

# CCMS Wrestling 2024

## Athlete/Parent Agreement

Head Coach: Jake Shinkle

Assistants: Hayden Bates & Ryder Shinkle

### **Coaching Philosophy: Athletes**

It is a pleasure and an honor to get the opportunity to coach your athlete this wrestling season. Here is our staff's philosophy on developing each individual. Wrestlers will be developed in this order:

- 1) As a Human
- 2) As a Student
- 3) As a Wrestler

If an athlete is a successful **Human**, then they can be a successful **Student**. If they are a successful **Student**, then they will be a successful **Wrestler**. It is expected that each athlete conducts themselves in this manner, in this order at all times during our season.

### **Coaching Philosophy: Technique**

There are three main goals this staff has when it comes to Wrestling:

- 1) Develop a healthy and positive passion for the sport
- 2) Fundamental and High-Percentage Technique
- 3) Prepare and promote for wrestling at the High School level

With such a variance in skill level and years of experience in our middle school room, we feel this is the best plan to make every wrestler as successful as possible.

### **Coaching Philosophy: Team**

While there are many individual aspects to this sport, Crook County Middle School Wrestling is a TEAM sport. In preparation for High School wrestling athletes and parents are expected to meet the following expectations:

- 1) All CCMS practices and competitions need to be the first priority during the season.
- 2) Athletes competing for district, state qualifying events, and the state tournament are required to attend CCMS practices.
- 3) Athletes competing for CCMS are required to wear CCMS gear.
- 4) Athletes that choose other sports or other club commitments over CCMS wrestling practice or competitions in season may lose their spot on the team.

This is not meant to punish athletes that want to grow their skill beyond what is provided. We are trying to grow and continue the dominance of **Crook County Wrestling**. This only happens if all athletes work together as a team.

## **School Expectations**

- Wrestlers will follow all school rules. It is expected that wrestlers conduct themselves with Pride, Class, Dignity, and Respect at all times.
- Any wrestler that is issued a referral will be dealt with on a case by case basis.
- Any wrestler issued a major referral or suspension will not be allowed to compete for one week.
- Any wrestler that has repeated discipline issues may be dismissed from the team.
- Any wrestler that is involved with any illegal activity (vaping, theft, etc,) will be dismissed from the team immediately.
- We will follow the school policy concerning grades. Two D's or one F and a wrestler will be ineligible to compete until the grade is fixed. Wrestlers are expected to be at practice regardless of their eligibility for competition.

## **Practice Expectations**

- 3:45-5:30pm
- Every day there is school we will have practice.
- If there is no school or school is canceled we will not have practice.
- Wrestlers with **excused**\* absence(s) will still be able to compete in our weekly meets.
- Any wrestler with an **unexcused** absence(s) will not be able to compete in that week's competition.
- Wrestlers are required to shower after practice. Please provide your wrestler with a towel and soap to keep in their wrestling locker.

**\*Excused absences mean that the athlete has talked with a coach face-to-face prior to practice OR a parent has contacted a coach via email.**

## **Competition Expectations**

- Wrestlers will come prepared with: Singlet, Shoes, Headgear Warm-up Top, Sweats/Shorts. (Shoes & Headgear is not provided by the school)
- Wrestlers with braces will also need a mouth guard. (Required for competition, optional at practice)
- Wrestlers are expected to conduct themselves with Pride, Class, Dignity, and Respect both on and off the mat during competition.
- Any wrestler displaying unsportsmanlike conduct will be removed from the competition.
- Every member of the wrestling team is expected to stay and support until the final CCMS wrestler is done.
- Wrestlers riding home with parents need to be signed out by the parent before leaving.

- Any parent wanting their wrestler to ride with another family must provide written/signed documentation prior to the tournament.
- District, State Qualifier, and State are the only tournaments that require wrestlers to make a specific weight.

### **Parent Expectations**

- Support your wrestler's success by making sure they are attending every practice.
- Help remind your wrestler to wash their practice gear, towels, and competition gear to help keep ringworm (and others) to a minimum.
- If you have a concern with our program please send an email to [jake.shinkle@crookcounty.k12.or.us](mailto:jake.shinkle@crookcounty.k12.or.us) or meet with the coaching staff **after** practice.
- Any other necessary communication will be sent out over the Remind App.

### **Contact Information**

- Email: [jake.shinkle@crookcounty.k12.or.us](mailto:jake.shinkle@crookcounty.k12.or.us) — Best way to contact me for excused absences, concerns, etc.
- School Phone: 541-447-6283 — Best way to contact for late/unexpected absences. The ladies in the office will get the message to me.
- Remind App— **This is where all parent communication will take place**
  - 1) Download the App (Search Remind: School Communication) it will be blue with a cloud on it.
  - 2) Send a text to **81010**, in the message type **@g3a6b4**
  - 3) That should automatically have you "join" CCMS Wrestling 2024

Again, thank you for the opportunity to coach and spend time with your athlete. We look forward to a productive and successful wrestling season. Athletes, coaches, and parents are all part of the same team and work together to provide the best opportunities for success.

By signing this document you have read and agreed to the team expectations, and will uphold them to the best of your ability.

Athlete: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_