



WOLFPACK WRESTLING POLICIES HANDBOOK

MISSION

Providing youth with a safe, fun, forgiving, and positive atmosphere where they can learn the basic structure and skills of wrestling since 1990.

Wrangell Parks and Recreation

Adopted 2016

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Welcome

Welcome to the Wolfpack Wrestling Policies Handbook. We encourage parents, guardians, coaches, and wrestlers to review the handbook in detail and ask clarifying questions as necessary. We hope to enhance our relationship with families by working together and communicating challenges on a regular basis. These policies are meant to clearly outline processes and procedures, program rules and wrestler expectations, which will promote the mission and goals of the program and the wrestlers overall experience this season. This is NOT an all-inclusive policy and procedure manual and items are subject to change. If you have questions regarding any aspect of our program, we encourage you to call our administrative staff for clarity. Family involvement and clear and consistent communication is the key to success in all our Youth Programs.

Participation in youth sports is invaluable to the development of children in Wrangell. Aspects of teamwork, motivation, dedication, discipline, physical fitness, self-esteem, and fair play all contribute to the overall growth and social development of our youth. Wrangell Parks and Recreation (WPR) department takes this responsibility seriously and strives to offer quality programming. We are looking forward to another excellent season and we thank you for your participation.

Department Mission Statement

Wrangell Parks and Recreation's Mission is to support active lifestyles through a variety of health, wellness, and wilderness opportunities.

Program Mission Statement

Wrangell Parks and Recreation Wolfpack Wrestling mission statement is to provide youth with a safe, fun, forgiving, and positive atmosphere where they can learn the basic structure and skills of wrestling.

Program Goals

- To create a safe and fun environment that *promotes learning and participation first, and competition second.*
- To treat all participants as unique individuals, with something special to offer.
- To foster an environment of learning, through positive communication and teamwork.
- To encourage kindness and respect for oneself, peers, adults, and community members.
- To contribute to the physical health of the participants through physical activity.
- To teach fundamentals, skills, and rules of wrestling.
- To develop strong partnerships with all parents and guardians.
- To support social and emotional development through positive guidance, and role modeling.
- To give the wrestlers the opportunity to grow in understanding positive and negative consequences of actions.
- To provide consistent, reasonable feedback to our wrestlers by encouraging and recognizing positive behavior.
- To value and show gratitude for the efforts of coaches, parents, and wrestlers throughout the season.
- To ensure a positive and worthwhile experience for our child participants.

Program Administration and Communication

Director

The Department Director plans, organizes, manages, coordinates, and participates in providing programs of recreation, sports, and leisure activities for the community. The director manages and evaluates programs, facilities, and staff who provide a wide variety of services and classes.

Recreation Coordinator

Recreation Coordinator develops, organizes, and manages staff and volunteers in providing recreation and leisure programming for the community.

Volunteer Coach and Assistant Coach

The Wrangell Parks and Recreation Volunteer coaches are responsible for supervising and instructing wrestlers in a group setting. They are responsible for the general safety and well-being of the wrestlers in the program.

Wrestler

A youth whose Parent(s) or Guardian(s) have completed all required registration forms and has been accepted to participate in a Wrangell Parks and Recreation Youth Program.

Chain of communication

Parents and wrestlers are encouraged to have regular communication with their Head Coach and Assistant Coach throughout the season. If parents/guardians have concerns or questions regarding their wrestler's participation in the program they are directed to communicate with their Team Coach or Assistant Coach. If you unable to reach your designated coach or have an issue regarding your team's leadership you are encouraged to speak with the Recreation Coordinator. If there are ongoing issues or concerns regarding program leadership the Director of Parks and Recreation may get involved to evaluate the situation and offer support and guidance where necessary.

Code of Conduct for Parents

Wrangell Parks and Recreation's goal is to establish youth sports programs as character building for those who participate. We will strive to make honesty, service, respect, responsibility, and forgiveness part of that character building process. Therefore, by participating as a Wrangell youth sports parent, I will adhere to the following Codes.

Values

Honesty

Truthfulness and genuineness with yourself and others.

Forgiveness

The granting of a pardon without resentment. If the referee makes a bad call, let it go. Remember, no one is perfect and we all make mistakes. Do not be so quick to judge until you are willing to do it yourself.

Service

Assistance in meeting the need of others. Correct in a constructive way. Support your child in whatever they do.

