



Thomas Dale Wrestling

2021-2022 Season

Team Handbook

Knights Wrestling



Team Rules: All Thomas Dale wrestlers are expected to maintain the highest integrity in and out of school. Wrestlers are positive role models and good citizens. Our program's main priority is to develop athletes into contributing members of society. Failure to follow these rules or any incident that would tarnish the reputation of Thomas Dale Wrestling will result in consequences and possible dismissal from the team.

1. Follow all Thomas Dale Sportsmanship policy rules. Represent the school in a positive manner at all times.
 - a. Refer to the Thomas Dale Sportsmanship Handbook for complete information. Ignorance of the policy is not an excuse!
2. No cursing.
3. Be on time for all practices, meetings, study periods, and other assigned dates.
 - a. Tardiness will not be tolerated! Unexcused tardiness will result in consequences.
 - b. Schedule all appointments, meetings, and jobs around our practice and meet schedule.
4. Have transportation pre-arranged every day.
 - a. Practices will end promptly at **5:30 pm**. Tell your ride to be at Thomas Dale Freshman Campus at **5:30 pm**!
 - b. Refer to the schedule for start and end times of all competitions.
5. Wrestlers are expected to be **on weight** before each competition, regardless of spot on the depth chart.
6. In season, coaches have final say on who will wrestle at each weight class.
 - a. Wrestlers can request weight classes for post-season tournaments.
7. All wrestlers must participate in any and all team fundraisers, no exceptions.
8. No stealing.
9. During practice wrestlers are not to leave the wrestling room **for any reason** without a coach's permission.
10. Wrestlers must see a coach before visiting the trainer for any reason.
11. Wrestlers must attend practice when present during the school day.
12. Team captains will be chosen by the coaches.
13. Keep your body and your gear clean!
 - a. Shower after each practice and always wear clean clothes to each practice. Wash your wrestling shoes once every two weeks.
14. Keep the locker room neat, clean, and orderly.
 - a. Respect the space and possessions of others.
15. All disciplinary decisions are at the discretion of the coaches.
16. All lettering decisions are at the sole discretion of the coaches.

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Wrestle-offs: Although the final line-up is determined by the coaches, wrestlers can initially earn a varsity spot by winning a wrestle-off. The following guidelines refer to wrestle-off policy.

- All wrestle-off matches will be standard length matches refereed by a coach.
- A wrestler can only challenge the next highest wrestler on the depth chart.
- A wrestler must be within 2 pounds of the weight class at the time of the wrestle-off match.
- Wrestle-offs will only occur after every three varsity competitions.
- Coaches retain final say on all line ups, regardless of wrestle-off results.

Attendance: Regular daily practice is essential for the safety and skill of the individual wrestler and his teammates. Wrestling does not offer a “part-time” commitment. Be aware, the wrestling season spans a number of days when schools are closed for holidays and vacations. Our team will still practice and compete during these times and attendance is required.

- Any absence to be counted as excused must have prior approval by either Coach D. Zoller or Coach M. Zoller **face-to-face** as soon as possible.
- Three unexcused absences will result in dismissal from the team.
- Wrestlers must be present in school the **day before** and the **day of** a competition in order to compete.
 - If a wrestler is absent, the next wrestler on the depth chart will be the varsity wrestler for that event.
- Any tardy to be counted as excused must be accompanied by a teacher or parent note signed, dated, and timed.
- Three unexcused tardies will result in dismissal from the team.
- Coaches make the final decision for excused/unexcused absences/tardies.

Consequences:

- Any rule infraction will result in an appropriate consequence.
 - These might include running, push-ups, probation, suspension, etc.
- Consequences will be proportionate to the rule infraction, are the sole discretion of the coaches, and are not negotiable.

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What do I need to buy?

Each wrestler is responsible for purchasing and maintaining the following personal equipment.

