

# BLUFFS MIDDLE SCHOOL WRESTLING HANDBOOK



## Scottsbluff Bearcats

Family Academics Integrity Toughness Hear

Welcome and Overview

Welcome to the Bluffs Middle School Wrestling team. The purpose of this handbook is to inform parents and players of the organization and management of the middle school wrestling program as well as provide a standard of consistency of expectations for the players, parents, and coaching staff.

## Bluffs Middle School Wrestling Program Objectives

- To develop quality students, players, and people
- To have fun wrestling
- To build a foundation of understanding of wrestling
- To develop fundamentally sound wrestlers with proper technique
- To prepare and develop players for the future of the SHS Bearcat Wrestling Program
- To practice and play hard
- To have a unified, supportive team environment

## Coaches

- Josh Gomez: Head Coach
- Justin Gipe: Assistant Coach

## Online Store Link

<https://bearcatwrestling2020.itemorder.com/sale>

## BMS Coaching Staff Philosophy

The philosophy of the Bluffs Middle School wrestling coaching staff is that attendance and good effort, both in class and on the wrestling mat, are the key components of success. We understand that our players are coming in with different experiences in wrestling. Middle school players are at a time in their lives where physically, some players are naturally more athletic than others or have matured a faster rate. However, we believe that developing proper technique and habits will pay dividends for ALL athletes in the future when all have reached the same level of physical maturity. This is why we want all athletes to participate and put forth their best effort for their own future and the future of Scottsbluff Wrestling.

You may have heard the phrase hard work beats talent when talent doesn't work hard. We believe this to be true. In middle school athletes may get by on natural talent, but as time goes on, lack of effort or great effort will catch up with them and pay dividends for those who have worked hard and be detrimental to those who have not. This is why we stress putting forth effort in everything we do as students, players, and people. We strive to provide a strong foundation of solid fundamentals in all areas of wrestling. We want our players to work hard, be successful, and to have fun doing so. In order for this to occur, student athletes need to take care of academics first. Student athletes, as you've heard many times before, are students first, and therefore academics is the first priority of the coaching staff at Bluffs Middle School. Work hard and succeed in the classroom so you can compete and succeed on the mat.

## Expectations for Coaches

- Role Models
- Teachers
- Family
- Academics
- Integrity
- Toughness
- Hear

## Expectations for Players

- Be Safe
- Be Respectful
- Be Responsible
- Family
- Academics
- Integrity
- Toughness
- Hear

## Roles

- **Players-** practice and play games.
- **Coaches-** leading, coaching, and disciplining the team.
- **Parents-** provide positive support for the team.
- **Officials-** officiate the game.

It is important that everyone understands his or her role in the Bluffs Middle School wrestling program. Problems arise when people get their roles confused. Do your best to provide a positive experience for your child. If the officials need to be addressed, let the coaches handle the situation properly.

Please refrain from “booing”, negative comments, swearing, or any other display of poor sportsmanship at all games. Support all members of the program, but most importantly show the team positive support. Let the players play, the coaches coach, the officials call the games, and the fans be supportive!

## Behavior

Any player participating in behaviors that do not follow the expectations of players, as stated above, may be subject to disciplinary action as determined by the coaching staff and/or school administrators. Suspension for such behavior can include, but is not limited to one quarter, an entire contest, or the remainder of the season depending on the severity of the infraction. We coach our players to be “class acts” on and off the mat and expect them to conduct themselves in such a manner. Actions, as previously stated, causing players, coaches, or the wrestling program to be viewed negatively will not be taken lightly and are unacceptable. Any behavior or activity that negatively affects the team in any way may result in loss of playing time or other disciplinary actions based on the discretion of the coaching staff.

## Attendance and Playing Time

All players are required to attend every practice. Practice lasts from 3:15 PM until 4:45 PM unless otherwise noted on the calendar. Players are expected to arrive on time and be picked up or walk home promptly at the end of practice. Players who are absent must provide a valid doctor's note, parent's note, or other explanation in writing in order for the absence to be excused. Three unexcused absences will result in dismissal from the team. If students must be absent, email any of the BMS wrestling coaches, send a doctor's note with the player, or have the office notify the coaches when the student misses school for illness. Playing time is a privilege that is earned. Attendance at practice is a key component to earning playing time.