Respect

Honor toward others: humility, treat wrestlers, opponents, officials, and coaches as you would wish to be treated (the golden rule).

Care

A choice to care without conditions or limitations. Listen and treat all wrestlers equally.

Responsibility

Trustworthiness is the ability to be depended upon. Know the important principles of the sport, strive to improve, your own performance as a coach, official or spectator.

Fun

Take the pressure off. The point is to improve skills and character. WINNING IS SECONDARY!! Try to “accentuate the positive” and celebrate the game, not the outcome.

As a Parent, I will

1. Encourage good sportsmanship by demonstrating positive support for all wrestlers, coaches, and officials, at every tournament, practice, or another youth sports event.
2. Place the emotional and physical well-being of my child ahead of my own personal desire to win.
3. Demand a drug, alcohol and tobacco free sports event for my child and agree to assist by refraining from their use at all youth sports events.
4. Ask my child to treat other wrestlers, coaches, fans, and officials with respect.
5. Promise to help my child enjoy the youth sports experience within my personal constraints by assisting in coaching and being a respectful fan.

Code of Conduct for Coaches

- I understand that my responsibilities as a Wrangell youth coach are of great importance and that my actions have the potential to significantly influence the young athletes whom I coach.
- I understand that many children participate in sports for numerous reasons, and that the number one reason is to have fun!
- I understand that as a youth coach I am obligated to honor the rules of the games, opponents, officials, teammates, staff, and self, and to teach wrestlers to do the same.

Therefore, by participating as a Wrangell volunteer coach, I will adhere to the following Codes:

Code A - I will create an environment for our children that:

1. Focuses on safety, fun, skill development, and education.
2. Has a positive, lasting impact on the children of our community.
3. Promotes building character and learning life skills.
4. De-emphasizes a win-at-all-costs attitude.
5. Is fair, consistent, and meets the emotional and physical needs of each child.
6. Builds a culture where outcome of competition does not define winning, but by the individual needs of all the children.

Code B - I will act responsibly and do my best to assure that:

1. I provide equal matches for every child, and assure fair and consistent time on the mat.
2. I properly educate wrestlers on the importance of teamwork, effort, having fun, and sportsmanship while properly instructing age-appropriate fundamentals and skills.
3. I provide wrestlers with the best education, instruction, and organization possible by attending required meetings, and clinics.
4. I am familiar with the objectives of Wrangell's youth sports programs. I will strive to achieve these objectives and communicate them to my wrestlers and their parents.
5. I cooperate with Wrangell's youth sports programs in the enforcement of rules and regulations, and I will report irregularities that violate sound recreational practices.
6. I provide a healthy and safe environment for my wrestlers, which are in accordance with Wrangell's youth sports program's safety procedures. I will provide safe instruction and use of playing equipment.

Code C - I will display appropriate behavior. I understand that violations of the following codes will jeopardize my privilege to coach in Wrangell:

1. I will treat each wrestler, opposing coach, official, parent, or administrator with respect and dignity, and refrain from using profanity, intimidation tactics, and inappropriate language.
2. I will uphold the authority of officials who are assigned to the contests in which I coach, and agree to never openly dispute or argue an official's decision during a recreational contest.
3. I will display appropriate behavior towards children, as well as in the presence of children.

Code D - I understand that violation of the following codes may result in immediate termination of my privilege to coach within Wrangell's youth sports programs:

1. I will never coach under the influence of drugs or alcohol.
2. I will never initiate or participate in any form of verbal or physical assault on any staff, volunteer, official, parent or child.

Wrangell Parks & Recreation reserves the right to take appropriate disciplinary action (up to removal) involving any coach in violation of this code of conduct.

Violations of the Coaches Code of Conduct will result in written documentation, advisory consultation and possible disciplinary action, up to removal from coaching privileges. The following data outlines the disciplinary procedures of the Wrangell youth recreation program:

Conduct Codes A, B

- Any violation under either Code A or Code B will result in a documented meeting between a Wrangell Parks & Recreation administrative staff and the coach and will result in a one-time documented warning.
- A second violation under either Codes A or Code B will result in an automatic removal of the coach's privilege to coach for the remainder of the season as deemed necessary by Wrangell Parks & Recreation.

Conduct Code C

- Any violation under Code C will result in a documented meeting between a Wrangell Parks & Recreation administrative staff and the coach and will result in a one-time documented warning.
- A second violation under Code C may result in an automatic removal of the coach's privilege to coach for the remainder of the season as deemed necessary by Wrangell Parks & Recreation.

Conduct Code D

- Any violation under Code D shall result in removal of that coach's privilege to coach a Wrangell youth sports team indefinitely.

I understand that many children participate in sports for numerous reasons, and that the number one reason is to have fun! This said, Wrangell Parks and Recreation's philosophy is to provide youth an opportunity to participate in a recreational sport while educating and displaying character-building traits as a coach of Wrangell Parks and Recreation youth sports. Sportsmanship is a key to the programs' success, and we look for our Coaches to reflect the vision as spelled out above.

Given the "recreational" mission of Wrangell Parks and Recreation's youth sports, the wrestler-coach relationship outlined in Sections C.1, C.3 and D.2 are a priority. In that regard, Wrangell Parks and Recreation will have no tolerance for coaches who express negative, berating, or humiliating comments toward wrestlers, whether it is the coach's team or the opposing team. This behavior applies to both head coaches and assistant coaches.

NOTE: Extreme misconduct may require exclusion from participation indefinitely. Each case will be handled on a case by-case basis.

Program Overview

Volunteers

Volunteer coaches and parent involvement are key to the program. Coaches and/or volunteers must have good morals and community involvement. All coaches may be asked complete a Volunteer Application and an Authorization Form. No one is guaranteed the privilege or right to coach/volunteer. Returning Head Coaches will be given the opportunity to coach a team in the same age group

A person will be disqualified and prohibited from serving as a volunteer with Wrangell Parks and Recreation Department if the person has been convicted (including “no contest” plea) or subjected to any court order involving a crime of child abuse, sexual assault, child neglect, murder, voluntary manslaughter, felony assault, arson, robbery, burglary, indecent exposure, public lewdness, terrorist threats, or any offense against a minor, kidnapping, or felony violations of the Controlled Substance Act.

Participant Surveillance

The program staff and volunteers are responsible for the health, safety, and welfare of all wrestlers. It is vital to know where the wrestlers are, and what they are doing at all times. Staff and volunteers will be attentive and considerate of the wrestler’s safety during practices, games or during any travel provided by the Youth Program. During tournament travel, program staff and volunteers will have authorization for emergency medical care and emergency contact information for each Participant.

Mandatory Reporting

The Wrangell Parks and Recreation department is required by Alaska State Law to report suspects of child abuse. A report must be made when the reporter, in his or her official capacity, *suspects* or *has reason to believe* that a child has been abused or neglected.

Child Abuse and Neglect

Child Abuse: Child Abuse is defined by the U.S. Department of Health and Human Services as any recent act or failure to act on that results in a child’s serious physical or emotional harm, sexual abuse, and exploitation or death. An act or failure to act that presents a risk to serious harm to a child is also considered to be child abuse.

Child Neglect

A neglected child is any child who is not receiving the proper or necessary nourishment or medically indicated treatment including food or care, or otherwise is not receiving the necessary support or medical or other remedial care or other care necessary for his or her well-being, including adequate food, clothing or shelter; or who is abandoned by his or her parents or other person responsible for the child’s welfare. Neglect may also include failure to provide adequate supervision to a child, such as when a child is left unsupervised or left in the care of someone incapable.

Our top priority is the safety of our wrestlers. If signs of abuse are present, staff must report this to Parks and Recreation Management immediately and without delay. All wrestlers have a right to be safe and secure inside and outside of the Wolfpack Wrestling Program.

Zero Tolerance Policy

Wrangell Parks and Recreation Department has a strict no-tolerance policy for drugs, alcohol, tobacco, or any other mind-altering substances on or within a 25 ft. radius of any WPR premises. The use or possession of any of the above substances on WPR property will result in involvement of Wrangell Police Department.

In order to provide an atmosphere conducive to developing the skills and knowledge of wrestling, all of the wrestlers of Wrangell Wolfpack Wrestling Program shall conduct themselves in a sportsmanlike manner. Coaches, wrestlers and spectators are not permitted to harass the referee, negatively address coaches of any team or wrestlers of any team. Such conduct undermines the referee's and coach's authority and can create a hostile environment for everyone attending the game. No one other than a coach is to address the referee during the game (program staff and volunteers are also responsible for the conduct of their co-coaches, wrestlers and spectators).

Coaches are not allowed to:

1. Use profanity when talking to their wrestlers or parents.
2. Harass the referee. (They should wait until the end of the match to respectfully discuss the situation with the referee).
3. Utilize public social media to disparage opposing wrestlers, coaches or the referees.
4. Directly engage the wrestlers of another team in a negative or disparaging manner.

Wrestlers are not allowed to:

1. Use profanity during meets or practice.
2. Negatively address the referee. (On questionable calls the head coach decides whether to discuss with the referee following the suggested guidelines set above). Wrestlers should show respect to officials.

Spectators are not allowed to:

1. Use profanity when talking to the wrestlers or coaches
2. Negatively address the coach during the game.
3. Negatively address a wrestler during the game.
4. Negatively address the referee during or after the game.
5. Coach from the sidelines.
6. Make derogatory comments about the coaching staff or wrestlers on the team or opposing team during or after the meet.

General Program Guidelines

Online Registration Policies

Each participant must be registered in the Wolfpack Wrestling Program prior to the first practice at the beginning of the season. Registration and payments must be received before your child may participate in any practices or tournaments. Either Create or Login to your account at www.wrangellrec.com and register

Process

Online Registration for the Activity must be submitted completely at www.wrangellrec.com with all necessary information including: parent and emergency contact information, allergies, liability waiver, DOB, parent and participant codes of conduct, photo lease form and volunteer information.

Payment

Payments for all programs are due at time of registration.

Late Registration

Registration deadlines are set. However, if registration numbers are low the deadline may be extended past the program start date. No late registrations will be permitted after the final deadline has passed, due to the necessity of team formation.

Tournament Cancellation

Games requiring postponement or cancellation due to: lack of wrestlers, scheduling conflicts, inclement weather, or other unforeseeable circumstances, efforts will not be made to reschedule that meet. However due to time restraints and/or gym usage conflicts, inner squad meet will take place on the original scheduled day to give the wrestlers a chance to compete.

Pick up policy or later policy

Participants must be picked up after practice or meet by a designated parent or guardian. In order for program staff and volunteers to send a participant home by themselves, with another participant, or an adult other than the designated guardian, staff must receive written or verbal consent from the designated parent or guardian.

Any pick up 15 minutes past the end of practice or meet is a 'late' pick up. Program staff and volunteers are to remind parents and guardians of this policy so they are able to meet this expectation. If a parent or guardian has been informed of the late policy, and a late pick up routine continues, program staff or volunteers are expected to elevate this information to the Recreation Coordinator, who will work with families to establish a reasonable solution.

Injuries

In the event a wrestler becomes ill or is injured during the program, the parent/guardian will be contacted, if possible, to determine appropriate action to be taken. If parents cannot be reached and immediate action is necessary, the emergency contact listed on the participant's registration form will be called. Accident reports of a serious nature will be kept on file in the pool office. It is very important that families provide accurate information and emergency contacts and phone numbers are up-to-date and available to staff and volunteers.

Emergency Transportation

In the event of a medical emergency requiring transportation to the hospital the program staff or volunteers will call 911 and emergency medical services (EMS) will transport the participant. A staff or volunteer will remain with the injured wrestler and the staff will make every effort to reach parents. If the parents cannot be reached, the staff will proceed to immediately call the emergency contact listed for the participant.

Photo Release

Photos may be taken of wrestlers occasionally, which may be used to promote Wrangell Parks and Recreation programs on Social Media, on the web, or for a variety of other Wrangell Parks and Recreation publications. If you prefer that you or your child not be photographed, please notify us.

Gym Rules and Equipment Care

Singlet

There will be one singlet signed out to each participant for the tournament. All wrestlers must wear their assigned singlet during all meets. At the end of the season, singlets are to be turned in at the last regular season meet.

Gym Usage/Rules

- Absolutely NO Food or drink allowed in the Gymnasium, with the exception of water in a Spill-proof container
- Spectators will be asked to leave the meet for continued or excessive arguing/criticizing of the officials, coaches, or wrestlers.
- All wrestlers must practice good sportsmanship
- Foul language, alcohol, drug, or tobacco use will not be tolerated from participants, coaches, volunteers, or spectators on Community Center premises
- Abuse of facilities (vandalism, intentional or unintentional damage, litter, etc.) may result in the suspension of athletic activities.

