

HONOR CODE

Lanier High School



WRESTLING

2023-2024 Season

Contact Information

Coaching Staff:

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Administration:

Nick Brenner (Athletic Director)	nick.brenner@gcpsk12.org	(678)765-4049
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Conduct & Discipline

Conduct: Wrestlers will be treated with respect and given responsibilities. Wrestlers will demonstrate respect for themselves, their teammates, their coaches, and their school. Each wrestler's behavior reflects the rest of the team. As a team member, you are a representative of Lanier High School. Behavior that violates school/county policy, including Drug, Alcohol, and Tobacco policy, will be dealt with two-fold: first, by the administration, and second by the coaching staff. Discipline may include extra conditioning, extra chores or duties, match suspension(s) and/or dismissal from the team, if warranted.

Addition (2018): Cameras of any kind are prohibited in locker room areas. The Lanier Wrestling Program will adhere to and strictly enforce the school's policy about the use of any type of camera in locker room areas. This extends to anywhere weigh ins are taking place.

Discipline: Students/Athletes will be disciplined in accordance with Gwinnett County School System guidelines, which are intended as minimum consequences. The coaching staff reserves the right to apply a more severe consequence if deemed appropriate. The discipline may include but is not limited to, suspension or permanent dismissal from the team or activity. This document can be found on the Lanier Athletics website and is acknowledged in the sports physical that all athletes must complete.

Attendance

1. A student must be in attendance at least 50% of the school day in order to practice or compete.
2. Students in ISS for all or part of the day may not practice/compete that day. If ISS ends on Friday, the student may participate on Saturday.
3. Students under the out-of-school suspension may not participate/compete until they return to class. If suspension is through Friday, the student cannot play on Saturday.
 - The coaching staff reserves the right to impose a harsher penalty for any of the above offenses.

Academics

All school/county policies for academic eligibility will be followed and enforced throughout the season. If a student is in danger of becoming academically ineligible they will be placed on an academic recovery plan in which they will be required to attend extra tutoring and/or study sessions prior to their participation in practice each day.

Wrestle Offs

Determining the Initial Ladder – initial wrestle offs will take place on prior to the first competition, and on an as-needed basis following that date. An athlete upon completion of a fall sport season, football player or softball player as an example, will be allowed to challenge at the weight class of their choice and adjustments in the starting lineup will be made.

Challenging the Initial Ladder - A wrestler may challenge the wrestler immediately above himself (ex. 3rd challenges 2nd). Upon notice of a challenge, the coaching staff will notify the challenged wrestler and a wrestle-off date will be determined. Each wrestler competing in the wrestle off must be within 5 pounds of the weight class they are competing for immediately before practice on the day the wrestle off is conducted. A wrestler may move up only one rank in a respective weight class per week. The coaching staff retains the right to adjust this policy or request a 2-out-of-3 format to any competition.

Wrestle Off Deadline - No wrestle offs will take place during the last week of the regular season, unless determined necessary and requested by the coaching staff..

***These are general guidelines. The Head Coach reserves the right to amend any of the above stated guidelines, as they are guidelines only and there inevitably will be special circumstances.

Weight Control

Contrary to rumors that surround our sport, no one HAS to lose any weight to participate in wrestling at Lanier High School. The younger wrestlers, especially first year wrestlers, are discouraged from weight loss and encouraged to learn technique and get stronger. Older, more experienced wrestlers that express an interest in weight control will be counseled by the coaching staff and athletic training staff on acceptable methods and appropriate diet concerns.

In effort to make weight control even safer, the GHSA has mandated a weight management program in which hydration testing and body fat analysis will be required. Prior to the beginning of each season, our team will be assessed. This testing will indicate a minimum weight that a particular wrestler will be allowed to drop to. Ex.: If testing results conclude that a wrestler's minimum weight is 120.3, a wrestler may not wrestle in the 120 weight class. ***Wrestlers will be required by GHSA to bring their weight down gradually, and dropping large amounts of weight within a short time frame will not be allowed.*** Each wrestler is required to be tested before he can compete in a varsity or junior varsity competition. More information will be communicated as the testing date gets closer.

2023 Weight Certification Date: October 28th

Dress Code

During Practice

- Mesh or cotton shorts without pockets and a short sleeve t-shirt
- Wrestling shoes
- No long or baggy clothing including sweatpants/sweatshirts
- Appropriate headgear is strongly suggested

During Competitions

- Wrestlers are required to wear the uniform that has been assigned to them. No deviation will be allowed. We will look like a TEAM!

Travel Policy

All wrestlers participating in away competitions will be required to ride the bus with the team both to the competition site AND back to Lanier High School upon competition completion, unless otherwise permitted by the coaching staff.

Team Captains

Team Captains will be elected by the coaching staff. Their responsibilities include leading their teammates, academically and athletically, both verbally and by example. They will also represent their teammates by communicating with the coaching staff. Determining factors are: leadership ability, work ethic, commitment to the sport, and performance on the mat.

Lettering Criteria

A wrestler will receive a varsity letter if he meets any one of the below mentioned criteria:

- At least 20 varsity matches wrestled with .500+ winning percentage
- Placement in any varsity tournament
- Wrestler makes the Individual Area Team
- Coaching staff nomination
- **In addition to one of the above criteria, all letter winners must have logged a minimum of 6 hours of community service by way of assisting with the Lanier Youth Wrestling Program.**

Banquet Awards

Awards will be presented at the end of year banquet for the following categories:

- Participation Certificates
- Varsity Letters
- Most improved wrestler
- Most valuable JV wrestler
- Most valuable wrestler
- Coaches Award
- Hammer Award
- Additional Awards may be added