

# **Standards and Expectations Verification Form**



**I acknowledge that my wrestler and I have read the Cardinal Middle School Wrestling Standards and Expectations. I also verify that my wrestler and I understand and agree to adhere to these standards and expectations.**

**Wrestler Signature \_\_\_\_\_**

**Date:**

**Parent/Guardian Signature \_\_\_\_\_**

**Date:**

# Cardinal Middle School Wrestling

## 2020 - 2021

### - Our Mission -

The Cardinal Middle School Wrestling program will stand on the principles of: always giving maximum effort, perseverance, and respect. Winning will be important to our program, but not at the expense of the overall development of our student-athletes. Our environment will be one that promotes excellence in physical, intellectual, emotional, and cultural development. We will challenge every student-athlete to reach their full potential as a student, wrestler, family member, and beneficial member of the Worthington community.

### - Eligibility Requirements -

- Every wrestler must maintain their grades in accordance with the district's policy.
- Every wrestler must have an up-to-date physical prior to contact in accordance with the Ohio Athletic Commission rules.
- Every wrestler (and parents/guardians) must have completed the corresponding forms via Worthington's Final Forms website (including Emergency Medical Authorization Form).
- Every wrestler must pay the Worthington City School District athletics participation fee (\$125.00), once rosters have been uploaded to MyPaymentPlus. **\*\*If you have any financial difficulty in paying the fee, please let Mr. Mosca or Coach Wojo know immediately.\*\***
- Every wrestler must turn in a Standards and Expectations Verification Form signed by them and a parent/guardian.

### - Standards and Expectations -

- All rules and regulations adopted by the Worthington City Schools Student Handbook (Student Code of Conduct and Co-Curricular Program) and the Ohio High School Athletic Association will be strongly enforced.
- **Give 100% effort, always.** Wrestlers are expected to always give their best at: school, practice, matches, home, and in the community. Our program will aim for everyone involved to make an effort, not an excuse.
- **Be on time and be present.** Wrestlers are expected to be at every practice (ready to warm-up at 4:15 p.m.) and every match/tournament that they are rostered for. **\*\*Bus departures will be passed along as the season progresses.\*\*** Absences are only permissible with parent/guardian or coach's reasoning. Practice should be attended even if the wrestler is injured. If you are

at school and cannot be at practice, please let one of the coaches know ahead of time (do not send the message with another wrestler).

All wrestlers must be in school/working on their online assignments the day of a match or they will not be able to participate. **\*\*If there is a doctors appointment/something else that is going to require missing school, please let a coach know.\*\***

- **Overcome and Respond.** Wrestlers are expected to encounter adversity in a constructive and respectful manner. Nothing or no one is perfect, and at some point this season it is likely that something will go wrong for each of us. We will analyze each situation and aim to find a positive pathway that leads us to a more favorable outcome.
- **Make smart choices.** Wrestlers are expected to make decisions that positively benefit themselves, the team, their families, and the community. We will be held accountable for our decisions and strive to not engage/participate with things that will jeopardize any of the above mentioned pieces of our program.
- **Be coachable.** Wrestlers are expected to understand the importance of coaching and how it is meant to ultimately benefit them. We will take constructive criticism in a positive manner and work to implement the suggested coaching points into our wrestling style and routine (aiming to comply with reasonable requests). **\*\*Understand that line-ups for matches may not always reflect our depth chart, as coaches reserve the right to make changes based on what they feel is best for the team. Tournament line-ups will reflect our depth charts; which will be determined based on the outcomes from Monday/Tuesday wrestle-offs.\*\***
- **Wrestlers should always have needed equipment and maintain good hygiene.** Wrestlers will need to purchase their uniform (compression gear shorts and crew top, along with headgear) via our team shop.

