

Introduction

Welcome to the Cardinal Wrestling Team at Franklin Pierce High School. This handbook will serve as your guide to the season ahead and contains valuable information about how our season works, lettering criteria, tournament info, weight management and my coaching philosophy. Please read the book thoroughly and keep it nearby for reference.

History

Franklin Pierce has a long and distinguished history in wrestling. Starting in the late 1970's, Cardinal Wrestling started to be a powerhouse. For three straight years, 1981, 1982, 1983, FP finished second in State. As recently as 2000, FP once again cracked the top ten by finishing 9th at Mat Classic with the first State Champion in 16 years, Louis Orozco at 130 lbs.

Last season, a very young and inexperienced crew were led by then Junior David Kuich who placed 4th at the State Tournament at 130 lbs.

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Philosophy

My coaching philosophy centers on preparing athletes for competition on the mat, capabilities in the classroom, and citizenship in society.

The foundation of this program is based upon work ethic and sheer will. If you come to practice and to competition ready to work hard and push yourself to the best of your abilities, you will achieve positive results to carry with you for a lifetime. These positive results are the building blocks of what you will become when you leave here. Wrestlers learn discipline, dedication, to overcome adversity, independence, teamwork, sacrifice, leadership, winning, losing, confidence, sportsmanship, avoiding excuses, and how to respect success.

Some of you will experience a great deal of success on the mat, and some of you may not. Don't judge the validity of the program solely off of what you achieve on the mat, you will take away many more valuable lessons that you can use in life than you ever will on a wrestling mat.

In order to learn from these lessons, you'll need to be ready and willing to listen to your coaches, listen to your teammates, and listen to yourself.

How Our Season Works

Practices –

Practices will run every day after school beginning promptly at 2:30. The locker room will be open at 2:10. That gives you 20 minutes to get to the locker room and change before heading down to the wrestling room. **DO NOT BE LATE!** Late Arrivals will warrant extra conditioning and if it becomes a problem, suspension from competition. Most practices will end by 5:00. Every effort will be made to release you before the activity bus leaves. We will also practice on selected Saturday's before season competition begins.

Home Matches –

Dual Meets at home require every one to arrive early to set up the wrestling mat, team benches, scoring table, etc. Unless otherwise announced, we need everyone at the gym for set up by 4:15 pm. Weigh in's normally take place about 5:00 with JV competition beginning at 6:00. After the completion of a home meet, **EVERYONE STAYS** until all the equipment is put away and the gym is clean. If people are not helping out after a match, the entire team will suffer.

Away Matches –

Away matches involve traveling to another school by team bus or vans. Because we'll be weighing in on their scales, it's important that you are about a pound under weight in case their scale is weighing heavy. When we travel, be sure to take care of your equipment and valuables. Your uniform and headgear is your responsibility and you will be fined if articles are missing.

Tournaments –

One big difference in our sport is the number of tournaments that we compete in throughout the season. We have a tournament scheduled for most Saturday's through out the entire season. When you get to post-season competition, the routine and familiarity of competing in tournaments will prepare you for the physical and mental aspect. When we go to an away tournament, you are representing Franklin Pierce and the Coaching Staff. Please act like young adults and do not make us have to take disciplinary action. Weigh in's for tournaments will be early in the morning with competition running from around 9:00 am – 7:00 pm.

Generally, if you lose your first two matches, you are out of the tournament. As long as you keep winning, you are in the championship bracket and all of your matches are 6 minutes long. Once you are defeated, you enter the consolation bracket where the first round is 1 minute only.

There is a lot of time between matches at a tournament. You should avoid wasting energy or sleeping. Plan for warm up time and stretch in between matches. Everyone travels to and from the tournament site with the team. If you are eliminated from competition, you are not excused to go home. You need to stay with the team and support your teammates, they would do the same for you if the situation is reversed. In certain circumstances, an athlete may need to leave an event before completion. Please have a parent speak with me if this situation occurs. Athletes will NOT be released to anyone other than a parent.

Home Tournaments –

We host two of the oldest and largest tournaments at Franklin Pierce. The JV Tournament and the Cardinal Classic. Hosting both of these tournaments requires everyone's participation and cooperation. On **December 12**, and **December 19**, we will set up the Gym after the basketball game has been played that night. Everyone needs to report to the Gym by **8:00 pm**. If we all work together, set up can usually be completed by 11:00pm. I know for some of you it's late, and some parents may not want their kids out at that hour, but due to scheduling conflicts, it is the only time available to set up.

EVERYONE MUST BE THERE!

There are many mats to move and tables to be set up. Don't use the excuse "I didn't have a ride." One of your teammates or coaches will make an effort to get you to and from home if we need to. Please see me with questions.

The JV Tournament offers an exciting chance for our young wrestlers to be paired up with athletes of similar skill, ability, and age. Last year we had over 400 wrestlers participate on 8 wrestling mats. Each wrestler will be grouped in a Round Robin format and will wrestle three matches regardless if you win or lose. This is also a great money maker for our team. We use the profits to pay for the away tournaments we attend throughout the season.

The Cardinal Classic is one the oldest and best known tournaments around. Both JV and Varsity wrestlers will participate. There is a varsity 8 man bracket and a Round Robin JV tourney. Varsity finals will be held on two mats under dual spotlights.

We need everyone's help in cleaning up after the tournaments. There is no janitorial staff, so we are it!

Expectations / Rules –

1. As a member of the wrestling team, you must be eligible according to the Franklin Pierce High School Athletic Code. Those student/athletes who do not meet the minimum academic requirements will be subject to competition and/or practice suspension in accordance with the athletic policies.
2. If you are in school you are expected to be at practice. If you need to miss a practice or will be late for practice, you must inform Coach Mendiola ahead of time. Leave a message on my cell phone listed in the phone numbers section. Wrestlers with temporary injuries are still expected to be at practice.
3. No physical contact without a coach present.
4. Please shower everyday after practice. Wash your practice gear, including headgear daily, and never wear your wrestling shoes outside of the wrestling room.
5. Injuries occur when athletes are involved in "horseplay." To protect yourself from injury, do not initiate or become involved in any "horseplay" at any time.
6. Report all injuries to a coach at any time, no matter how minor the injury may be.
7. You will be a role model in the classroom, around school, at all events, and in the community. Being a Cardinal Wrestler gives you the responsibility of representing it with pride. Your actions reflect your team.
8. All team, practice, bus, and school rules will be followed at all times.
9. Unwholesome activities will not be tolerated. Use of tobacco, drugs, alcohol, and profanity have no place in our sport. Non-compliance will be dealt with harshly.
10. You must wear appropriate attire when we travel to away meets. At least a polo shirt with collar for guys. Make sure they are tucked in and clean. You are representing Franklin Pierce and will look like a gentlemen / lady at all times.
11. You must have Hydration and Body Fat testing completed prior to your first competition match.
12. Most matches are won in the practice room. Practice how you would like to compete!
13. Challenges for Varsity positions will be held weekly.
14. Coaches reserve the right to wrestle anyone in any spot at any time regardless of who is Varsity and who is JV. Sometimes we "bump" the line up in order to win matches.
15. Have a current Doctor's note for any non-contagious skin lesion or what may appear to be a skin lesion.

Positive Mental Attitude

Helps you.....

Have better mental health
Have better physical health
Enjoy life more
Have a variety of fulfillments
Find solutions
Like yourself
Develop to your potential
Remain flexible under stress
Recognize your limits
Treat others with respect
Remain active
Accept limitations
Enjoy using and developing skills
Be productive
Take charge of your actions
LIVE EACH DAY TO THE FULLEST!

Self-Esteem -

See yourself as a valuable and important person

Be optimistic about life

Look forward to and enjoy challenges

Establish your own values and be confident in your decisions

Take pride in your past performances

Accept compliments with class

When you win, act like you have done it before

Weight Control

Being in a sport based on weight, diet is important to the wrestler. Diet does not mean "starve." This is why we use the term "weight control." We do not suggest nor advocate starvation.

Our weight control program takes into consideration the health of the individual as the goal of shedding pounds is realized. If this program is to be successful and healthy, it must not leave out any key nutrients the body needs. Reduce portions of your meals, eat low calorie foods, but by no means remove foods or essential basic food groups. A wrestler's diet should include foods from the four main food groups. These groups supply the nutrients for energy, tissue repair, muscle maintenance, and mental satisfaction. Eat slowly, this will provide a satisfied feeling in the stomach.

Habits are had to break, but to reduce weight, the eating habits must be altered. Instead of eating 3 large meals per day, eat 5 or 6 smaller meals throughout the day. These smaller meals should be spaced about 2 hours apart. The size of one portion should be no larger than the size of your fist. This method keeps your energy levels up throughout the day, keeps your metabolism running at a comfortable rate, and reduces stomach expansion. Eating large meals makes you sleepy, lethargic, and hungrier.

Losing Weight too fast or dropping below your Descent Plan too quickly is not encouraged. If you need help, talk to one of the coaches. The biggest mistake in weight control is stuffing yourself after weigh in and then crash dieting before matches. Uncontrolled weight loss is one of the main reasons athletes quit wrestling.

Goals

Practice room goals and expectations

Individual season goals and expectations

Team goals and expectations

How do I plan to accomplish my goals

Words to live by

Schedule

12/4/08	Vs. Auburn-MV
12/6/08	@ Olympia Tournament @ ERHS Girls / JV
12/10/08	@ Capital
12/13/08	FP JV / Girls Tourney
12/17/08	Vs. Sumner
12/20/08	Cardinal Classic
01/7/09	@ Lakes
01/8/09	Vs. Peninsula
01/10/09	@ Edmonds Woodway @ Kelso Girls
01/14/09	@ White River
01/17/09	@ Kelso Varsity @ Bonney Lake JV
01/21/09	@ Clover Park
01/22/09	Vs. Enumclaw
01/24/09	@ ERHS Jaguar Invite
01/28/09	@ Bonney Lake
01/29/08	Vs. TBD Senior Night
02/6/09	@ District Tourney
02/7/09	@ District Tourney
02/14/09	Regional Tourney TBA
02/20/09	@ Tacoma Dome, State
02/21/09	@ Tacoma Dome, State

Lettering Criteria

In order to earn a Varsity Letter, each wrestler will need to meet the following criteria:

- a. 95 % Attendance throughout the season. NO unexcused absences.
- b. Earn 75 letter points. See chart below for point totals. If you wrestle both Varsity and JV, you will take the highest number of points from either chart and add 75% of the points from the remaining chart to get a point total.
- c. Attend Unity Camp.
- d. If you do not meet the point total for lettering at the end of the regular season, you may still letter if you win a match at the District Tournament. (Forfeits and defaults do not count.)
- e. Seniors who have completed 4 years in the program will receive a letter.

Match Letter Points

Make Weight	1pt
Dec	2pts
Maj. Dec	3pts
Tech Fall	4pts
Fall	5 pts
Forfeit	3pts

Tournament Letter Points

1 st	10 pts
2 nd	8 pts
3 rd	6 pts
4 th	5 pts
5 th	4 pts
6 th	3 pts
7 th	2 pts
8 th	1 pt

3.2 GPA (or higher)	10 pts
Community Service	10 pts

Unity Camp

This presents an excellent opportunity for the wrestlers to become acquainted with each other and bond before we get into a long grueling season. Unity Camp offers some fun activities as well as inspirational and motivational goal setting sessions. Here's our agenda for this year:

2:30 – 4:30	Regular Practice
5:30 – 6:00	Pizza Dinner
6:00 – 6:30	Class Competitions
6:30 – 7:00	Goal Setting
7:00 – 8:15	Basketball Tourney
8:15 – 9:00	Team Building
9:00 – 9:30	Motivation and Relaxation
9:30 – 10:30	Capture the Flag
10:30 – 10:45	Clean Up
10:45	Go Home

Wrestlers will learn to set attainable and reasonable goals. They will learn the value of commitment, work ethic, and mental preparation. Unity Camp challenges everyone to learn about the team and the individuals we will be spending our season with.

We are very excited about Unity Camp this year and need everyone to attend. If there are any prior commitments, family conflicts, or questions and concerns, please see me at practice or call me at (253) 219-7124 so we can discuss.

Unity Camp is a requirement for lettering, but under certain circumstances we can work something out.