## Equipment/Purchases

Every player is required to provide their own wrestling shoes and mask. If possible, please also bring headgear as well. If not, we will try and help out with headgear. However, masks will be mandatory when the athlete is not actually wrestling on the mat.

## Equipment Checkout

Equipment will be checked out only after a player has turned in ***ALL*** of the required forms and provided. This will be done right before the first wrestling meet.

Singlet  
Sweatpants  
Sweatshirt

Once equipment has been checked out all players are responsible for returning ***ALL*** equipment in good condition. Players who complete the season will turn in equipment on scheduled days at the completion of the season. Players who quit or are dismissed from the team must return all equipment immediately upon dismissal. All washable equipment is expected to be laundered regularly throughout the season and prior to check in at the end of the season. Players who lose equipment or damage equipment due to irresponsible behavior or improper use of equipment will be assessed a fine for repair or replacement of the equipment assigned to them.

## Transportation

All members of the wrestling program are encouraged to ride to and from away games on the bus. The bus allows for team unity, good communication with the coaches and players, and a safe form of transportation. If your son needs to ride home separately an alternate transportation (blue slip—you can get one from the BMS school office) form must be filled out and received by the coaching staff ***PRIOR TO DEPARTURE***. Meals will be provided when traveling over 50 miles from Scottsbluff.

## Forms

All players must have a completed physical turned into the coaches and/or health office before they are allowed to participate in practice or check out equipment.

All players are required to complete Family ID before they are allied to practice or check out equipment.

Handbook Acknowledgement Forms (last page of this form) is the only paper turned into coaches

## Activity Cards

All student athletes in the Scottsbluff Public School system are required to purchase an activity pass from the activities office. The cost for an activity pass is \$20 and will get students into all Scottsbluff Public Schools home activities throughout the school year (excluding special events, exp. Districts, GNAC, etc.). If it is a financial burden to purchase an activity card for your son there is a form you can fill out at the activities office to assist you in attaining an activity card. No player will participate in any contest without an activity card.

## Attire/Hygiene

This section is extremely important so we need all parents and guardians to please help in any way possible. Wrestlers need to bring a new set of wrestling clothes to practice every day. Wrestlers cannot use the same clothes for more than one day at a time. These clothes need to be taken home and washed on a daily basis. This also means that wrestlers are not wearing their regular clothes from the day to practice but rather bringing a set of clothes to change into for practice. With skin infections like ringworm and other things such as Covid, it will also be very important for all wrestlers to go home and shower every night after practice. Wrestlers will wear a mask when they are not on the wrestling mat. Please watch out for any symptoms that your wrestler may get and report them to someone as soon as possible.

## Committed

It will be expected that every wrestler is fully committed to the team. This means being a good teammate both in the classroom and on the mat. However, it also means that wrestlers will be expected to be at every dual or tournament that the team is involved in. If your wrestler will be gone for some reason, please contact the coaches as soon as possible.

## Academic Eligibility

Players are only allowed participation in activities and athletics based on academics. Players are student athletes and are therefore considered students first. Every player is expected to maintain eligible grades in order to participate in football. If a player has an "F" they are required to attend study hall each day until they get their grades up to passing academic standards. Students failing one class may use "Probation". Probation is a one-time exception students may use to participate in one contest. Eligibility is pulled on Wednesdays. If a student is failing a class, they must:

- Attend tutoring each day until 3:55 until the grade is passing.
- Get a note from the tutoring teacher and walk directly to practice.
- Once passing, obtain a Rewards Coupon from the office, administration, or coach
- Get Rewards Coupon signed by the teacher of the class that was previously failing
- Get Rewards Coupon signed by an administrator
- Turn the Rewards Coupon in to a BMS Wrestling coach

Failure to fulfill academic requirements at home and during the regular school day will require students to attend study hall which in turn requires them to miss a large portion of practice. Again, playing time is a privilege and players missing large portions of practice to make up school work or raise grades will have

their playing time affected not only because of absence, but also due to missed instructional time during practice to help ensure the success and safety of all players on the team.

## Disclaimer

The Bluffs Middle School Wrestling Handbook contains only general guidelines and information. It is not intended to be comprehensive or to address all the possible applications of, or exceptions to, the general policies and procedures described. For that reason, if you have any questions concerning a policy or practice you should address your specific questions to the coaches. This handbook does not guarantee any fixed terms or conditions. The administration and coaches reserve the right to adjust the handbook at any time for any reason to best fit the needs of the players and wrestling program. Further academic and athletic policy clarification can be found in the BMS Student Handbook.

