

RFA - 2024-0001
Date Recv'd 6/4/2023

**REDBUD HEALTH CARE DISTRICT
REQUEST FOR ASSISTANCE (RFA)**
(Please Type or Print All Information)

1. Subject of Request Community Athletic Club Sponsorship
(Starting Date For New Programs) _____

2. Requesting Organization Gladiator Wrestling Club

3. Street Address 3187 Bartram Circle

City Clearlake CA Zip 95422

Telephone 707-701-1064

Web Site gladiatorwrestlingzz@gmail.com

E-Mail gladiatorwrestlingclub.org

4. Individual Accountable For Funds: Name Peter Stephan

Title GWC President

5. Amount Requested (\$) 20,000 Grant Period _____

6. Background And Basic Information Regarding Organization
(Use additional pages, as necessary, to fully describe information required)

7. Justification
(Use additional pages, as necessary, to fully describe information required)

7.1 Intended Use Of Funds In Detail

6-7.3 provided on attached documents
The funds will provide for each wrestler and their families so that each wrestler can not be denied the opportunity to wrestle and that they can continue to wrestle.

GLADIATOR WRESTLEING CLUB RFA 2024-0001 REQUEST.

Board Members- Our copy machine "ate" the first two pages of the Gladiator Wrestling Club Request. So, I have rewritten the following for ease of reading:

7.1 The funds will provide for each wrestler and their families so that each wrestler will not be denied the opportunity to wrestle without / due to financial restrictions.

7.2 The sport of wrestling serves as a social gathering of individuals who better their health through the training of wrestling. A positive safe place for kids to learn and grow through positive role models. Members of the club continue to give back and build up the community.

7.2 How Intended Use Of Funds Will Further Delivery Of Health Care Services Within Redbud Health Care District

The sport of wrestling serves as a social gathering of individuals who better their health through the training of wrestling. A positive place for kids to learn and grow through positive role models. Members of club serve to give support and build up the community.

7.3 Detailed Basis For Funds Requested

(See attached in B: folder)

GRANTEE QUESTIONNAIRE

Person who completed this form: Peter Stephan Date completed June 3 2023

1. How many employees were there at 6/30/ and 6/30/ ? How often are employees paid?
2. Identify and describe (a) the organization's major programs/activities (including markets and competition, supply availability, seasonality, changing technology, etc.) and (b) how the major programs/activities and the organization are affected by general economic, political, or social conditions.

Program/Activity

Description and How Affected

- Youth Wrestling
- Education & competition

- Develop - Individuals who reach their full human and athletic potential
-

3. What are the organizations major sources of revenues and receipts? (Describe major fundraising events, grants, etc.).

sponsorships through local businesses
wrestling tournament & camps

4. If the organization is reliant on a specific vendor for generation of revenue please provide. List the major vendors/suppliers and the approximate total purchases made from each for any vendor where more than 5% of the total services & supply budget is concentrated in the one vendor.

N/A

5. Provide any changes in the organization's spending for the current year such as specific capital expenditures, etc, along with related funding sources, if any:

no changes

6. What are the organization's major sources of financing (such as short-term borrowing, lines of credit, long-term debt, or leasing)?

Donations and Sponsors from Community

7. Describe the budgeting process (who prepares, who approves, when finalized and/or updated):

Board executive members approve and finalize purchases.

8. What performance measures, both financial and nonfinancial, are most important in managing and measuring the Organization's results (for example, service call, budget to actual, monthly trend, etc.). Specifically what reports do the Board and other members of management look at regularly?

Monthly meeting executive board members report expenses and financial statements.

9. List the members of the governing body of the agency, their titles and how often they meet (attach an electronic document with this information if preferred).

Peter Stephan - President
Branden Whittle - VP

Britney Whittle - Secretary
Thea Stephan - Treasurer

10. List Executive Management and their titles.

None

11. Has there been any turnover in management or employees in the last year? If so, please provide an explanation.

NO

- ? 12. Are there any related parties? Please list transactions that occurred between any related parties during the year.

Name Relationship Type of Transaction

13. Provide a list of all locations with the number of employees and what the location is used for (office, training, etc.).

Location # of Employees/Activity

None

14. List any affiliated organizations (Name and affiliation):

None

15. List any external factors such as regulatory, economic, political, etc. that affected the entity's business during fiscal year 2014.

None

16. Describe any significant changes that occurred during the year, if any (changes in rates, changing services provided, marketing changes, etc.).

N/A

17. Have you prepared your financial statements in conformity with generally accepted accounting principles consistently applied? YES

18. Are there any events that occurred after the end of the year that may have an impact on the financial statements (lawsuits, new debt, lease or revenue agreements, major purchases, etc.)? NO

19. Have there been any communications from regulatory or taxing agencies? NO

20. Are there any unrecorded contingencies or commitments at year end including the following: NO

- a. Gain or loss contingencies resulting from lawsuits, guarantees, warranties, notes sold with recourse, etc.
- b. Existence of any guarantees, whether written or oral, under which the company is liable.
- c. Any Violations, or possible violations, or laws or regulations.
- d. Have there been any lawsuits or legal activity in the last year? NO

We hereby certify that the president / VP
(Governing Body) of the Non Profit organization
On behalf of The Glaciator Wrestling club

Have read and approved the attached Grantee Questionnaire.

We hereby certify under the Penalty of Perjury that the foregoing is true and correct.

<u>Pat Ho</u>	<u>6/3/23</u>	<u>[Signature]</u>	<u>6/3/23</u>
Signature	Date	Signature	Date
<u>President</u>		<u>V.P</u>	
Title		Title	



Department of the Treasury
Internal Revenue Service
Tax Exempt and Government Entities
P.O. Box 2508
Cincinnati, OH 45201

GLADIATOR WRESTLING CLUB
3187 BARTRAM CIRCLE
CLEARLAKE, CA 95422

Date:
05/17/2022
Employer ID number:
88-1715160
Person to contact:
Name: Customer Service
ID number: 31954
Telephone: 877-829-5500
Accounting period ending:
July 31
Public charity status:
170(b)(1)(A)(vi)
Form 990 / 990-EZ / 990-N required:
Yes
Effective date of exemption:
May 06, 2022
Contribution deductibility:
Yes
Addendum applies:
No
DLN:
26053529006802

Dear Applicant:

We're pleased to tell you we determined you're exempt from federal income tax under Internal Revenue Code (IRC) Section 501(c)(3). Donors can deduct contributions they make to you under IRC Section 170. You're also qualified to receive tax deductible bequests, devises, transfers or gifts under Section 2055, 2106, or 2522. This letter could help resolve questions on your exempt status. Please keep it for your records.

Organizations exempt under IRC Section 501(c)(3) are further classified as either public charities or private foundations. We determined you're a public charity under the IRC Section listed at the top of this letter.

If we indicated at the top of this letter that you're required to file Form 990/990-EZ/990-N, our records show you're required to file an annual information return (Form 990 or Form 990-EZ) or electronic notice (Form 990-N, the e-Postcard). If you don't file a required return or notice for three consecutive years, your exempt status will be automatically revoked.

If we indicated at the top of this letter that an addendum applies, the enclosed addendum is an integral part of this letter.

For important information about your responsibilities as a tax-exempt organization, go to www.irs.gov/charities. Enter "4221-PC" in the search bar to view Publication 4221-PC, Compliance Guide for 501(c)(3) Public Charities, which describes your recordkeeping, reporting, and disclosure requirements.

Sincerely,

Stephen A. Martin

Stephen A. Martin
Director, Exempt Organizations
Rulings and Agreements

Website Information

gladiatorwrestlingclub.org

Within the gladiator website you can view the practice/tournament schedule, coaches bios, board member bios, past and current gladiator events/fundraisers, and photos.

The website also handles the club registration to make it hands free and all wrestler info found in one database.

Starting July of 2023 it will also include board meeting dates & past meeting minutes. Board meetings are the 3rd Wednesday of each month.

President Bio: Former Official for USA Wrestling and CIF 2018-2023. Has 11 years of coaching experience at the youth, middle school and high school level. Coach- Elkhorn Wrestling Club 2010-2015 Head Coach-Elkhorn Area Middle School 2013-2015. Assistant Coach- Lower Lake High School 2016-2017. Ran a wrestling program through After School Program with Konocti Unified School District at East Lake and Burns Valley 2017-2020. Konocti Rams Coach 2018, 2022. Wrestled at UW-Whitewater. 1x Wisconsin Freestyle State Placer, 1x State Qualifier, 2x Section Placer. Wrestled out of Elkhorn, Wisconsin.

Since joining the wrestling club in 5th grade, the sport of wrestling has shaped me into the man I am today. Wrestling has been an outlet for me as it has taught me how to push myself to the limit. It has created many friendships that I still have to this day. Wrestling has motivated me to put my best effort into school where it led me to college. While in college, job opportunities were presented to me which ultimately led me to becoming a teacher. Wrestling has given me so many opportunities and I take pride in giving back to the community. I am forever grateful for the life lessons the sport has taught me and excited to bring the sport of wrestling to Lake County!

Gladiator Club Mission Statement: Gladiator Wrestling Club offers a unique opportunity for student-athletes to participate and excel in the sport of wrestling. The high school wrestling programs are committed:

To providing the opportunity for student-athletes to seek and achieve their athletic, academic and personal potential.

To developing the CORE VALUES of **humility, accountability, self-respect, leadership, citizenship, discipline, sportsmanship and integrity.**

To fostering school unity, school spirit, and pride in our school and athletic teams – *Once a Panther Wrestler, Always a Panther Wrestler.*

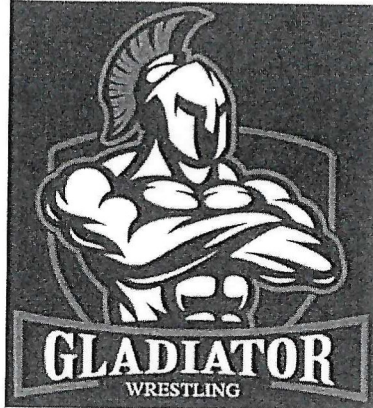
To encouraging student-athletes to participate in multiple sports and play sports competitively after high school.

To integrating the community and local youth wrestling programs into the Gladiator Wrestling Club program.

To promoting our athletic department, wrestling program, student-athletes and school district locally, statewide, nationally and internationally.

To comply with the rules and policies of the KSHSAA, NFHS, USA Wrestling and the USD 325 School District.

To impact, influence and impart with a vision for individual success that rejects passivity, accepts responsibility, leads courageously, and expects a greater reward (transcendent cause).



gladiatorwrestling22@gmail.com

Gladiatorwrestlingclub.org

Facebook @ gladiatorwrestlingclub

President - Peter Stephan 707-701-1064
3187 Bartram Circle, Clearlake, CA 95422

Vice President - Brandon Whittle 707-262-2931
10513 Fairway Dr, Kelseyville CA 95451

Secretary- Brittany Whittle 707-228-0925
10513 Fairway Dr, Kelseyville CA 95451

Treasurer- Thea Stephan 707-484-7425
3187 Bartram Circle, Clearlake, CA 95422

2022-2023 60 wrestlers served- Record Bee articles provided with results

Scholarships: Gladiator Wrestling will donate 1,000 total for two Gladiator Wrestler 2024 graduates (2 scholarships = 1 boy and 1 girl senior 500 each) *GWC will provide this*

National Dues: \$3,600 = 60 Kids USA Wrestling Cards

Website Fee= \$1299 per year

Space Rental: No payment due - School district provided

Shoes & Equipment: 30 Pairs of Shoes & 45 Uniforms for rental already available

- Would like to provide more rental 30 shoes & 15 more singlets so all can rent free of charge (2,400)
- 60 backpacks (3,000)
- 60 Reusable Water Bottles (300)
- 60 headgears (1500)
- 60 Warmups (shirt, sweatpants, jacket) (3,900)
- First Aid Backpacks & CPR trainings (800)
- MTEP Certified Scale (500)
- Shoe Mats (200)

Insurance: *\$110 per Season*

Transportation:

Coaches Vehicle Inspections: \$400 (50 per vehicle x 8 coaches)

Tournament Fees (if funded: 12,000 = 25 per tournament x 12 tournaments per season x 40 kids)

Tournaments: Healthy Snacks (2,400= 12 Tournaments x 40 kids x \$5 per wrestler)

Tournament Fuel Expenses: \$2,000 (250 per certified driver)

USA Wrestling Coaches Certification : 800 (100 per card x 8 Coaches)

Volunteer USA Wrestling Certifications: 300 (50 x 6 volunteers)

Gladiator Wrestling Club 2022/2023 Season Financials

			Operating Costs	
Breakdown of Sponsors & Fundraising			Yearly USA Wrestling Insurance	- \$85
Preseason Start Up Donations Winery	+ 605.50		Website 2022 Cost at Discounted First time sign up rate (Also handles all registrations)	- \$524.30
Corn Hole Tourney	+ 539.00		Website 2023 Cost	- 1299
	= \$1,144.50		Website Domain 2022 .com	- 12.17
			Website Domain 2023 .org	- -10.17
2022 Camps Sponsors	+\$1,700		Equipment Costs	b
Konocti Camp Registration Fees: (Girls Camp Free Registration)	+ \$700		Mat Tape, Cleaner, & Shoe Mats	- \$ 700.96
Camps Cost	- \$930.07		Weight Training Bands	- \$454.80
Camp Profit	= 1,469.93		Digital Scoreboard Practice Clocks	- 1,327.12
			Storage Bins	- 30.93
2023 Gladiator Brawl Total	\$8, 290.68		Donation to Lower Lake High Wrestling Fundraiser	- -250.00
2023 Gladiator Brawl Costs (break down on following sheet)	- \$2, 772.45		Wrestlers needing help with tourney costs	- 590.00
2023 Gladiator Brawl Profit	+\$5,518.23		Total Spent 2022/2023 Season	5, 283.95
Total Raised for 2022/2023=	8, 132.66		8, 132.66 - 5, 284.46 Total raised - total spend 2022/2023	\$2,848.20 in account as of 6/8/2023

Registration = \$4, 826.68 (waiting on \$420 check from
Willits, but included in total)
Gate : \$1,974
Total = \$6,800.68

Donations for Tournament
\$750 (Lake County Pumpers)
\$500 (Canopy Refresh)
=\$1250

T- Shirt guys: \$240

Lake Fleet Paid \$1200 for
Referees

Total made before subtracting expenses= \$8,290.68.

- 178.04 table items- spray bottles, paper towels, nose plugs, tape, ankle bands, stop watches
 - 418.16 Medals & small trophies
 - 318.25 Metals and Trophies
 - \$152.24 Mat Tape
 - \$119.62 Entrance bracelets & Snow fence
 - \$157.14 Team Trophies
 - \$174 Banner
 - \$140 Starbucks Coffee Hospitality room
- = \$1,657.45

Barbecue for Hospitality room- 40lbs pulled pork, 3 sides Mac n Cheese, 3 sides beans, cole slaw, buns, 6 container bbq sauce
\$450

(He donated the 40 lbs of chicken that was brought. Other stuff was given at bare minimum in charge just to cover cost of food)

\$315 Track Wrestling to run Tourney

Podium = \$350

\$1,657.45 + \$450 + \$315 + \$350

= \$2,772.45 expenses

\$8,290.68 - \$2,772.45
Total made= \$5,518.23

My son ángel joined the gladiator wrestling team, and that was his first sport he ever joined. I asked him what being in a team has taught him and he said workmanship, patience, how to work hard, never to give up, being respectful and responsible. As a parent I also saw many changes in my son. My son is 9 years old and was having some trouble at school. He was having a hard time with his other peers and would often use his hands or talk back and that would get him in trouble. After being in that team he started coming home saying that he told an adult when he had a conflict because he didn't want to get kicked off or stay out of practice and events. He started to show interest in being healthier and his respect towards others in school improved. He also mentioned that being in this team gave him an opportunity to learn that he can count on his coaches and that he gained trust and the confidence he was lacking. I am beyond grateful for what the gladiator coaches have taught my son. He was not just a member of a team he was part of another family!

