

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 Zip 95422

Telephone 707-701-1064

Web Site gladiatorwrestlingclub.org E-Mail gladiatorwrestling22@gmail.com

4. Individual Accountable For Funds:

Name Peter Stephan

Title Gladiator Wrestling Club President

5. Amount Requested (\$) 30,000 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)

a. Intended Use Of Funds In Detail

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

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7.3 Detailed Basis For Funds Requested

President Bio: Former Official for USA Wrestling, Coastal Mountain Officials Association and CIF (California Interscholastic Federation) 2018-2023. 12 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. After School Wrestling Program for Konocti Unified School District at East Lake and Burns Valley 2017-2024. Konocti Middle School Coach 2018, 2022. Wrestled at University of Wisconsin- Whitewater. Wisconsin Freestyle State Placer, WIAA State Qualifier. 2x Section Placer. Currently teaching 3rd grade at Burns Valley Elementary.

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 has 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 as I am excited to bring the sport 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).

Intended Use Of Funds In Detail

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.

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.

Particular Items we want to focus on this season are as follows:

Full set of 60 Head Gear to insure each wrestler is fully protected

USA Wrestling Cards for 60 kids - Insurance necessary to be on the wrestling mat (\$65 each)

Pay for more tournament fees for wrestlers who cannot afford to attend (80% or more of club has this issue)

Official Coaches Cards and Background Checks (\$110 each for 8-10 coaches)

Car Checks for Coaches to be able to bring wrestlers to tournaments

Provide background checks for trustworthy parent volunteers

Qualified refs for Gladiator events

Professional and Qualified Clinicians for Camps

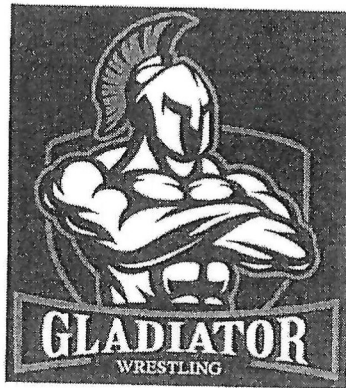
Website annual fees

Backpacks to keep all their wrestling equipment organized and ready to go

Water Bottles

1 Gladiator shirt and shorts set per wrestler (to wear to tournaments over singlet)

Mat daily cleaning supplies and tape



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



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

Letter 947 (Rev. 2-2020)
Catalog Number 35152P

Website Information

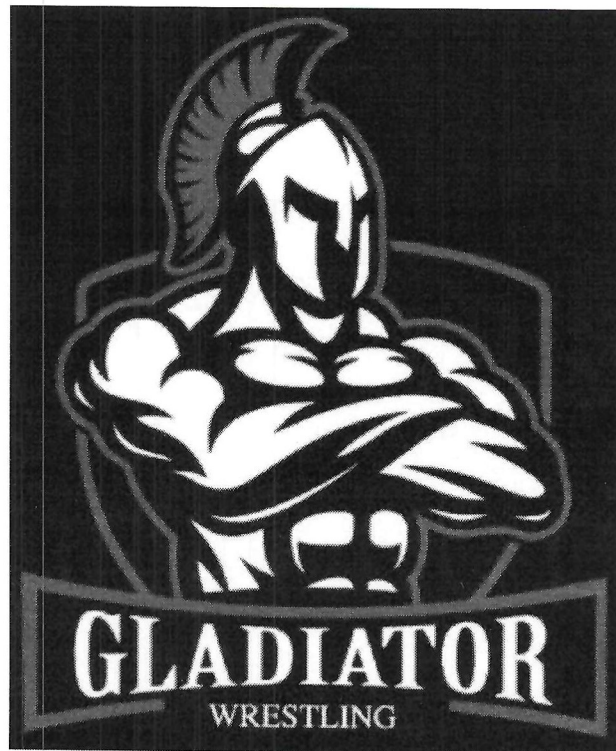
gladiatorwrestlingclub.org

Within the gladiator website you can view the practice/tournament schedule, coaches bios, board member information, 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 2024 it will also include board meeting dates & past meeting minutes. Board meetings are the 3rd Wednesday of each month.

GLADIATOR WRESTLING CLUB



WRESTLING HANDBOOK

GLADIATOR WRESTLING CLUB
2024-2025 Season

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 community for good.

Our Mission

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

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

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

To foster club unity, club spirit, and pride in our club and athletic teams –
Once a Gladiator Wrestler, Always a Gladiator Wrestler.

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

To promote our wrestling program, student-athletes , statewide, and nationally.

To comply with the rules and policies of the NFHS and USA Wrestling and the Konocti Unified School District.

To impact & influence 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.gladiatorwrestlingclub.org

CALENDAR

An updated calendar will be available online: www.gladiatorwrestlingclub.org 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. Any GWC wrestler or manager that doesn't show proper sportsmanship and attitude during practice, competition, travel, overnight 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 being 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. 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. 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 Peter 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.

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. If policy is broken athlete will be removed from the club.

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, then the issue will be brought to the GWC board.

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 GWC 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 USA Wrestling weight control program.

TRAVEL POLICY When traveling, either in town or out of town, all wrestlers are expected to represent the wrestling program with class and integrity. Parents can have their wrestler ride with an approved driver (car inspection, proof of insurance, background check, clean driving record) or parent can transport their own child.

Wrestling Practice Expectations:

PRACTICE ATTENDANCE

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

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.

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

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. Athletes are expected to wear wrestling shoes during practice. Mouth guards are strongly encouraged. An athlete with braces is required to have a mouth guard for all competitions (USA Wrestling).

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.

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 tournament , everyone stays to help clean up).
3. During tournaments: Wrestlers will sit together -- Wrestlers will begin warming up before the tournament and during the three matches prior to theirs.
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 club!**
6. Wrestlers will not walk around, talk with friends, 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. 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 club 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 GWC 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 may be 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.

GWC WRESTLING TEAM COMMITMENT AND RULES

Wrestler

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: