Roosevelt HS	9:00am
12/13	Estes/Wellington Dual	B V/JV	Wellington HS	5:30pm
12/16-17	NCCT	Girls	Butler Hancock UNC Greeley	1pm/9am
12/16-17	Warrior Classic	B Varsity	Central HS Grand Junction	10am/9am
1/7	Bennett	Girls	Bennett HS	11:00am
1/7	Smoky Hill	B Varsity	Smoky Hill HS	9:00am
1/13-14	Mel Smith Husky Invite	B Varsity	Florence HS	12pm/10am
1/14	Poudre	G/BJV	Poudre	9:00am
1/20-21	Top of the Rockies	B Varsity	Centaurus HS	8am/9am
1/26	Morgan County Tri	B/G	Brush Secondary Campus	5:30pm
1/27-28	Patriot League Tourney	B Varsity	Brush Secondary Campus	12/9:30am
1/28	Chatfield	Girls	Chatfield HS	9:00am
2/2	Berthoud Dual	B V/JV	Berthoud HS	5:30pm
2/4	Northridge	Girls	Northridge HS	9:00am
2/10-11	CHSAA 3A Region 4	B Varsity	The Classical Academy	2pm/10am
2/10-11	CHSAA Girls Region 3	Girls	Broomfield HS	2pm/10am
2/16-18	CHSAA State Tourney	B/G	Ball Arena	TBA

*dates and times subject to change updates will be posted on the district athletic website

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 to 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 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