Jessica maciel

Hugo Salazar- Coach for Gladiator Wrestling Club

Gladiator Wrestling Club has been a great experience for me, as a first time coach I didn't know what to expect. But helping out and giving back to the kids is what drives me to get more knowledgeable in this sport. Being able to teach these kids a new sport they aren't used to is gonna be tough, but when the kids win the match it is well worth it when you see the smile on their face. From coaching the wrestling team I was able to get a foot in the door into working at the school we wrestle at, and for that I couldn't be more grateful to have such a great coach Peter Stephan for that opportunity. It has taught me so much about understanding a child's mind and how you can help them out in stressful situations. Not only that but building a connection with the students is something I've come across that is challenging. As a coach you want to get to know what drives the kids to want to do better for themselves, because in wrestling we see it as a way of life and if you can succeed in wrestling then you can succeed in the real world.

Wrestling for me has given me so much to look back on, if it wasn't for wrestling I wouldn't be the man I am today. There is a beauty in this sport to where it feels like an individual sport, but when you look at it deeper it is a team sport. Yes you might be out there on the mat wrestling by yourself but you have your teammates cheering you on to beat your opponent and there's no other feeling than getting your hand raised. Throughout my wrestling career there is something I realized and that is the friendships you can create in the wrestling room, to this day one of my best friends was my drilling partner. The amount of hard work you can put into this sport is unimaginable, there are days when you would feel drained from the amount of sweat you would work off in a two hour practice. That is the beauty of wrestling in order to excel you need a strong mindset and through hard work anyone can achieve that. That's why I am here I want to help these kids to go in the right direction, the community as a whole sees the benefits from just one season of wrestling. Some of the parents have seen certain behavioral changes in their kid and it's great to know that you impacted this young person's life. When I am in the wrestling room I see myself in a different view now then I did in high school, back then it was about putting in that hard work and seeing where that got you, now I see it as a way to help this community get more familiar with this sport and to show the people the beautiful struggles that wrestling has to offer.

Another great thing about wrestling is how you are always learning something new whether it's a simple move or perfecting your technique. But that can be easily transitioned to the real world, it is important to keep your mind sharp and I feel wrestling does it's justice to make that happen. I am very grateful for the sport of wrestling and there isn't a thing in the world I would trade for those experiences I had and the amount of respect I had for my coaches and event staff when going to a tournament. Wrestling is why I keep striving to be a better person and is definitely a way of life that is not for everybody.

Gladiator Wrestling Testimonial

This letter is a testimonial on the great benefits that my grandson has had since becoming part of the Gladiators Wrestling Club. It has taught him not only techniques on the mat and the importance of listening, learning, and implementing the things that have been taught. He has been able to focus more. This year has meant a lot to Kameron. At 9, he has his goals already set. He wants to be a professional wrestler. In his words, the Gladiators are giving him his first step into that world. He has the equivalent to straight A's and just completed the 3rd grade. He also had perfect attendance and read over a million words (the only one in his school to do so), all while working with and attending matches on the weekend with his Papa. He has learned the importance of teamwork. He continues to learn the importance of respect for his coaches and team. Coach Peter and the coaching staff have assisted in helping Kameron transition into the world of wrestling with patience and positivity. The coaches are always uplifting not only Kameron but the entire team. But most importantly, Peter and the coaches have given the children of our community a place and an outlet when options as far as extracurricular activity are limited. This program has opened doors to the kids of our community and is building young, responsible young men and young women. Speaking from a parent's view, I have always believed it takes a village to raise a child, and with Peter, the coaches and the Gladiators Wrestling Club as a part of our village, Kameron has a great start. And finally the coaches have never had an issue with explaining all aspects of Wrestling to a novice such as myself and patiently answered all of my questions. Thanks Peter and your wonderful staff of coaches and Burns Valley School for supplying a place to have their training.

Traci Long

My name is Thea Stephan and this letter reflects my positive experiences with Gladiator Wrestling Club from a teacher's point of view. I had multiple Gladiators in my classroom and saw changes in them all that helped improve their confidence and experiences in the classroom. I am choosing to speak in more detail regarding just one of them because the drastic changes I saw in him made an extreme difference in the classroom setting. At the beginning of the school year prior to starting the club he came in with a sense that he was not capable of being a great student and did EVERYTHING in his power to draw all the classes attention to negative behaviors. He also constantly came in saying "I am a bad student and will never be a good student." I worked hard to break this mindset he was stuck in, but the breakthrough did not happen until he joined the Gladiator Wrestling Club.

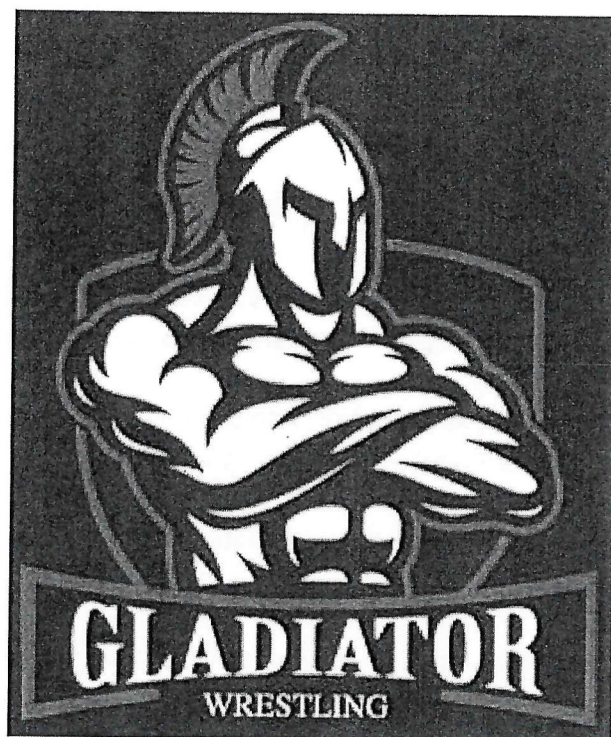
First thing in the morning I had recess duty and each day he would come to me telling me all about his practice the day prior and how proud he was of everything he learned. He also constantly would repeat "Gladiator Wrestlers work hard on the mat and even harder in the classroom." When he came in each day I saw a positive boy who had so much more confidence in his abilities and gained the confidence he needed to succeed. At times when he would almost slip back into his old mindset when he struggled on learning topics I would remind him "Would a Gladiator give up?" and this would put a huge smile on his face and he would choose not to give up. His parents also spoke to me about the changes they saw at home and were excited to keep him going in sports all year round to continue these positive changes. The Gladiator Wrestling club helped his self esteem and also bridged him to discovering his love of sports.

Thea Stephan

First Grade Teacher

Burns Valley School

GLADIATOR WRESTLING CLUB



WRESTLING HANDBOOK

GLADIATOR WRESTLING CLUB

Our Vision

To develop championship athletes and individuals who reach their full human and athletic potential with high character, moral integrity, and who leave GWC ready to change the world for good.

Our Mission

Gladiator Wrestling Club offers a unique opportunity for student-athletes to participate and excel in the sport of wrestling. The high school wrestling programs are committed:

To providing the opportunity for student-athletes to seek and achieve their athletic, academic and personal potential.

To developing the **CORE VALUES of humility, accountability, self-respect, leadership, citizenship, discipline, sportsmanship and integrity.**

To fostering school unity, school spirit, and pride in our school and athletic teams – *Once a Panther Wrestler, Always a Panther Wrestler.*

To encouraging student-athletes to participate in multiple sports and play sports competitively after high school.

To integrating the community and local youth wrestling programs into the Gladiator Wrestling Club program.

To promoting our athletic department, wrestling program, student-athletes and school district locally, statewide, nationally and internationally.

To comply with the rules and policies of the KSHSAA, NFHS, USA Wrestling and the USD 325 School District.

To impact, influence and impart with a vision for individual success that rejects passivity, accepts responsibility, leads courageously, and expects a greater reward (transcendent cause).

Communication: IS KEY

WEBSITE

The GWC Wrestling website contains information about various wrestling opportunities and program standards. Biographies of the coaches, program descriptions and practices/procedures are a few items featured online. Find us online at www.usd325.com/pages/wrestling/.

CALENDAR

An updated calendar will be available online: www.usd325.com/pages/wrestling/ under the "Calendar" tab or a paper copy. Practice schedules are subject to change. Updates will be made periodically and, at times, with short notice.

TEXT MESSAGES/PHONE CALLS

Text messages or phone calls are an easy way to reach the coaching staff. Coaches will also send various updates to groups of athletes and parents (schedule changes, practice times, etc.). If you are unable to receive text messages or your phone does not accept group messages, please inform the coaches.

BEING A TEAM MEMBER:

SPORTSMANSHIP AND ATTITUDE

All student-athletes and wrestling supporters are expected to maintain a positive attitude and display good sportsmanship at all times. Poor sportsmanship and attitudes detrimental to GWC wrestling will not be tolerated. Our sportsmanship standards can be found in our *Code of Ethics*. Any GWC wrestler or manager that doesn't show proper sportsmanship and attitude during practice, competition, travel, over night stay, etc. will have consequences for their actions. This may include, but not limited to: Throwing team equipment, vandalizing, unsportsmanlike behavior, cursing at teammates, coaches, managers, parents, or officials, displaying poor behavior. These things may lead to extra conditioning, suspension from competition, or asked to leave the team. The coaching staff and captains will look at each case; they will determine the consequences. Parents will be notified.

ACADEMIC PROGRESS

All student-athletes are expected to place 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. The GWC athletics handbook outlines eligibility requirements concerning non-passing grades. Coaches reserve the right to hold athletes from practice or competition when extra attention is needed in the classroom.

PRACTICE ATTENDANCE

Athletes are expected to attend all practices. The coaching staff will keep an accurate record of attendance. Each athlete will check his/her weight before AND after practice and record the correct weight in the locker room. If a wrestler is in school and does not inform the head coach that he/she will miss practice, it will be an unexcused absence. Coaches must be notified of an absence in advance (at least 5 hours before) for it to be considered **excused**. The only exception is when an emergency occurs. An excused absence must be prearranged in person or by phone call to the head coach. There is no excuse for missing training. If an athlete must miss practice they must take the initiative to make up the training. Excused absences must be made up the same as unexcused absences. Generally the coach will provide conditioning, etc. **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 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 the head coach (events include helping clean up after matches and tournaments, etc). It will be up to the discretion of coach Kenney to determine the validity of your absence. Failure to verbally contact your coaches in *person*, by *phone*, or *text message* will result in an unexcused absence. An athlete will be ineligible for competition until all missed practices are made up.

- If a wrestler has his/her **first unexcused absence** during the week, then he/she will have extra conditioning and practice make-up, if the wrestler doesn't complete the task they will miss that weeks competition(s).
- **Second unexcused absences** will result in 3 days of extra conditioning and missing that week of competition or the next week.
- **The third unexcused absence** the wrestler will be removed from the team. •

THE HEAD COACH WILL CALL PARENT/S OR GUARDIAN WHEN THE STUDENT-ATHLETE HAS AN UNEXCUSED ABSENCE. YOU WILL BE INFORMED!

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.

SOCIAL MEDIA POLICY

Student-athletes must know and adhere to the *GWC Wrestling Code of Ethics* when using social media. Individuals should be aware of the effect their actions may have on their images as well as the image of GWC Wrestling and GWC 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 all material to the internet. 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, libelous or that can create a hostile environment on the team or at the school. GWC Wrestling doesn't want information to become public that isn't meant to be. **Consequences for breaking the policy will be determined by the coaching staff.** Each infraction will be looked at case by case.

TOBACCO AND ALCOHOL POLICY

Athletes will follow the GWC alcohol and drug policy. Extra conditioning and other consequences may occur.

PROPER METHOD TO ADDRESS A CONCERN

Step One: The athlete speaks with the coach.

Step Two: The parent asks for a conference with the coach and the athlete.

Step Three: If the conference between the parent/athlete and coach does not resolve

the concern, there will be a meeting with the athletic director and principal.

Areas that are NOT appropriate for parents to discuss with coaches: an individual's wrestling time, team strategy, the make-up of the team and the decisions as to who participates in competitions, other members of the team, other parents and other coaches. The method to address a concern is created to help student-athletes take responsibility for their lives and learn how to effectively communicate with authority in a respectful and professional manner.

WEIGHT MANAGEMENT

GWC wrestling neither advocates nor encourages weight loss in order to participate. Proper nutrition, exercise and a healthy lifestyle are important components to understanding the long-term benefits of high school athletics. Athletes will be expected to compete at his/her designated weight class at each competition and may not compete in a contest if he/she does not make weight. Coaches will closely monitor the weight of each athlete. More information on weight management will be available to athletes and parents. We will follow the KSHSAA weight control program.

VARSITY "STARTING LINE-UP"

The coaching staff will determine the starting line-up for each contest by using wrestle offs. There will be opportunities for athletes to challenge others and to "wrestle-off" for a spot. However, wrestle-offs are NOT the single determining factor for the starting line-up, varsity participation, travel squad or any other position available on the wrestling team. Coaches may include practice attendance and performance, behavior and character, individual match-up, team needs and personal development. Being a member of the GWC varsity starting line-up is a privilege, not a right. **A cut off date for varsity challenge matches (month of January) will be given to the team. The coaching staff will decide this date.**

Wrestle off Example: We will use a bracket if there are 4 or more wrestlers. If 3 or less wrestlers a round robin tournament will be used. If wrestler #1 wins against wrestler #2 in the first match, then Wrestler #1 will wrestle wrestler #3. If wrestler #1 wins that

match, then wrestler #1 will be varsity. Wrestler #2 and Wrestler #3 will wrestle to see which are number 2 and number 3 wrestlers for JV. Once the varsity wrestler is determined they have to be beat 2 times in a row to lose the varsity spot. (Order of wrestle offs: #3 vs. #2, then winner wrestles #1, etc.).

TRAVEL POLICY -When traveling, either in town or out of town, all wrestlers are expected to represent the school district and the wrestling program with class and integrity. Athletes must travel with the team to events (no exception) and may ride home with his/her parent(s). Parents must have leave request signed 24 hours in advance by the athletic director and the athlete will give to the Head Coach each time. If an emergency occurs then it is up to the Head Coach.

VARSITY LETTER REQUIREMENTS (WRESTLERS) will take effect in 2017-2018

1. Any senior who has been in good standing for 4 years and contributes to the team for 4 entire seasons.
2. Any Freshman, Sophomore, Junior or Senior who competes in 15 or more varsity matches (approximately half of the matches available).
3. Any varsity wrestler who scores 30 or more team points during the season in dual meets or tournaments.
4. Any varsity wrestler that qualifies for state.
5. At the coaching staff's discretion, a wrestler who has an injury/hardship which prevents him/her from the above criteria or has made a significant unquantifiable contribution that the coaches believe deserves a varsity letter.

**Varsity Letters are only awarded to athletes who finish the season in good standing.*

Handbook letter requirements for 2016-2017:

- Wrestling:** To earn a letter, an athlete must fit one of the following criteria:
- a. Have a winning varsity percentage
 - b. Represent the varsity team at 90% of all competitions
 - c. Qualify for state

MANAGERS:

GWC Wrestling is open, at the head coach's discretion, to students who are interested in being a part of the wrestling program as managers. Our program values managers and considers them to be an integral part of the team. They are expected to adhere to the standards of excellence of the program and must sign the GWC drug and alcohol/ concussion policies. Managers are required to attend all wrestling competitions and practices, however, excused absences will be granted for individuals who communicate with the Head Coach.

There is no distinction between varsity and junior varsity among managers. Everyone will be expected to carry out responsibilities for the entire team. Coaches will help delegate roles appropriately, which at times may include seniority. Responsibilities will be divided into FOUR "groups": photography/video, statistics, social media and practices. Managers will choose their group according to interests and strengths.

All managers will split duties for uniform distribution, collection, organizing and washing.

Video/Photography	Statistics	Social Media	Practices
<p>Still photos and actions shots during competitions.</p> <p>Video footage of competitions(two cameras – live action and non-live action – crowd, etc.)</p> <p>Video footage of practices. Upload videos to Hudl.</p> <p>Help prepare videos for review by coaching staff.</p>	<p>Keep statistics during competitions.</p> <p>Enter statistics into <i>TrackWrestling</i> and stats program.</p> <p>Break down statistics for coaching staff.</p>	<p>Manage live updates during competitions on Twitter.</p>	<p>Attend wrestling practices.</p> <p>Keep time and other information when needed.</p> <p>Be responsible for laundry and up keep of towels and practice gear.</p> <p>Help the coaching staff and athletes clean the multi purpose room.</p> <p>Assist in various practice set- up</p>

			and takedown.
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To earn a VARSITY LETTER, the following criteria must be met:

1. Any Manager who is a part of the program for the entire year, completes their duties, and in good standing.

TEAM CAPTAINS

Appointment

Team captains shall be chosen by members of the wrestling team, and approved by the coaching staff (Mostly Juniors and Seniors, but underclassmen may be put on the ballot). Careful consideration should be taken when picking team captains. Only the coaching staff will approve those who exhibit strong leadership skills. 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 outside of 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 help organize dual and tournament setup and clean up.

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 GWC 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.

Wrestling Practice Expectations:

PRACTICE ATTENDANCE

Athletes are expected to attend **all** practices.

PARENTS AND SPECTATORS (DURING PRACTICE)

Parents and spectators are permitted inside the wrestling room during scheduled practice times (3:20-5:30 PM). Those who desire to watch practice may do so from the chairs by the south wall. Please talk to the coach ahead of time before showing up.

Parents (and spectators/visitors) are never permitted in the locker rooms or on the wrestling mat before, during or after practice.

Parents (and spectators/visitors) are expected to allow the coaching staff to handle instruction, motivation, discipline and other matters accordingly during practice. Overstepping these boundaries during practice will not be tolerated as it significantly undermines the authority of the coaches and you will be asked to leave and not return.

In general, the coaching staff is unavailable for phone calls, text messages or conversations with anyone other than team members during practice. Coaches will not check messages or e-mails during practice. All communication must be done before 3:00pm or after 6:00pm on practice days.

There are many reasons for these guidelines. If you have any comments or concerns, please contact Coach Andy Kenney.

CLOTHING/EQUIPMENT/HYGIENE

Every athlete is expected to attend practice prepared. Workout clothes must be clean at the beginning of every practice. Clothes should fit the athlete well (no baggy clothing) and be appropriate. Derogatory comments and foul and abusive language is not permitted on clothing and coaches reserve the right to instruct an athlete to change his/her clothing. The school provides each athlete with headgear (protective ear guards) that must be checked out and returned when the season is finished. Additional equipment is available upon request (knee pads, etc.); however, anything beyond the basic practice needs is the responsibility of the athlete. Dirty laundry will be collected after each practice and washed in time for the next scheduled practice.

Athletes are expected to wear wrestling shoes and head gear during practice. Mouth

guards are strongly encouraged. An athlete with braces is required to have a mouth guard for all competitions (KSHSAA rules). All athletes should have running shoes available for every practice.

HEALTH

Athletes must be in good cardiovascular condition and physically ready to perform the movements and skills demonstrated during practice. Coaches may choose to hold individuals out of practice for any health-related issues that may be harmful to the individual or others.

Individuals with an active skin disorder will not be allowed to participate in practice activities until they are medically cleared (by a medical doctor) AND approved by a coach. Those who cannot participate are always expected to attend practice. If there is anything in question, it is the athlete's responsibility to notify the coaching staff. Skin checks will take place periodically throughout the season. Individuals with skin infections must have a completed Medical Release Form before on-the-mat participation resumes. Athletes with concussions must follow mandatory protocol before they are allowed to participate at all.

Athletes who are unable to practice due to injury or any other non-illness related diagnosis are expected to attend practice.

SAFETY PROCEDURES

Injuries and Infections

In wrestling, as with all sports, injury is an inherent risk. Athletes should be aware of this risk. Skin infections are a common problem in the sport of wrestling. We must all do our part to keep skin infections to a minimum. Athletes should report any signs of possible infection to the coaching staff immediately. After the beginning of practice or competition athletes are not allowed to leave without permission from the coaching staff. Athletes are not trainers. Do not self-diagnose injuries or infections. If you believe you are injured, sick, or have a skin infection check in with the coaches and we will send you to the trainer. Unless you have a communicable disease you are expected to be at every practice.

HYGIENE

Showers are available to all athletes BEFORE and AFTER practice. Anti-bacterial soap,

deodorant, shampoo, towels and some necessary toiletries need to be provided. Anti-bacterial wipes and hand sanitizer are readily available throughout the wrestling room. Wrestlers will keep fingernails clipped, haircut to match NFHS rules, and clean shaved before wrestling competition.

MISC.

If a wrestler has a tattoo it will need to be covered if: Inappropriate picture, if it is racial towards others, inappropriate language, or any thing that brings negative attention. Coaches will have final say on all tattoos. If a wrestler is wearing anything that is not necessary for competition, they will need to remove it before competing. No hair covers will be worn, unless prescribed by a doctor for medical purpose, same with under shirt. **WE ARE A TEAM. WE DON'T WANT TO BRING UNWANTED ATTENTION TO INDIVIDUALS.**

IMPORTANCE OF EATING RIGHT

REHYDRATE - Rehydrating correctly is important to achieve the best performance, and to eliminate muscle fatigue and cramping. If you overload on Gatorade your body will shut down. Your body cannot absorb it quick enough and it will just be eliminated as waste. Too much Gatorade too fast will give you stomach aches and will not deal with the cramping problem. Water down your Gatorade and drink 1 cup every 5 minutes.

REFUEL - Proper refueling can give you a slight advantage, but if done improperly (i.e. eating too much) will actually decrease performance. Eat simple carbs, but not too many. Simple carbs (**only**) can be digested and removed from the stomach in as short as 1 hour. (Ex. *Bread, Noodles, Fruit, Rice, Cereal*). If you add proteins and/or fats to your meal, it will take up to 4 hours to remove the food from your stomach (Ex. *Meat, Cheese, Mayonnaise, Candy bars, Crackers*). If you eat too much your body will divert blood from your arms and legs to aid in digestion. This will cause you to fatigue during a match.

Match and Tournament expectations:

1. Wrestlers are expected to come to every match and tournament, and to be at weigh-ins on time. (Missed matches are unexcused and the wrestler will miss the next week or two of competition.) Determined by excused or unexcused reasons.
2. Wrestlers will stay the duration of matches and tournaments. The team will make every effort to stay at a tournament until its completion. (During home meets,

everyone stays to help clean up).

3. During matches and tournaments: Wrestlers will sit together --Varsity and JV will stay dressed in uniform and on the bench for the duration of matches. Wrestlers will begin warming up for their match at least 3 weight classes before their match.

4. Wrestlers do not yell instructions, but may yell support.

5. Wrestlers will stay in PROPER GWC wrestling uniform before and after the matches. **Be proud of your school!**

6. Wrestlers will not walk around, talk with friends, or go to concession stands, talk or text on cell phones, etc. during the dual meet.

7. GWC wrestlers will wear GWC wrestling uniforms on awards stands, no exceptions.

8. **HATS will be taken off once we enter the venue and remain off until we leave the venue.**

9. We will pick up our area before we leave any venue. It will look nice!

Consequences will apply for expectations broken. These will be determined by the coaching staff and captains.

GWC WRESTLING COACHES CODE OF ETHICS

The GWC wrestling community desires to develop championship wrestlers with championship character and a great work ethic with high morality and integrity. The same is true for our coaching staff. As leaders of young men and women, coaches are in the position to set the standard of excellence and portray a picture of what the athletes can become. A coach's role is extremely important and not to be taken lightly because more is caught than is taught.

1. I WILL BE AN EXAMPLE TO MY ATHLETES. As a coach, I am in a position of influence and understand young athletes can be very impressionable. I welcome the responsibility to be a positive role model and demonstrate the character and work ethic in all aspects of my life that I desire to see in my athletes.

2. I WILL USE A POSITIVE COACHING STYLE. I will encourage and build-up athletes

instead of discourage and tear them down. I will focus on their strengths and what they do well as we work together to improve their overall athletic ability, wrestling skills and general character by speaking to their potential.

3. I WILL DEMONSTRATE PATIENCE IN THE PRACTICE ROOM AND AT COMPETITIONS. It is imperative that I represent my athletes, community and school well. Student-athletes understand concepts at different rates and I will treat all of them as individuals. In addition, my mat side contact is extremely important and I understand that everyone is in a position to learn, grow and become better, including athletes, coaches, officials, etc.

4. I WILL BE A SOURCE OF ENCOURAGEMENT FOR MY FELLOW COACHES AND ATHLETES. Positive attitudes and outlooks are contagious and I will do my best to help those around me feel better and remain optimistic about every situation so everyone can achieve more.

5. I WILL BE HONEST TO MY ATHLETES AND MYSELF. Trust is built out of honesty. I will be true to who I am and upfront about my assessments. I will also recognize my strengths as a coach and leader and be truthful when I do not know the answers or have the abilities to complete certain tasks.

6. I WILL BE A LIFE-LONG LEARNER. Education is essential at every level and coach's education will be a passion of mine. I will seek to become educated by staying current with technique and training strategies. I will also have an objective outlook in life because I can learn from anyone at any given time.

7. I AM NO LONGER AN ATHLETE AND MY ROLE AS A COACH IS NOT ABOUT MY SUCCESS, BUT THE ATHLETE'S SUCCESS. My competitive years are behind me. I am now a leader of young men and women and will put their needs above mine while training and competing. I will not be selfish and I will not try to impress others with my abilities or skills.

8. I CAN BE GREAT AND DO GREAT THINGS. I am currently coaching because I have a skill set and strengths that help me manage, lead and guide athletes in the sport of wrestling. I have a purpose and I have the potential to be a great wrestling coach.

9. I WILL CAPTURE THE HEART OF EACH ATHLETE IN A LOVING, CARING WAY. Love is a verb and requires action. I will choose to care for all athletes, regardless of their ability level. Each athlete deserves my affection no matter how difficult it may be. Our athletes will learn *how to love and be loved*.

GWC WRESTLING **CODE OF ETHICS:**

The GWC wrestling program conveys life skills development presented in a way that is safe, academically enhancing and technically competent that helps instill values in participants through teaching and example. Participants are expected to represent their community, school district, state and country in a positive fashion by maintaining a strict Code of Ethics. This code is to be extended beyond the wrestling room into all facets of life.

In the GWC wrestling program, wrestling is important, but only as a tool and avenue to teach life lessons. What is most important is that good sportsmanship is displayed, character acquired and development is taking place.

AS AN ATHLETE INVOLVED WITH GWC WRESTLING:

- I will respect all other individuals and their property regardless of gender; origin, ability, achievement or conviction and I will expect to be treated accordingly. • I will always be my best and do my best.
- I will be cooperative and coachable.

- I will choose to be a positive influence and set a good example as a mentor and role model.
- I will conduct myself in a professional and ethical manner.
- I will be kind and courteous to others.
- I will strive to be academically successful, technically competent and emotionally/mentally positive.
- I will remember that participating in school-sponsored athletics is an honor and a privilege, not a right. It's an opportunity to learn and have fun.

DISCIPLINE: Breaking team rules and code of ethics. Some examples, but not limited to:

- Student-athletes maybe asked to leave practice-counted as unexcused and guardians will be called.
- Suspense from team meets/tournaments. Short term or long term. •
Extra conditioning
- Termination from the team.
- Make-up practices that were not finished.

GWC WRESTLING TEAM COMMITMENT AND RULES

By signing this document I acknowledge that I have read and understand the commitments, rules, and expectations required to be a member of the GWC wrestling team. I agree to follow through with any of 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, expectations, and rules that my child is following and making to the GWC 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 will support any of 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: _____