<https://wwaywrestling2020.itemorder.com/> **\*\*Shop open until November 15th\*\***

Wrestlers can purchase a different headgear as long as it aligns with our school colors of red, blue, black, and/or white, and does not have an alternate logo on it. It is recommended that each wrestler has their own pair of wrestling shoes, as they are more suitable for the nature of the sport than socks. **\*\*Team warm-ups will be provided. They are not to be worn to practice in.\*\***

For practice, wrestlers should wear: wrestling shoes, shorts/sweatpants, t-shirt (long or short sleeve), and headgear. Wrestlers should be wearing clean clothes to practice each day and showering (with soap) regularly after practices and matches/tournaments. This will help to prevent the spread of skin infections/diseases. Lastly, all wrestlers' hair and nails must be cut "short" (hair cannot be in the eyes, over the ear, or on the collar as regulated by NFHS Wrestling rules).

### **- Weight Classes -**

Middle school weight classes include 16 classes: 80 lbs, 86 lbs, 92 lbs, 98 lbs, 104 lbs, 110 lbs, 116 lbs, 122 lbs, 128 lbs, 134 lbs, 142 lbs, 150 lbs, 160 lbs, 172 lbs, 205 lbs, and 245 lbs. A two-pound growth allowance will be applied to all weight classes on December 25th; all maximum weights in all weight classes go up two pounds.

**\*\*No weight management plan exists for middle school wrestlers. We will encourage participation and not emphasize weight loss. Wrestlers will be expected to wrestle at attainable and realistic weights.\*\***

### **- Practice Routine -**

Practice begins on Monday, November 9th. All practices will be held at Thomas Worthington High School from 4:15 - 6:15 p.m. Monday - Thursday, and 4:15 - 5:30 p.m. on Fridays (Auxiliary Gym - Court 4). Wrestlers who are in school will be shuttled to TWHS each day there is practice; wrestlers who are learning from home will get dropped off TWHS. They will get picked up outside of the athletic entrance at TWHS.

### **- Match/Tournament Schedule -**

Wednesday, December 2nd	at Westerville Heritage	5:30 p.m.
Wednesday, December 9th	Olentangy Orange	5:30 p.m. (KMS)
Saturday, December 19th	at Dublin Karrer (Quad Meet)	TBA
Wednesday, January 6th	at Westerville Genoa	5:30 p.m.
Wednesday, January 13th	at Olentangy Hyatts (Quad Meet)	5:30 p.m.
Saturday, January 16th	at Upper Arlington Hastings (Quad Meet)	TBA
Saturday, January 23rd	at Hilliard Weaver (Quad Meet)	TBA
Saturday, January 30th	at Worthington McCord (Quad Meet)	TBA

**\*\*SCHEDULE IS SUBJECT TO CHANGE\*\***

### **- Communication -**

Feel free to reach out with any of your concerns/questions after you have checked with your wrestler; seeing whether they have already brought the issue to our attention (helping to promote the proper chain of command).

- Zac Wojciechowski - [zwojciechowski@wscloud.org](mailto:zwojciechowski@wscloud.org)
- Adreon Barrett - [adreon.barrett@yahoo.com](mailto:adreon.barrett@yahoo.com)

### **- COVID-19 Guidelines -**

Even when taking all of the precautions, there will still be risk of transmitting illnesses. All involved should stay vigilant about the health of members of our team. The situation with COVID-19 is rapidly changing, so these guidelines may quickly become outdated. We will be sure to keep up with the latest news from the CDC and other health officials in our area. **\*\*People (wrestlers, coaches, spectators, etc.) feeling sick or that have been exposed to someone sick, should not attend or participate in competitions or practices.\*\***

#### **Requirements for Wrestlers:**

- Conduct daily symptom assessments before each practice or contest.
- No congregating before or after practices or games is permitted.
- Eliminate handshakes pre- and post-match.
- Eliminate handshakes with coaches' post-match.
- Wear facial coverings off the mat when not actively competing or warming-up.
- Do not share equipment, towels, facial coverings, water bottles, other drinks or food. If equipment must be shared, proper sanitation must be performed between users. All wrestlers must sanitize their hands before and after warm-ups, at all timeouts, at period breaks and anytime they leave the playing competition or practice mat.
- All those on the team bench shall observe social distancing of six feet.

#### **Requirements for Spectators:**

- Conduct daily symptom assessments before each contest.
- No congregating before or after practices or contests is permitted.
- Six-foot social distancing must be maintained between individuals/family groups.
- Facial coverings are required unless exceptions can be met as listed in Ohio Health Director's Sports Order.

#### **Health Assessment Questions (to ask your wrestler each day):**

- Do you have a temperature greater than 100.4?
- Do you have a cough?
- Do you have a sore throat?
- Are you experiencing shortness of breath?
- Have you been in contact with someone who has COVID-19 within the last fourteen days?

### **- Link to full OHSAA Wrestling Guidelines -**

<https://ohsaaweb.blob.core.windows.net/files/Sports/Wrestling/2020-21/WRRequirementsRecommendations.pdf>

**- Asks of Parents/Guardians -**

- Have access to our Remind Alerts
- Communicate with your wrestler and the coaches
- Be on time (arrival and pick up)
- Make sure your wrestler is staying on top of their school work and chores
- Help keep your wrestlers' laundry clean
- Make sure your wrestler is being smart with their meals
- Make sure your wrestler is showering after practice and matches/tournaments
- Help promote the Cardinal Wrestling program

**Notes/Important Information:** \_\_\_\_\_

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# Sign up for important updates from Coach Wojo.

Get information for **Worthingway Middle School** right on your phone—not on handouts.

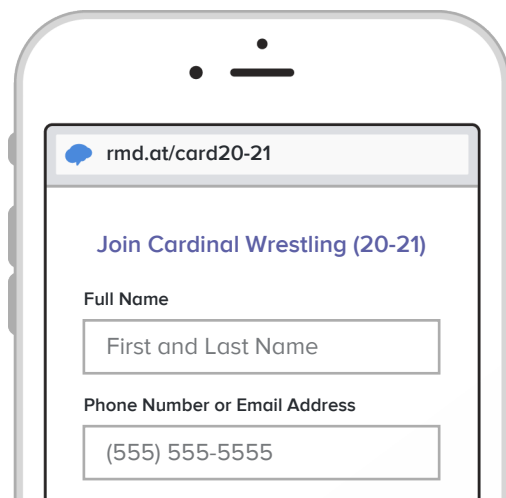
Pick a way to receive messages for **Cardinal Wrestling (20-21)**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/card20-21](https://rmd.at/card20-21)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message **@card20-21** to the number **81010**.

If you're having trouble with **81010**, try texting **@card20-21** to **(614) 344-0614**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/card20-21](https://rmd.at/card20-21) on a desktop computer to sign up for email notifications.

# Cardinal Wrestling - November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Wrestling Information Zoom Meeting @ 6:30 p.m.	6	7
8	9 Practice 4:15 - 6:15 TWS Aux. Gym Court 4	10 Practice 4:15 - 6:15	11 Practice 4:15 - 6:15	12 Practice 4:15 - 6:15	13 No Practice	14
15	16 Practice 4:15 - 6:15	17 Practice 4:15 - 6:15	18 Practice 4:15 - 6:15	19 Practice 4:15 - 6:15	20 Practice 4:15 - 5:30	21
22	23 Practice 4:15 - 6:15	24 Practice 4:15 - 6:15	25 No Practice	26 No Practice Happy Thanksgiving	27 No Practice	28
29	30 Practice 4:15 - 6:15	<ul style="list-style-type: none"> <li>- Bring workout clothes, running shoes, headgear, wrestling shoes, mouth guard (optional), and a water bottle!!</li> <li>- Our first dual is scheduled for December 2, 2020</li> </ul>				