



ISSAQUAH HIGH SCHOOL
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WELCOME

On behalf of the Issaquah High Wrestling staff, we would like to welcome you to the 2018-19 Season. We strive to guide, educate and mentor our student-athletes to believe that self-discipline, teamwork, loyalty and a good work ethic will not only elevate their athletic skills, but more importantly, assist them in life. Our program is a family-oriented atmosphere emphasizing teamwork with a high standard of academics. Our philosophy is simple: we are all champions; we study, work, act and treat others as champions. This allows all of us and those around us to reach our individual potential. Our plan each year is to be champions: on the mat, at home and in the classroom. We are truly looking forward to working with each and every one of you.

This planner serves as the IHS Wrestling Handbook. It includes our policies, procedures and important information to help you throughout the year. Please be sure to read it in its entirety and utilize it as a reference for questions throughout the season.

Be a champion!

ACADEMIC STANDARDS

Our coaching staff will always continue to develop our athletes to their highest achievable abilities, yet always keep in mind - student first, athlete second. That being said, parental/guardian support in academics is a necessity.

All wrestlers must be eligible under the rules of the W.I.A.A. and Issaquah School District to participate in an interscholastic contest. Those governing bodies require that any student shall maintain passing grades in all subjects with an cumulative GPA of 2.0 and a GPA of 2.0 on the last grade report. Any deficiency will be assisted with combined efforts of parents/guardians, staff and student/athletes to bring grades back to team standards. If an athlete needs assistance, we will get them set up with a team-mate who can tutor them in that subject.

This is intended to place education first, athletics second, and has had an effect that is hard to ignore.

IHS Wrestling Academic Achievements

- | | |
|---|---|
| <ul style="list-style-type: none">➤ 1998/1999: Outstanding Scholastic Award, Team Award – All State Honors - 3.5 or Higher G.P.A. average for 17-member team (3.62 G.P.A.)➤ 1999/2000: 2 All State Honorable mentions➤ 2000/2001: <u>Academic State Champion Nathan Freeberg, 140 – 3.86 G.P.A.</u>➤ 2001/2002: 3 All State Honorable mention➤ 2002/2003: 2 All State Honorable mention➤ 2003/2004: 2 All State Honorable mention➤ 2004/2005:<ul style="list-style-type: none">○ 4 All State Honorable mention○ W.I.A.A. Distinguished Honors, Team Award – All State Honors – 3.0 or Higher for 21-member team (3.09 G.P.A.)➤ 2005/2006<ul style="list-style-type: none">○ W.I.A.A. Distinguished Team Honors – All State○ 3.0 or Higher for 37-member team (3.05 G.P.A.)○ <u>3 Academic State Champions -</u><ul style="list-style-type: none">▪ <u>Matt Glenn- 171- 3.83</u>▪ <u>Joseph Borin- 189 – 3.83</u>▪ <u>Matt Tanner – 145 – 4.0</u>○ 2 All State Honorable mentions➤ 2006/2007<ul style="list-style-type: none">○ W.I.A.A. Distinguished Team Honors- All-State— 3.0 or Higher for 35-member team (3.23 GPA)○ 2 Academic State Champions○ <u>Joseph Borin-171- 3.73</u>○ <u>McKenize Clark- 152- 3.83</u> | <ul style="list-style-type: none">➤ 2007/2008<ul style="list-style-type: none">○ W.I.A.A. Distinguished Team Honors—All State – 3.26 G.P.A. (37 member team)○ 8-All State Honorable Mentions○ <u>Academic State Champion— Kyle Bichich— 3.78</u>➤ 2008/2009<ul style="list-style-type: none">○ W.I.A.A. Distinguished Team Honors- All State – (3.09 GPA)○ 7- All State Honorable Mentions➤ 2009/2010<ul style="list-style-type: none">○ W.I.A.A. Distinguished Team Honors- All State – 3.00 GPA○ 2-All State Honorable Mentions○ <u>Academic State Champion— Jordan Tanner (3.78)</u>➤ 2010/2011: 2-All State Honorable Mentions➤ 2011/2012: 2-All State Honorable Mentions➤ 2012/2013: 3-All State Honorable Mentions➤ 2013/2014: W.I.A.A. Distinguished Team Honors— All State – 3.00 GPA— 21 team members➤ 2014/2015➤ 2016/2017➤ 2017/2018 |
|---|---|

Running Start Students

If you are participating in the running start program, you are responsible for making sure grade updates are provided regularly to the Athletic Director, Luke Ande. Failure to do so may result in temporary suspension from play.

CONDUCT EXPECTATIONS

All wrestlers will abide by the regulations of the school district, Issaquah High Athletic Handbook, KingCo. League, W.I.A.A. N.F.H.S. and Washington State Inter-scholastic Athletic rules and policies.

You represent Issaquah High School and wrestling program 365 DAYS A YEAR. Conduct yourself in a manner that reflects our great attitude and also demonstrates good sportsmanship and manners at all times. This includes ALL away events.

HAZING, BULLYING, and/or HARRASSMENT of any kind will not be tolerated. These behaviors are degrading, promote anger, disrupts team unity and may result in immediate expulsion from team and suspension from school.

SPORTSMANSHIP

Issaquah Wrestling is known throughout the community for our service program and assistance to other teams during the season. It is our legacy to always be known for our good sportsmanship.

The nature of our sport is very aggressive and competitive and keeping control of one's self is an important skill to master in life. Wrestling is a team sport, but it relies heavily on individual participation and this can add to the stress of competition. With that in mind, please review the following policy from N.F.H.S., Section 31, Art. 2:

CONTESTANTS... UNSPORTSMANLIKE CONDUCT INVOLVES PHYSICAL OR NON-PHYSICAL ACTS AND THEY CAN OCCUR BEFORE, DURING OR AFTER A MATCH. IT INCLUDES, BUT IS NOT LIMITED TO, SUCH ACTS AS **FAILURE TO COMPLY WITH THE DIRECTION OF THE REFEREE, PUSHING, SHOVING, SWEARING, TAUNTING, INTIMIDATION, BAITING AN OPPONENT, THROWING EAR GUARDS, OR ANY OTHER EQUIPMENT, SPITTING, THE CLEARING OF THE NASAL PASSAGES IN OTHER THAN THE PROPER RECEPTACLE, REPEATEDLY DROPPING TO ONE KNEE TO BREAK LOCKED HANDS, INDICATING DISPLEASURE WITH A CALL, FAILURE TO KEEP SHOULDER STRAPS UP WHILE ON MAT AND FAILURE TO COMPLY WITH THE END-OF-MATCH PROCEDURE.** CONTINUING ACTS OF UNSPORTSMANLIKE CONDUCT OR ANY UNSPORTSMANLIKE CONDUCT MAY BE CONSTRUED AS FLAGRANT MISCONDUCT.

We expect our wrestlers to follow this policy from N.F.H.S. strictly during competition. We also hold our wrestlers to this policy during practice. Should an infraction occur, the following will apply:

- 1st infraction: 1 (one) event expulsion
- 2nd infraction: 2 (two) event expulsions
- 3rd infraction: expulsion from the team

Event expulsion will commence on next calendar event including post season play.

***Swearing in any form or circumstance will also not be tolerated from our wrestlers and coaches are held to the same standard.

PRACTICE EXPECTATIONS

Schedule

High school wrestling is a higher level of competition than middle school wrestling and requires a high level of commitment to practice. All wrestlers are expected to attend **ALL PRACTICES** and be on time. We will follow a designated start time arrived at by the head coach and Athletic Director. All changes will be posted on the Issaquah High School Wrestling blog (<https://issaquah-wrestling.blogspot.com/>) and an email notification will be sent. All wrestlers will be expected to arrive in upper gym, ready for practice (showered, shoes and head gear on, change of shirts if needed, water bottle available, etc).

Practices are held 6 days a week and over holidays (except Thanksgiving Day, Christmas Eve, Christmas Day, and New Years Eve). Practices are not held on competition days. The practice schedule may vary due to school and sporting events. At times the schedule will change to prepare for tournaments and post season. You will receive a season schedule prior to the beginning of the season. Please keep in mind, if your family is leaving for vacation during the season, you'll need to give ample notification so that others can prepare for the open position.

Minimum Required Practices

In order to compete in any competitions (duals or tournaments) you must have at least 12 practices. The only exception is the Liberty Jamboree which occurs early in the season and only requires a minimum of 8 practices.

Absences/Tardies - Practice

If you know you will not be able to make a practice for any reason (vacation, academic reasons, etc) it is ***your responsibility*** to notify coaching staff or a team captain directly. The validity of the excuses is at the discretion of the head coach.

- Un-excused absences will result in the loss of your right to challenges for one (1) week.
- If more than three (3) days of practice are missed in a row, the same amount of days will be needed in attendance prior to an event in order to be allowed to participate.
- Two (2) unexcused tardies will have the same result as two (2) unexcused absences, no challenge opportunity for one (1) week of 2nd infraction, or loss of position for matches or tournament

Absences/Tardies – High School Classes

If you miss or are late to any class during the course of the school day, you are placed on a “no-play” list for practices and competitions for that day. **If it is an excused absence, you will need to contact the Athletic Director, Luke Ande, for approval to play prior to practice/competition that day.** Mr. Ande will contact the coaches with the approval to play.

Weigh-in and Weight-out Expectations

All wrestlers are required to weigh themselves in the locker room and record their weight on the weight sheets provided before and after each practice. This allows the coaches to catch issues with dehydration and hyponatremia. It also helps the coaches see everyone's current weights for consideration on competition rosters.

General Practice Schedule

Below is a general guideline for how practices will run on a daily basis. This will change as the season progresses. We will spend more time live wrestling later in the season to increase mat time. As we progress, practice time may decrease since less technique time is needed. The purpose is to help you peak towards post season.

| TIME | DUTY | ROOM |
|-----------|---|--------------------|
| 4:00-4:30 | Shower/Weigh-in Roll out/sweep/light | Locker Room Gym |
| 4:30-4:50 | Warm- ups drills Cardio- partners | Upper Gym |
| 4:50-5:20 | Technique review drill | UpperGym |
| 5:20-5:45 | Partner drill situations | UpperGym |
| 5:45-6:00 | Iron man | UpperGym |
| 6:00-6:15 | Live wrestling 2-3 matches | UpperGym |
| 6:15-6:30 | Conditioning | UpperGym |
| 6:30-6:45 | Roll up mats Clear floor/foot wash | UpperGym |
| 6:45-7:15 | Weigh-out Shower- MANDATORY | Locker Room |

Parent Expectations

We welcome parents to come watch their wrestler practice; however, we ask that it not be every day. It is best for wrestlers to really find themselves as competitors by themselves at practice. As coaches, we have observed the wrestlers do not perform as well when there is daily parental observation.

It is never acceptable for a parent to follow their child around the mat and provide coaching from the side during practice or competition unless authorized and/or invited to do so. It is the policy of the Issaquah School District that any coaches must be authorized by the school district as employees or volunteers with all necessary paperwork and background checks completed. This is required if any coaching is performed by someone at an official school practice, even if it is for your own child.

The coaching staff is here to ensure that each wrestler is getting the direction they need at the pace they need it and a full season program has been developed for the team. Should a parent have questions regarding practice or coaching, please speak with the head coach directly.

SHOWERING/HYGINE EXPECTATIONS

Most schools do not address the issue of hygiene. It is one of the head coach's personal list of mandatory requirements. Wrestling is a close contact sport and hygiene is a high priority to prevent the spread of skin infections such as ring worm, herpes and staph. **Each wrestler is required to shower before and after each practice and competition.**

- Pre-practice shower: use Hibiclens® (provided). This is an antimicrobial soap that will clean AND protect your skin during practice. This should not be used on the face.
- Post-practice shower: use shampoo and body soap (provided) and clean entire body.

Each gender will shower in their designated locker room. Showering is done in an orderly and timely manner. At no time may a teammate use class status as a reason to go first. All will wait their turn. Any wrestler wishing to have privacy may do so without any consequences, but all wrestlers must shower before and after each and every practice. See coaches for any request or questions regarding shower procedures. Wearing a garment into shower is acceptable.

To minimize the possibility of spreading skin infections, **you must bring a clean towel to every practice and competition.** Reusing towels for more than one day is not permitted. It is recommended that you have 5-6 towels available to avoid having to wash the same one each day. If needed, towels can be provided for you to use, take home, wash and return each day. Towels left hanging on lockers will be taken.

CLEAN practice gear is required. If any coach or teammate finds you in improper dirty gear, you will be requested to change immediately. A second infraction will lead to a loss of current position on challenge board. We sanitize the wrestling mats before each practice using KenClean Plus Athletic Surface Disinfectant Cleaner® and our Sani-Laser machine.

Please contact a coach for an informational sheet on skin infections to know how to recognize certain types of infections and what to do.

LOCKER ROOM EXPECTATIONS

All athletes are expected to conduct themselves in manner that represents the standards set forth by the WIAA, Issaquah School District, and Coaches.

- The Locker room shall be kept clean and clear of garbage, clothes, towel and items not related to wrestling.

- All wrestlers are held accountable for their team and Captains are in charge of the locker room. Any incidents will be reported to the coaches. Captains will be the last out and will have the authority to assign jobs/duties (clean area, squeegee floors, mopping if needed, etc)
- A locker will be provided for all personal items
 - All items should be placed inside locker and locked with lock provided. Any items that don't fit can be brought to practice and checked in and out with manager.
 - Lockers must be kept clean and organized throughout the season. Locker room inspections will be conducted without notice following any practice and at the end of the season. If a locker is found unacceptable, all items will be bagged and send home with the wrestler.
- **Hazing, bullying and/or harassment of any kind will not be tolerated at any time.** If a wrestler is caught doing so, it could lead to expulsion from team and suspension from school.

BUS EXPECTATIONS

All athletes are to ride the bus to and from all events, unless instructed by the head coach not to do so. Arrangements must be made with the head coach to go home with parent after any event. We have one of the largest teams in the league and keeping track and being responsible for all is the responsibility of the head coach and a hefty task.

Seating arrangements may be considered if the follow is not followed:

- All managers will sit in front of bus with coaches.
- Coaches will have final say regarding cell phone, tablet and laptop usage on bus. They may be used to listen to music with the proper headphones.
- Internet and social media will not be allowed on the bus.
- Inappropriate use of devices may result in team discipline. The device will be confiscated for the duration of the ride. Device usage may be revoked for the individual or team for the remainder of the season.

Remain seated at all times and follow the driver and school district regulations and rules. Failure to do so may result in loss of privileges to ride to future events.

On rare occasions, we may ask parents to help shuttle students to and from competitions / events. If this occurs, all drivers must complete the provided Volunteer Driver Agreement (see resources at the end of packet).

HEALTH AND SAFETY

The health and safety of the wrestlers is our top priority. We follow all W.I.A.A. and district policies with regard to health and safety. **These policies are in place to protect the athlete and not to punish them.**

Injury/Concussion

Regardless of where it has occurred, (on-campus, off-campus, competitions, during or after practice), all athletes are to report all injuries to coaching staff immediately, **NO EXCEPTIONS.**

If an injury or concussion is suspected the athlete will be removed from play immediately according to the Issaquah School District policy until the athlete can be evaluated and cleared by school approved personnel. If the athlete is referred to a health care provider for evaluation, the athlete may not return to play (practice, conditioning, competition, etc) until they receive **written clearance** to return to play from that health care provider.

Anytime an athlete visits a doctor for an injury, you **MUST** get a written release from the physician stating the athlete is cleared to participate. **This release must include the date they can return to play.**

Weight Management

If any athlete is found using inappropriate methods of weight loss (diet pills, sauna, sweat suits, etc.), consequences may include suspension or dismissal from the team. If it appears that weight loss is unusual on a regular basis, the wrestler may be locked in to wrestling in an upper weight for the remainder of the season, regardless of participant's view.

All wrestlers, including those who come out late, must have their minimum weight established by a state certified assessor prior to competing. Any wrestler may be re-assessed anytime during the season before the January 21st, 2019 cutoff. There is a \$5.00 fee for each assessment to be paid by the wrestler.

To assure all wrestlers are following weight management rules, wrestlers are assessed on hydration status. The team also utilizes a body composition & analyzer scale which determines percent body fat, fat free mass, fat mass, body mass, and total body water. The scale also automatically calculates minimum wrestling weights based on state guidelines.

All wrestlers must have four (4) official weigh-ins at competition at the weight they plan on wrestling in post season (unless state assessment plan does not allow for their intended weight).

Throughout the season, all wrestlers will be expected to weigh-in DAILY on the provided digital scale before and after practice. This is to help each wrestler establish good habits of monitoring and managing their own weight. It also helps the coaches see any unusual weight loss that could indicate dehydration, hyponatremia, or unsafe cutting practices.

Weigh-in/out records will be open to all.

Nutrition

Good nutrition is important for a wrestler to perform their best. At a basic level, wrestlers should avoid junk foods, fast foods, sugary drinks/sodas, and energy drinks as these items decrease performance.

We hold a team nutrition class at the beginning of each season to provide you with the basic information needed to maintain a healthy in-season diet and to provide you with the tools you need for proper weight management for competition.

Skin Issues

If at any time, you are unsure about any skin issues, contact one of the coaches immediately. If left untreated, skin issues could become a serious health problem. The staff has been trained to identify but not diagnose. You will be instructed to see a health care provider. Only a health care provider

can release you to wrestle. The release should be included on the proper **NFHS Medical Release Form** for skin lesions (see resources at end of packet).

Please contact a coach for an informational sheet on skin infections to know how to recognize certain types of infections and what to do.

Immunizations

It is required by the state that all students be up-to-date on their vaccinations where eligible; however, flu shots are often missed. Each year we have a number of students that are removed from competition due to influenza. Please ensure you and your family have received your flu shot prior to the start of the season.

COMPETITION DAYS

Each wrestler is expected to arrive and weigh in for competition even if they may not be wrestling. This includes having appropriate ID, skin or other forms (as necessary), equipment (singlet, head gear, hair nets, etc), having hair at the proper length, nails trimmed, facial hair shaven.

Duals

League wrestling duals are usually on Tuesdays or Thursdays. On rare occasions one will be held on a Friday. The average dual will run as follows (times are approximate and may change):

- 3:45pm:
 - Set up gym (home duals – all team members expected to be there)
 - Load bus and depart from school (away duals)
- 5-5:30pm: Weigh-ins
- 6-7pm: JV matches start
- 7-9pm: Varsity matches start

Tournaments

Wrestling tournaments generally run ALL DAY on Saturdays. The average tournament day runs as follows (times are approximate and may change):

- 6am: Meet at high school/bus loading/leave for tournament
- 7/8am: Weigh-ins
- 9/10am: Matches start
- 6pm: Finals
- 8pm: Load bus and leave
- 9pm: Pull in to high school

CELL PHONE USE ON THE BENCH OR IN THE STANDS WILL NOT BE PERMITTED. Each wrestler is expected to pay attention and support their team mates.

Since tournaments run ALL DAY, please do not make other plans on tournament days. There will be occasions where tournaments will start on Friday afternoons/evenings and run through Saturday.

There is one varsity tournament (Battle at the Border) that takes place in Blaine WA and is an overnight trip. For your wrestler to participate and stay overnight, you must complete and turn in the overnight form provided in this packet.

MATCH LIMITS

All Washington State wrestlers have a limit of **16** events and may not wrestle in more than **45** individual matches including dual meets and tournaments during the regular season. Post season matches do not count toward that total.

The provided form will allow you to track your individual matches for reference later in the year and your wrestling career. Record the date, name of school and wrestler you competed against, as well as the weight wrestled, the score of the match and your overall record after the match. These, along with your journal, will allow you to track your progress and look back on the season to search for ways to improve.

If you reach your **40th** match prior to the post season, you must notify the coaches.

CHALLENGE PROCEDURES

"The only thing wrong with doing nothing is that you never know when you are finished"
-Leslie Nielsen

During the season, there will be opportunities to challenge for a higher position on the squad. The goal is to have the best wrestler at each weight class for league matches and tournaments, regardless of team status. **If you are not in the top varsity spot in your weight class, ALWAYS BE CHALLENGING!!!** This will help you continue improving as a wrestler. We would like to see challenges at every practice where challenges are allowed (see daily practice schedule sheet provided).

The challenge process will continue until a designated date prior to the KingCo tournament. At some weights there could be 5 or 6 individuals, others could have 1 or 2. At the beginning of the season, the coaches will determine starting positions on a challenge board for each wrestler by the following categories:

1. Last year's finish at KingCo, Regionals, and State
2. Out of season accomplishments (Freestyle, Greco-Roman, etc.)
3. Years wrestled consecutively

The wrestler must meet the following to challenge other wrestlers in his bracket, above or below his current weight.

1. All eligible wrestlers are allowed to issue a challenge. The challenger can only challenge wrestlers directly above him/her on the challenge board unless he/she is changing weight

classes. If the challenger is changing weight classes he/she must start at the bottom of that weight class.

2. The challenger notifies coaches prior to the start of practice and indicates which weight he/she is challenging.
3. Once a challenge has been issued, the opponent has the right to refuse the challenge, but will forfeit his/her current position on the challenge board to the challenger. Forfeits will not be counted as one of the challengers two allowed matches per day.
4. The challenger must be within 3 lbs of the weight he/she is challenging and is allowed per state assessment, verified by coaches prior to the match.
5. Once a challenge is complete, the winner moves up one (1) position on the challenge board. Wrestlers are only allowed two (2) challenge matches per day, not including forfeits, as long as there is a 45 minute break between the matches. This time gap is required by the WIAA and also applies to tournaments.
6. If challenging for a Varsity position, the challenge will be the best 2 out of 3 matches to assure that the winning wrestler has adequately shown superior skills. The loser of the first match has the choice whether to wrestle the second match that day or the following day.
7. The challenger is responsible for making sure the challenge period will not extend into the rest period of 2 days prior to any event. If the challenger doesn't plan ahead to complete the challenge before the 2-day rest period, the process is over and no wins will carry over to the next challenge.
8. Once a challenge is complete, the results will count for all events between the completed challenge date and the next available challenge period. The coaches reserve the right to adjust the challenge dates and the periods between them.

If more than 4-5 wrestlers are in any one weight, challenges may have to be done daily until the process is complete. Once the process is complete, the #1 wrestler is Varsity and #2 is JV.

Prior to starting a challenge, a random drawing for referee will occur. Only coaches and captains will qualify to referee any matches and their decisions are final. If it's the final match of the best 2 out of 3, an assistant referee will also be drawn. This procedure will also be used for any matches that determine season end challenges prior to the KingCo tournament.

VARSITY LETTER REQUIREMENTS

To earn a Varsity letter, at least 1 of the first 5 requirements must be met. #6 is MANDATORY.

- 1) Wrestle in 3 Varsity Meets
- 2) Win in at least 1 Varsity competition
- 3) Place in the top 3 in a tournament of 6 or more teams.
- 4) Place in the top 4 in a tournament of 8 or more teams.
- 5) Qualify for the Varsity KingCo tournament
- 6) Earn five (5) spirit pins.

A spirit pin is earned by doing something for the team or community over and above normal expectations. Examples: volunteering at the soap box derby, the food bank, a senior citizen center, etc. Each spirit deed has two (2) requirements:

- 1) minimum of 2 hours per task
 - A letter of validity with contact information or formal letter head may be required.
- 2) All deeds performed will not be done for immediate family members.