## SECTION XIII – NOTIFICATIONS TO PARENTS AND STUDENTS

Combined Non-Discrimination Notice (mandatory from OCR) The Scottsbluff Public School District does not discriminate on the basis of sex, disability, race, color, religion, veteran status, national or ethnic origin, marital status, pregnancy, childbirth or related medical condition, or other protected status in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following people have been designated to handle inquiries regarding the non-discrimination policies:

Rick Myles, Superintendent  
1722 1st Ave. Scottsbluff, NE 69361  
308-635-6200

Or

Wendy Kemling, Executive Director of Student Services  
1722 1st Ave. Scottsbluff, NE 69361  
308-635-6200

The OCR office for Nebraska is located at: Kansas City Office Office for Civil Rights U.S. Department of Education One Petticoat Lane 601 E. 12th St. RM 353 Kansas City, MO 64106 Telephone: 800-368-1019 FAX: 816-426-3686; TDD: 800 368-1019 Email: OCR.KansasCity@ed.gov

The OCR National Headquarters is located at: U.S. Department of Education Office for Civil Rights Lyndon Baines Johnson Department of Education Bldg 400 Maryland Avenue, SW Washington, DC 20202-1100 Telephone: 800-421-3481 FAX: 202-453-6012; TDD: 877-521-2172 Email: OCR@ed.gov

For further information on notice of non-discrimination, vis

# Student Grievance Procedure

It is the policy of Scottsbluff High School not to discriminate on the basis of race, color, national origin, sex, or disability in admission or access to, or treatment, or employment in its programs and activities as required by Title VI, Title IX, and Section 405 of Federal Law. As a student of Scottsbluff High School you are protected from discrimination in the following areas.

As a student you are protected from discrimination in the following areas:

\*Admission to school \*Graduation requirements \*Access to enrollment in courses \*Student rules, regulations and benefits \*Access to and use of school facilities \*Treatment as a married and/or pregnant student \*Counseling and guidance materials, tests and practices \*Health services \*School sponsored extracurricular activities \*Vocational education.

If you believe that you have been discriminated against, you may make a claim that your rights have been denied. This claim or grievance may be filed with the Superintendent of Schools. You will be asked to write down the actions, policies, or practices which you believe are discriminatory. You may obtain help from the Superintendent of Schools, 1722 1st Avenue, Scottsbluff, Nebraska. Phone: 635-6200, or anyone you believe is knowledgeable.

Once you have filed your grievance, you will be asked to meet with those persons who would be involved in correcting the policies, practices, or programs that you believe are discriminatory. If there is agreement that you were discriminated against, corrective action will be taken to restore your rights. If there is not agreement, you may appeal the grievance to a person with higher authority.

You may also file a complaint of illegal discrimination with the Office for Civil Rights, Department of Health, Education and Welfare, Washington, DC, at the same time you file the grievance, during or after use of the grievance process, or without using the grievance process at all. If you file your complaint with the Office of Civil Rights, you must file it in writing no later than 180 days after the occurrence of the possible discrimination. In preparing your grievance you should give thought to the following:

The exact nature of the grievance - how you believe you may have been discriminated against, and any person you believe may be responsible.

Date, time and place of the grievance.

Names of witnesses or persons who have knowledge of the grievance.

Any available written documentation or evidence that is relevant to the grievance.

Actions that could be taken to correct the grievance.

If you wish to obtain your rights under Title VI, Title IX, or Section 504 or to obtain help in filing a grievance, contact the Executive Director of Student Services at the Administration Building.

## Contact Information

Josh Gomez, BMS Wrestling Head Coach

Email Address: [jgomez@sbps.net](mailto:jgomez@sbps.net)

# BMS WRESTLING HANDBOOK ACKNOWLEDGEMENT FORM

By signing below I acknowledge that I have read this handbook in its entirety and agree to follow the guidelines set forth in the Bluffs Middle School Wrestling Handbook.

Parent Name (Printed):

Parent Signature:

Date:

Student Name (Printed):

Grade:

Student Signature:

Date: