

EASTLAKE WRESTLING

2021- 2022 HANDBOOK

eastlakewrestling.weebly.com



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January 14, 2021

Dear Parents and Wrestlers,

Welcome to the 2021-2022 season! I am excited to return to the mat and get to coach the Falcons once again! Although the 2020-2021 season was unique and difficult, we are fully committed to having a great 2021-2022 campaign! It is an exciting time for us because we have a good mixture of experienced wrestlers, and we have high expectations for new wrestlers joining the program. Eastlake Wrestling is looking to continue its success and grow to become an elite program in Texas! The plan is simple... Lets work hard and everything will fall into place!

This Handbook is designed to help parents and Eastlake wrestlers better understand the plan, expectations and regulations associated with our successful program. Below, you will find information, procedures, and rules for the Eastlake Wrestling Program. **Along with the information, you will find documents that require your signature. Please read all the forms carefully and return the Wrestler's Statement of Agreement and the documentation receipt form provided.**

Sincerely,

C. Armendariz

Carlos Armendariz
Eastlake Head Wrestling Coach

BE ON TIME: We will stretch and warm up as a team every day. Wrestlers who are late will be required to condition prior to starting practice with the team and will also do extra conditioning after practice. Parents will be notified when a wrestler has been tardy 3 or more times and will lose the opportunity to compete in the next competition. Continuous tardiness can mean removal from the team. Attendance will be taken every day.

INJURIES AND ILLNESS: Injured wrestlers need to inform coaching staff of injury, then report to trainers. Eastlake trainers will inform us who is able and not able to practice due to injury. Every athlete must work out if possible. We feel that if wrestlers attend school, they should work out. **If the wrestler does not work out, he/she will still be required to dress out and be present at practice with their teammates.**

ILLNESS and COVID Protocol: Wrestlers who feel sick need to stay home and must not attend any wrestling practice and/or competition. Furthermore, wrestlers who feel sick will need to E-SWIPE only if he/she is positive for COVID 19, feels symptoms of COVID 19, or anyone in the household is positive for COVID 19. The nurse will then contact wrestler's parent to confirm condition. The school nurse will then determine the date when wrestlers will be allowed to return to practice and competition. Eastlake High School and SISD will follow all state, city and district guidelines pertaining to COVID-19.

PRACTICE ATTENDANCE: **First unexcused absence** will result in extra conditioning after practice and loss of opportunity to participate in the next competition. **Second unexcused absence** will result in extra conditioning, contacting parents, and a 2-week suspension from competition. **Third unexcused absence** will result in extra conditioning, contacting parents, a 2-week suspension from competition, and a final warning for permanent suspension from the program. Any more unexcused absences will result in a suspension from all further competition, and possible dismissal from our wrestling program. **Absences for school related activities that require being absent/tardy to practice will not count as unexcused if the coaching staff is made aware 1 day in advance.** Continuous absences can result in removal from the team. If you know your child will be absent/late beforehand, please contact me at **937-3708** or through **Remind App**. My email address is carmen12@sisd.net. Calling the attendance office will not work.

ATHLETIC ELIGIBILITY

A wrestler must pass all classes with a 70 or above for each nine weeks grading period. This will include all AP and Dual Credit Classes. If a wrestler fails any of these classes with a 69 or below he/she will be suspended for **1 competition**. Ineligible wrestlers will be expected to continue practicing with the team. **A wrestler will regain eligibility if, at the 3 weeks period, he is passing all classes.** We will hold study halls and encourage the wrestlers to get tutoring from available tutoring sessions at Eastlake High School. Please encourage your son/daughter to get the necessary help.

TRANSPORTATION TO AND FROM THE MEETS

It is district policy that student travel to and from an event via school transportation. Parents must have signed the **SISD Travel Release form** before every meet in order to pick up their son/daughter from the event. Athletes will only be released to parents/legal guardians. This form can be downloaded from eastlakewrestling.weebly.com

REPRESENTING EASTLAKE WITH CLASS AT COMPETITION

Wrestlers must behave and represent themselves, school, family and coaches in a proper manner at every event. Eastlake wrestlers will clean after themselves, respect facilities and assist the hosting team roll up mats and clean up the facilities after each event.

PARENTS AT EASTLAKE WRESTLING EVENTS

Parents must be positive role models at all events. Parents & spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors. Furthermore, game officials can ask that school administrators have unruly fans removed from a contest facility. The school is responsible for the behavior of their spectators. The school district can be and will be disciplined for actions of patrons in violation of UIL standards and rules. Respect the coaches and their athletic program and always respect the decisions and calls made by officials.

WRESTLE- OFFS AND WEEKLY VARSITY LINE-UPS

The varsity starting line-up for each event will be determined by the head coach. The coaches will run wrestle-offs on designated dates or, if necessary, the Tuesday before each meet. Only the head coach will determine eligibility for a wrestle-off or any challenges. In order to challenge a starter or move to a different weight class, wrestlers will first need the consent of the head coach. A member of the coaching staff will officiate wrestle-offs and challenges.

DOCUMENTS IN THIS PACKET

1. LETTER, TEAM RULES
2. WRESTLER'S STATEMENT OF AGREEMENT (Submit Hard Copy)
3. EASTLAKE WRESTLING DOCUMENTATION RECEIPT (Submit Hard Copy)

***PLEASE READ ALL THE DOCUMENTS LISTED AND RETURN ONLY THE FORMS THAT REQUIRE THE PARENT AND WRESTLER'S SIGNATURE. THANK YOU FOR YOUR SUPPORT**

Eastlake Wrestler's Statement of Agreement

I, _____, as a member of the Eastlake Wrestling Program, do agree to abide by the following rules and standards of conduct. I further acknowledge the penalty for misconduct can range from suspension from any wrestling event or competition, demotion from varsity team or dismissal from the program.

1. I agree to uphold all rules and policies in the handbooks of SISD, Eastlake High School, and the wrestling team.
2. I agree to stay eligible and avoid disciplinary referrals throughout the entire year and to maintain a conduct representative of the Eastlake wrestling program.
3. I agree to avoid situations and parties where alcohol and /or drugs might be present
4. I agree to avoid situations and events that may endanger the health and well-being of my teammates
5. I agree to be on time to all practices, meetings, tournaments and meets unless permission from coach is confirmed
6. I agree to keep an attitude of encouragement toward my teammates at all times.
7. I agree to inform my coach or trainer of any illness or injury which may negatively affect my ability to practice or compete in wrestling events
8. I agree to perform any function that the coaches, in their judgement, deems necessary for the team's success.
9. I agree to give 100% in all practices and wrestling competitions.
10. I realize that being late, due to detention is unexcused, and will not be tolerated.
11. I agree to take care of my uniform/equipment and will pay or repair or replace it if damaged or lost at the replacement cost.

I have read the above rules and standards and agree to abide by them.

(Wrestler's Signature)

(Date)

(Parent/Guardian Signature)

(Date)

**EASTLAKE WRESTLING HANDBOOK
DOCUMENTATION RECEIPT**

MY CHILD (PRINT) _____ PARTICIPATES IN WRESTLING AT EASTLAKE HIGH SCHOOL. I HAVE A COPY OF THE FOLLOWING DOCUMENTS:

1. **LETTER, TEAM RULES**
2. **WRESTLER'S STATEMENT OF AGREEMENT (Hard Copy)**
3. **EASTLAKE WRESTLING DOCUMENTATION RECEIPT (Hard Copy)**

I HAVE READ THESE DOCUMENTS, AND I UNDERSTAND THEIR CONTENTS.

ATHLETE'S NAME (PRINT) _____

ATHLETE'S SIGNATURE _____ DATE _____

PARENT/GUARDIAN NAME (PRINT) _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____