1. Wrestling shoes
 - a. Maroon, gray, white, or black colors are preferred.
2. Athletic supporter
 - a. A cup is optional.
3. Knee pads
 - a. Maroon, white, gray, or black are the only colors allowed
4. Spirit Pack
 - a. Price \$30
 - b. Cash or check (make checks payable to Thomas Dale Wrestling)
5. Headgear
 - a. Price \$35 (cash to Coach M. Zoller)

The school will provide competing wrestlers with the required singlet uniform and a warm-up suit. Wrestlers are responsible for school issued equipment and will be required to pay for damages and/or replacements.

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Lettering Policy: The awarding of a varsity letter is a special recognition representing a season-long commitment to the sport of wrestling and making valuable contributions toward achieving team and personal goals. Earning a varsity letter will be based on a point system using the following criteria.

1. A wrestler must earn 100 points to earn a varsity letter.
2. Points are earned in a variety of ways. In addition to earning points, certain criteria must also be met in order to earn a varsity letter.
3. A wrestler must wrestle $\frac{2}{3}$ of his matches at the varsity level and win at least one match against an opponent (forfeits do not count as wins).
4. Any wrestler earns 1 point each time he successfully makes weight for a competition.
5. Varsity team points are counted toward your letter.
 - a. For example, a dual meet decision earns a wrestler 3 letter points, a pin will earn a wrestler 6 letter points.
 - b. Individual tournament win and advancement points will earn equivalent letter points.
6. Placing in the top four in an varsity individual tournament will also earn a wrestler letter points based on the place awarded.
 - a. 1st Place = 10 points
 - b. 2nd Place = 8 points
 - c. 3rd Place = 6 points
 - d. 4th Place = 4 points
7. Any wrestler will automatically earn 50 points for dedicated attendance to practice, competitions, and service opportunities. Attitude, effort, and leadership will be heavily considered.
8. Conference champions and State Tournament qualifiers will be considered for an automatic letter.
9. A wrestler can be disqualified from earning a varsity letter, even if he meets the requirements, due to disciplinary actions during the season.
10. All lettering decisions are at the discretion of the coaching staff. 11. Letter points can accumulate across wrestling seasons.

Knights Wrestling



Sportsmanship Policy

What is Sportsmanship? Sportsmanship is the ethical and moral dimension of sports. It is demonstrated by fair play, respect for the rules and traditions of the sport, and traits of good character including integrity, respect for others, accountability, self-control, and graciousness in victory and defeat. As a coach and an educator I focus considerable attention on Sportsmanship. With that in mind I require all coaches, athletes, and parents to certify and honor the following contest sportsmanship guidelines. The purpose is to promote proper conduct among all wrestlers, coaches, and fans of Thomas Dale High School.

By signing I do hereby agree:

1. To respect everyone and fear no one.
2. To live up to a high standard of good sportsmanship at all times and in all circumstances.
3. To be a good host and treat visitors as guests.
4. To treat all opponents with respect.
5. To always respect the judgment of the contest officials.
6. To not use profane or abusive language.
7. To set a good example for others to follow at school, during competition, and in public.
8. To accept both victory and defeat with pride and compassion, never being boastful nor bitter.
9. To remember that an athletic contest is only a game, not a matter of life or death for wrestler, coach, school, official, fan, community, or nation.
10. To be mindful of my words, understanding their impact both positive and negative, and to use them responsibly.

Wrestler Signature:

Parent/Guardian Signature:

Date: _____

VCU CCPS COVID19 Policy Updates for Student - Athletes

10-day isolation for presumed positives or positive test (Isolation date begins from the date of onset of symptoms if symptomatic or date of positive test if asymptomatic.)

- o Written licensed medical provider clearance that it is safe to resume athletics participation after COVID-19 infection.
- o Athlete may begin gradual return to sport for after school athletics once medically cleared by a licensed health care provider.
- o Student- athletes will undergo a monitored return to sport progression with their Athletic Trainer that will start on the first day they are cleared to begin athletic activity. Monitor for Chest Pain/Pressure, difficulty breathing, unusual shortness of breath, dizziness, decreased exercise tolerance, palpitations or unusual racing heart, and fainting. If athlete experiences any of these symptoms, consult with healthcare provider before returning to sports.
 - Athletes should expect to be more out of shape than normal after returning from COVID-19 infection. We are looking for symptoms beyond deconditioning from recent illness.

Unvaccinated Quarantine After Exposure: 14-day traditional quarantine

for unvaccinated student athletes who have been exposed to a confirmed covid19 infection (primary contacts) includes no participation in sports and student-athlete may NOT enter athletics facilities during the 14 days and should avoid in-person contact with teammates.

- o Requirements for early discontinuation of 14-day quarantine
 - You may return to sports with a 7-day quarantine period only if you met the following criteria:
 - You are unvaccinated and have been exposed to a confirmed COVID19 infection.
 - You have never developed symptoms of COVID19 and remain asymptomatic
 - You have proof of a negative antigen or PCR test result that was collected 5-7 days from your exposure date. Or proctored home test.
 - Athletic Trainer signs CCPS COVID19 medical status form note stating you meet CDC/VDH guidelines to return early from a 14-day quarantine.
 - No physician clearance is needed for early release.

Fully vaccinated Quarantine After Exposure: Fully vaccinated student athletes and those who have proof of having a COVID19 infection in the last 90 days, who have been exposed to a confirmed COVID19 infection (primary contact) may continue athletics participation without interruption if the following criteria are met:

- o Remain asymptomatic
 - o Must wear a mask while not actively participating in physical activity both inside and outside for 14 days.
 - o May discontinue wearing a mask early if a negative antigen or PCR test is received at days 3-5 after exposure.
- o Fully Vaccinated Defined:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

Team Pauses

- Per VDH Guidance all team activities (games, conditioning, ect) must pause (including for vaccinated athletes) for one week when there are 2 or more positive cases on a team. This would be evaluated weekly for further spread.

Post-exposure testing for unvaccinated individuals

- Accepting proctored home tests, antigen and PCR results
 - Testing at day 5-7 or after for shortened quarantines for unvaccinated asymptomatic primary contacts.

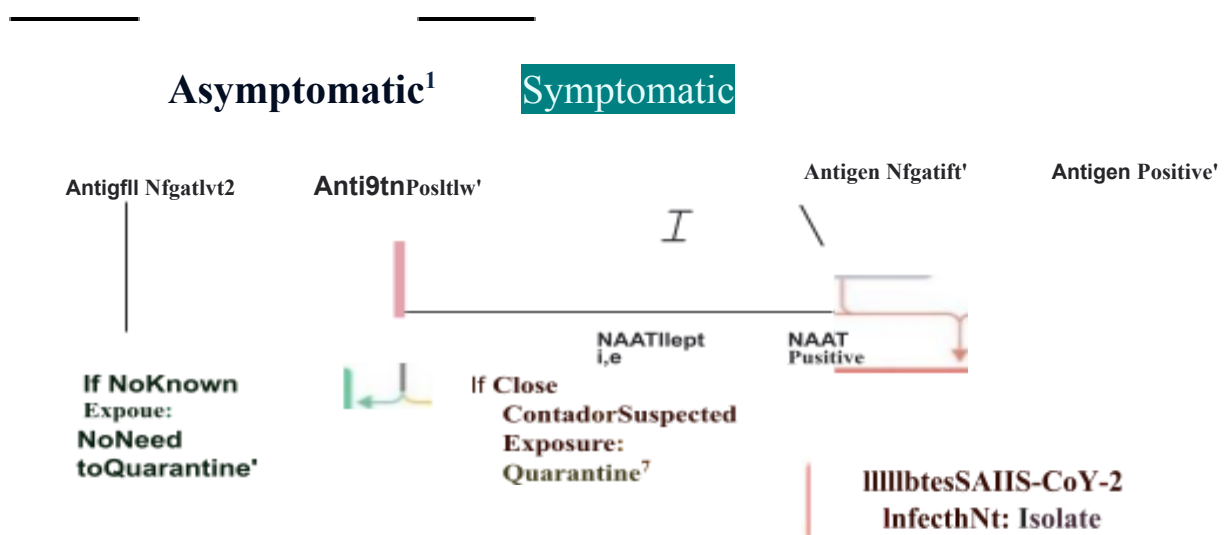
In asymptomatic individuals testing after COVID-19 exposure where an antigen is positive and confirmatory PCR is negative.