League Rules

Wrestler Expectations

1. All wrestlers shall practice good sportsmanship.
2. Foul language, alcohol, drugs or tobacco will not be tolerated from the children and if encountered will result in the child being removed from the youth wrestling program.
3. Each wrestler must wear their issued red/white singlet at the tournament.
4. Wrestlers who do not attend practice during the week may not be eligible to play during the subsequent meet. Exceptions may be made for athletes with excused absences. Excused absences include; absence due to illness or injury or family emergency with a note from Parents.

Basic Game Rules and Interpretations

Managing Negative Behavior Overview

The Parks and Recreation Administrative staff have a zero tolerance policy pertaining to physical actions against others, stealing, bullying, and disrespect for staff and property. These actions are disruptive and result in negative experiences for fellow participants. Administrative Staff reserve the right to suspend or terminate a wrestler participation at any time for failure to adhere to the policies and expectations of the Wolfpack Wrestling Program. Please understand that there will be no refunds given to wrestlers who are suspended or terminated for behavior issues.

Bullying

When one or more participants (the bully/ies) target a wrestler (the victim), whereas a reasonable person would know that the bully's action will have the effect of physically or emotionally harming the victim, damages their property or insulting/demeaning the victim.

Program staff and volunteers encourage wrestlers to learn and understand social and personal boundaries. Conflict resolution is a required skill to resolve issues that come up in program. Program Staff work with wrestlers to role model positive behavior and understanding the different between appropriate and inappropriate behavior. Addressing behavior takes fair consequences, planning and flexibility to ensure the success of wrestlers experiencing challenges and those that are not.

If there are concerns, encourage your player to ask a program staff or volunteer for help and empower them to peaceably agree or disagree. If the problem persists, please communicate with program staff and management.

Disciplinary Statement

Program staff and volunteers hold the responsibility of promoting each player's self-esteem in a safe and healthy

environment. They therefore must encourage each player to take responsibility for their own actions and follow the expectations set for them. In accordance with the Rules and Regulations of the Wrangell Parks and Recreation Department, staff and volunteer coaches have the discretionary power to remove violators from the facility for their own safety as well as the safety and enjoyment of all participants. They may remove a player or spectator for violating rules, including, but not limited to: unsafe behavior (pushing, shoving, running, etc.), obscene or disrespectful language, disrespecting recreation personnel.

Consequences

The program staff and volunteers are encouraged and supported in dealing with players in a positive manner that build's self-esteem. At times it is necessary for staff to redirect a player's behavior when that behavior is inappropriate. Staff and volunteers will try to support the player and positively redirect their behavior and, if necessary, will seek the assistance of the Recreation Coordinator. If concerns regarding behavior continue or if behavior negatively impacts the experience of other participants, the parents will be notified and the further disciplinary action will be taken.

Course of Action

Verbal Warning

The coach will discuss undesirable conduct with player and parents and stress that this behavior will not be tolerated and inform the player of further consequences if behavior continues.

Practice Suspension

The coach will not allow the offending wrestler to participate for 1 practice. Coach must inform the Recreation Coordinator of the issue and why the wrestler is not at practice.

Match Suspension

Coach may suspend wrestler for one match when he/she should be wrestling for continued misconduct. Coach must inform Recreation Coordinator of the offense, for which the wrestler and the parent(s) must attend a meeting with the Coach and the Recreation Coordinator before the wrestler is allowed to resume wrestling. The wrestler will be warned that the next offense will result in his/her expulsion form the Wolfpack Wrestling Program for the season.

Program Expulsion

If a wrestler displays persistent and consistent negative behavior they may be expelled from the program. The parent will have to make a formal request to be reinstated into the program for the following season. The child and parent will then have to meet with the Recreation Coordinator prior to the start of next season to determine if the child is capable of wrestling within the guidelines of this program.

Tournament Travel Policy

Wolfpack Wrestling wrestlers and coaches travel to Petersburg each year for an end of season tournament. Wrestler who travel must be in good standing. Wrestlers are required to travel with a parent or authorized guardian during the tournament. There will be additional costs at the end of the season for those participants that choose to travel to the tournament. Costs vary depending on the type of transit available. Groups may travel via Breakaway and Shuttle or the Alaska Marine Highway Ferry.