The goal is to learn life lessons from others. Your community is your home too.

If none of the first five requirements are met, and #6 is met, coaches will make considerations based on attendance, tardiness, G.P.A. and overall attitude during the season.

All qualified varsity lettermen must attend practices through the Tuesday before the State meet to qualify for a letter. All those who complete the entire season will have the opportunity to practice with state qualifiers at the "The Big Dance" in the dome. Parental consent and adequate academic status are required to participate in the practice at the Tacoma Dome.

FUND RAISING

Fund raising is an essential part of any team sport to be able to cover team expenses. We understand that everyone is busy during the late fall as we are getting ready for the holidays. We also know that when fundraising is done, parents tend to make the largest purchases. To make it easier on you, we do not do fundraising and instead ask for a \$100 donation to the team. These funds are used in for the following:

- Team gear and competition singlets
- Equipment
- Registration fees for tournaments
- Travel

To make your donation, please use the provided wrestling donation form.

REGISTRATION AND PAYMENTS

Registration and Payments

All wrestlers are required to be registered and pay for participating in their sport per the Issaquah School District policy. **Each wrestler must provide the yellow/gold receipt from the bursar's office on the first day or practice before they are allowed to participate in practice.** Below is the information provided on the Issaquah High School Athletics website. Please note that all forms mentioned are included in this packet:

<https://www.issaquah.wednet.edu/family/sports/HSsports>

Access to a computer **and** a printer as some forms are required to be printed out and brought to the Bookkeeping & Athletic offices at your school.

- **Gibson Ek Families:** Contact the registrar at your student's boundary school to enroll for sports. Once your student is enrolled, you will have access to complete the Athletic Gateway registration process the next day.
- **Home Based/Private School Students:** To participate in athletics at the Issaquah School District, you must first be enrolled at your boundary school. Please visit our registration page (<https://www.issaquah.wednet.edu/schools/registration>) for instructions on how to enroll your student online. It will take at least 24 hours after you receive the email confirming enrollment for your student to become active in the athletics system, so please plan accordingly.

Refer to the school website listed above for Sports Registration deadlines, and dates and times the Bookkeeping/Athletic offices will be open for you to bring in the required forms to complete the "Final" registration process. The following forms are required to be turned in as a part of that process:

1. Confirmation Form
2. Emergency Authorization Form
3. Original Signed Doctor's sports physical form
4. Copy of Grades/Transcripts (ONLY if new student to ISD)

NOTE: All students who new to the Issaquah School District, are Home Based, or attend Private School must first be cleared and registered online prior to registering for sports. This process may take up to 3 school days. **This must be done prior to starting the online sports registration process so please plan accordingly!**

The online Sports Registration System (Registration Gateway) uses the same Family Access logins as Skyward.

- If you don't know your username or password, go to Family Access and click on 'Forgot your Login/Password'
- You will receive an email with a link to reset your password from Family Access
- **PLEASE NOTE: Passwords changed before 6pm will be uploaded to the Gateway overnight. If you make a change after 6pm, the password will not be uploaded until the following night, so please plan accordingly.**
- If you are able to log in and pick your student, but not able to view the rest of the registration process, try a different internet browser.
- If the 'Pick' button is grayed out after you login, another family member has already started the registration process, and that family member's login must be used to complete the process

NOTE: If you need help with your Family Access Login ID please contact your school.

All student athletes must register **EACH SEASON** for **EACH SPORT** in which they wish to participate!

ASB Card: \$55 - All students turning out for a sport/activity must purchase an ASB card.

Sports Fee: \$200 per student/per sport with a \$400 per student maximum/year. All athletes are required to pay a \$200 sports fee for each sport. No student will pay more than \$400 per school year in sports fees (the 3rd sport is free). Cheer & Dance/Drill are not required to pay the \$200 sports fee but may be required to pay other activity fees.

School Fees and Fines: All school fees and fines **MUST** be paid prior to clearance.

Physical Form

- The ISD policy requires an **ANNUAL** physical exam.
- **Incoming freshmen** must have a physical upon entering high school. This physical **needs to be completed on or after June 1 to be eligible** for the upcoming school year.
- Sports Physicals must be completed prior to the registration process & must be current for the entire season/post season.
- Students will **NOT** be cleared to turn out with a physical that expires during the regular season or playoffs.

- **ONLY SIGNED, ORIGINAL SPORTS PHYSICALS WILL BE ACCEPTED. NO PHOTOCOPIES OR FAXES ACCEPTED**

COMMUNICATION AND CALENDAR

We have several methods of communicating important information to the team and parents.

- **Brave Pin email account** (issaquahwrestling@gmail.com)
- **Issaquah Wrestling Team Shared Calendar** (link found on the blog)
 - Practice, dual, and tournament schedule posted here with real-time updates when there are changes
 - Other important events are posted on the calendar
 - You can import this calendar to your outlook, gmail or other account using the link on the blog
- **Issaquah Wrestling Blog** (<https://issaquah-wrestling.blogspot.com/>)
 - You are encouraged to check the blog **regularly** as we post important information here
 - Required forms, schedules, and other items are found on the blog
 - **You can sign up on the blog for email updates** (you will only receive 1 email daily with any updates. If there are no updates, you will not receive an email).
- **Issaquah Wrestling Instagram** (@IssaquahWrestling)
- **Issaquah Wrestling Facebook Page** (Issaquah High School Wrestling)
- **Issaquah Wrestling Twitter** (@IssyWrestling)
 - Live updates from competitions will be provided using the twitter account

Please provide email addresses for the wrestler directly AND the wrestler’s parent(s) on the Wrestler and Parent Pledge sheet. You are also encouraged to sign up for email updates from the blog and are encouraged to check the blog regularly.

WRESTLER AND PARENT PLEDGE

Wrestler Name (Print)

This checklist and signature page must be completed and handed in with your yellow/gold receipt on or before the first day of practice.

Please check off each section you have reviewed

- | | |
|---|---|
| <input type="checkbox"/> Academic Standards | <input type="checkbox"/> Competition Days |
| <input type="checkbox"/> Conduct | <input type="checkbox"/> Match Limits |
| <input type="checkbox"/> Sportsmanship | <input type="checkbox"/> Challenge Procedures |
| <input type="checkbox"/> Practice Expectations | <input type="checkbox"/> Varsity Lettering Requirements |
| <input type="checkbox"/> Showering/Hygiene Expectations | <input type="checkbox"/> Fund Raising |
| <input type="checkbox"/> Locker Room Expectations | <input type="checkbox"/> Registration and Payments |

- Bus Expectations
- Injuries/Skin Issues/Nutrition/Weight Management
- Information
- Communication and Calendar

Please provide the following contact information:

| | |
|---------------------------------|--|
| Email Address (Wrestler) | |
| Email Address (Parent/Guardian) | |
| Email Address (Parent/Guardian) | |
| Contact Phone (Wrestler) | |
| Contact Phone (Parent/Guardian) | |
| Contact Phone (Parent/Guardian) | |

With signatures below, we pledge that we have received and reviewed the contents of the Issaquah Wrestling handbook. I pledge my integrity to my team and school by following the standards set forth.

Wrestler Signature

Date

Parent/Guardian Signature

Date



GO EAGLES!

IHS FIGHT SONG

*Fight, fight, fight for Issaquah High, win this victory
We're gonna win this game for purple and gold
Best in the West, you know we'll all do our best
So on, on, on, on fight 'til the end,
Honor and glory we shall see
So fight, fight, fight for Issaquah High and victory
I-S-S-A-Q-U-A-H
On, on, on, on, fight 'til the end,
Honor and glory we shall see
So fight, fight, fight, for Issaquah High and victory... VICTORY!*

Match Tracking Sheet

Wrestler's Name: _____

| Match Count | Date | Tournament/ Dual Meet | Opposing Wrestler & School | Weight Class |
|-------------|------|--------------------------|-------------------------------|--------------|
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