VDH will be consulted in these cases to determine team and student athlete status. While in consultation and awaiting results the original test result will stand, and the player and team may be subject to a pause of all activities until more information is collected to make a decision.

- 2 negative PCR tests may be needed at least 24 hours apart to overturn a positive antigen test to return to athletics. This will be done based on CDC and VDH guidance on confirmatory testing. Type of test, testing site, lab and how a specimen is gathered are some factors that may determine a second PCR is needed.
- Remember if you have any symptoms of COVID19 or answer yes to any question on the daily health screening assessment you cannot participate or attend any team activity regardless of vaccination status or test results. Continue to monitor your symptoms and check in with your licensed health care providers. Consider additional testing if symptoms worsen, there is a known exposure or do not resolve.

Using Antigen Tests for SARS-CoV-2 in Community Settings

Figure 2. Antigen Test Algorithm for Community Settings



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VCU Health Sports Medicine CCPS Student-Athlete COVID19 Medical Status Form

_____, a student at _____ High School, was recently removed from a Chesterfield County Public Schools' curricular or extracurricular sports per CCPS COVID-19 Protocol for Student- Athletes on or about _____ (Date). Per CCPS Student-Athlete COVID-19 Return-To-Sports Protocol, the student is prohibited from returning to sports in any curricular or extracurricular physical activity unless he or she meets the clearance criteria for their individual COVID-19 case. This form and all pertinent medical documents must be turned into the school's athletic medical director (Athletic Trainer) in order to return to play. Such documents may include any diagnostic testing results.

I certify that: I am an AT (ATC), MD, DO, PA or NP licensed by a Virginia Medical Board and I am aware of the current medical guidance on COVID-19 evaluation, management and return to sport in youth athletics **AND (check all that apply):**

The student **TESTED POSITIVE FOR COVID-19 or HAD 2 OR MORE COVID-19 SYMPTOMS AND**

- IS RELEASED TO BEGIN RETURN-TO-PLAY protocol with school's Licensed Athletic Trainer.** Criteria for release: Medically cleared by a licensed health care provider and 10 days have passed since symptom onset or positive test AND is fever free and answers NO to all questions on the Student-Athlete COVID-19 Self-Assessment. ****Athlete must complete a 3 or 5 day return to play progression with Athletic Trainer.**
- IS RELEASED BY LICENSED ATHLETIC TRAINER AND DIRECTOR OF STUDENT ACTIVITIES TO RETURN TO FULL PARTICIPATION IN ATHLETICS.** Criteria for release: No cardiac signs or symptoms, completed a 4 or 5 stage monitored return-to-play progression, cleared by a MD, DO, NP or PA, and completed required quarantine or isolation.

Name of Licensed Health Care Provider (Print)

(Signature)

(Date)

Name of Licensed Athletic Trainer (Print)

(Signature)

(Date)

Student-Athlete COVID-19 Self-Assessment

Name: _____ Date of Birth: _____ Sport: _____

ANSWER ALL THAT APPLY:

Date of Exposure: _____ Date of Symptoms Onset: _____ Date of Release: _____

Date of COVID-19 Test: _____ D Positive or D Negative or D No Test Administered

Self-Assessment Questions - Please answer these questions honestly	Yes	No
1. Have you received a confirmed diagnosis for COVID-19 by a COVID-19 test or from a diagnosis by a health care professional in the past 10 days?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you had close contact with or cared for anyone diagnosed with, suspected to have, or experienced symptoms consistent with COVID19 (fever, cough, shortness of breath etc.) within the past 14 days? (close contact is being within 6 feet for 15 minutes or more, or sharing a living space) <i>Students who have been fully vaccinated as defined by the CDC and are identified as a close contact to a COV/0 case do NOT need to quarantine and may report to school if they meet the following criteria:</i> <ul style="list-style-type: none"> • Fully vaccinated (>2 weeks after final vaccine dose) • Experiencing no symptoms 	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have any of the following symptoms? <ul style="list-style-type: none"> • Headache Body aches • Repeated shaking or chills • New, persistent cough for unknown reasons • Shortness of breath for unknown reasons • Congestion or Runny nose Change in taste or smell • Diarrhea - 3 or more episodes within 24 hours • Nausea or Vomiting • Sore Throat 	<input type="checkbox"/>	<input type="checkbox"/>
4. Take your Temperature. Is your temperature 100.4 degrees Fahrenheit (38 degrees Celsius) or above?	<input type="checkbox"/>	<input type="checkbox"/>

If you answer YES to ANY question above, then you must remain home and not come to after school team activities. Notify your Athletic Trainer, Director of Student Activities, and your Coach. It is recommended that you isolate yourself from others, monitor your symptoms and contact your Athletic Trainer for further guidance.

Student Athlete Signature: _____ Date: _____

Name: _____ DOB: _____ Sport: _____

VCU Health Sports Medicine CCPS Return to Sports Procedures Following COVID-19 Infection

Student-athletes may begin the graduated return to sports (below) following the submission of the CCPS COVID-19 Return to Sports Form completed by a qualified medical provider. The qualified medical provider will determine if the 4 stage RTS (3 days minimum) or the 5 stage RTS (6 days minimum) is to be performed. This return to play progression must be performed under the supervision of the athletic trainer (AT) or other school personnel without the development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, or syncope. If these symptoms develop, the athlete should be referred back to the evaluating provider who signed the form.

4 Stage RTS (Minimum of 3 days)

STAGE	DATE	TIMING	ACTIVITIES	COMPLETED
Stage 1	_____	Minimum 1 day	Light activity ≤ 15 minutes; Intensity no greater than 70% of maximum HR (ex: walking, jogging, stationary bike); No resistance training	(check box)
Stage 2	_____	Minimum 1 day	Progress to more complex training ≤ 45 minutes: Intensity no greater than 80% of maximum HR; May add light resistance training	
Stage 3	_____	Minimum 1 day	Normal training activities for ≤ 60 minutes; Intensity no greater than 80% of maximum HR	
Stage 4	_____		Return to full activity	

5 Stage RTS (Minimum of 6 days)

STAGE	DATES	TIMING	ACTIVITIES	COMPLETED
Stage 1	_____	Minimum 2 days	Light activity ≤ 15 minutes; Intensity no greater than 70% of maximum HR (ex: walking, jogging, stationary bike); No resistance training	(check box)
Stage 2	_____	Minimum 1 day	Light activity with simple movements ≤ 30 minutes; Intensity no greater than 80% of maximum HR (ex: running, drills); No resistance training	
Stage 3	_____	Minimum 1 day	Progress to more complex training ≤ 45 minutes: Intensity no greater than 80% of maximum HR; May add light resistance training	
Stage 4	_____	Minimum 2 days	Normal training activities for ≤ 60 minutes; Intensity no greater than 80% of maximum HR	
Stage 5	_____		Return to full activity	

Cleared for Full Participation by AT or School Personnel (Minimum 3 days):

AT or School Personnel Printed Name: _____

AT or School Personnel Signature: _____ Date of

Completion: _____