

BURNSVILLE WRESTLING

GUIDE BOOK



2021-2022

Introduction

Welcome to Burnsville Blaze Wrestling. This book will serve as a guide for you and your wrestling career at BHS. We feel that it is complete with all expectations, guidelines and instructions regarding what you can expect from us and what we expect from you. We're in this together and with a lot of hard work, a positive mental attitude, and a bit of luck,

WE WILL ACHIEVE GREAT THINGS!

As a coaching staff we want you to become the best you can be. We firmly believe you will get the proper guidance, instruction, and motivation to reach your goals. In order for us to be successful as a team as well as individually, it is vital to have good communication and cooperation.

Let's work together so that all of us can become our best!

We have specific expectations to help you on the road to success. These expectations are contained within the guidelines that follow. It is our belief that these guidelines will help you understand what we expect and what is necessary to become your best on the mat, in the classroom, and in life.

Success is a full-time job and we have the utmost interest in helping you achieve your goals.

The coaching staff is committed to the pursuit of excellence. We are striving to assist our wrestlers in their pursuit of excellence. When the going gets tough, understand that we only want to do our best to get the most out of each and every one of you.

Do you have what it takes to commit yourself to the pursuit of excellence, regardless of the outcome?

Coaching Staff/Wrestler Goals

Our major goal is to develop each student-athlete to their fullest potential, both athletically and academically.

MSHSL State Tournament

Individuals should expect to place in the MN state Wrestling Tournament at least once in their career.

South Suburban Conference

Our team should expect to finish in the top third of the conference .

Section 2AAA

Our team should expect to compete for the Section 2AAA Title.

How we will achieve our goals

We will be fundamentally sound wrestlers.

This will be accomplished through proper technique development, repetitive drilling, and live wrestling

We will be stronger than our opponents.

This will be accomplished through weight training 4X per week throughout the "off season".

We will break our opponents will to fight.

This will be accomplished by outworking our opponents with superior conditioning, both mentally and physically.

We will expect to win!

This goal will be accomplished by the daily application of the above mentioned objectives.

Academic Goals

We will earn a minimum Team GPA of 3.0 or higher.

Individuals will improve their GPA continually, utilizing the individual goals we have for them.

These goals will be accomplished through personal responsibility, monitoring by the coaching staff, and the understanding that grades and your GPA greatly impact your future.

Wrestle-Off Procedures

Wrestle-offs will be conducted weekly when possible throughout the season

Wrestle-offs during the regular season will be one match in length

For the individual section tournament wrestle-offs will be two in a row

Missing practice without prior approval may result in loss of position at the coaches' discretion

If, in the opinion of the coaching staff, a team member isn't performing up to expectations, we may replace them with another wrestler

It is our intention to put the best possible team out on the mat for each and every competition. Although we will have wrestle-offs for positions, **coaches have the final say as to who will be wrestling in any given meet**

Burnsville Wrestling Competitive Program 7-12 Grade

7th-8th Grade

“Middle School” program

No cut, no wrestle-offs except for some tournaments
Everyone wrestles in most meets

9th Grade and Under Team

No cut

Wrestle-offs determine the participants amongst all 7-9th graders in Burnsville

This takes precedence over JV when there is a schedule conflict

This program has a Regional Qualifier and a State Tournament component

Junior Varsity

No cut

Consists of mostly BHS wrestlers but may include 7-12th grade wrestlers

Mostly follows the same schedule as the Varsity Team
Positions earned through wrestle-offs if necessary

Varsity

No cut

May be made up of wrestlers grades 7-12th
Positions earned through wrestle-offs

It is possible that an individual wrestler might be involved in all four programs at once or in each of them throughout the season

Rules/Expectations

Wrestlers are expected to be at all practices and meets.

While academics come first, it is your job to make sure your academics do not interfere with the sport you chose to participate in.

No cell phones out/visible/in use at practice or meets.

No cell phones out/visible/in use in locker room.

If there is an emergency where you need to use your phone, approach and ask a coach to do so.

All wrestlers will purchase and wear the same practice gear washed daily. Wrestlers will also have a clean towel daily. Towels used over and hung in the locker spread ringworm and other skin infections.

All wrestlers will shower at school, immediately after practice.

There will be no hazing of any kind. Our "hazing" is hard work.

All wrestlers will comport themselves in a mannerly way at all times.

No hats on the bench or indoors.

All wrestlers will wear their issued warm up. Any shirts worn will be "Burnsville Wrestling" shirts or plain black or gray.

You have made a commitment, keep it!