“I shoot, I score.
He shoots, I score.”

TEAM GOALS

1. Sunrise Division Champions
2. Team GPA of 2.75 or better
3. 6 State Qualifiers
4. Top 2 Division 1A Regional
5. Top 10 Nevada State Championship

Individual Goals
Classroom and Athletic

1. ________________________________________________
2. ________________________________________________
3. ________________________________________________
4. ________________________________________________
5. ________________________________________________
6. ________________________________________________

www.chaparralwrestling.net
THINGS THAT WILL NOT BE TOLERATED!!

BEING DISRESPECTFUL TO:

- Teachers
- Trainers
- Managers
- Officials
- Teammates
- Coaches
- Administration
- Officials
- Parents

COMPLAINING ABOUT:

- Conditioning
- Drilling
- Setting up & Tearing down mats

NEGATIVE ATTITUDE:

- Talking Back
- Inappropriate Language

* I hope you will think before you act!
* I hope you will think of the team before yourself!
* I hope you will think of what we can do!
* I hope you will think of what we will do!
* I hope we can all enjoy the journey!
CHAPARRAL WRESTLING CODE OF CONDUCT

SCHOOL-
1. Students will have Study Hall every Monday & Wednesday from 2:15 to 3:15 pm. Tuesday & Friday from 2:05 to 2:45 pm use for Positive personal time. Those with a 2.5 GPA or less or a D or F in a class will have an additional study hall on Friday’s from 2:05 to 2:45 pm. Study Hall room TBA.
2. Those students who receive a U in citizenship, whether on a report card or progress report; will be subject to extra conditioning &/or match suspensions.
3. Those student’s RPC’ed or Suspended will have those days count as unexcused from practice. The Cowboy Pride committee will review the incident for proper team punishment, up to and including dismissal from the team.

PRACTICE-

**Excused Practice** – If excused from school than excused from practice. Other excused practices must be cleared with your Coach.

1* offense – No Punishment
2* offense – One 6 in 1 runs.
3* offense – Two 6 in 1 runs, -10 Letter Points + 1 match Suspension.
4* offense – Two 6 in 1 runs, -20 Letter Points + 2 match suspension
5* offense – Dismissal from team.

**Unexcused Practice** – Any practice missed that was not cleared with coaching staff. If asked to leave room for insubordination will be counted as unexcused.

1* offense – One 10 in 1 run after practice -1* day back.
2* offense – Two 10 in 1 runs, -10 letter points + 1 match Suspension.
3* offense – Dismissal from team.

If you are at school, you are well enough to at least watch practice.

MATCHES/TOURNAMENTS-

1. A wrestler who causes the team a penalty point will be reminded how to conduct themselves through physical conditioning.
2. For the betterment of the team, wrestlers may be moved up or down a weight for dual meets. All moves will be decided by the coaching staff.
3. Parents and friends are not permitted in the Locker Room or Wrestling Room prior or during dual meets or tournaments. The area behind the bench must remain clear of family and friends during competition.
4. Any wrestler who is insubordinate during a match or tournament will sit out the next match or contact. Second time offender – Removal from team.
5. Any wrestler penalized for Flagrant Misconduct during a match or tournament will miss TWO contacts. NIAA rule is 1 match.
6. In addition to the team rules, all rules of good sportsmanship, the NIAA and CCSD must be followed.
7. Wrestlers are only allowed to leave with Parent/Guardian AFTER they check out with the coach assigned on the trip.
LETTERING CRITERIA FOR WRESTLING

TOTAL OF 30 POINTS REQUIRED TO EARN A LETTER

EARNING POINTS

**VARSITY**- Wrestler will receive the amount of points earned for the team. Fall 6pts. Etc… Exception- only 3 points awarded for a Varsity Dual meet forfeit.

**JV**- Wrestlers will earn ½ of points earned for the team at the JV level. No points will be awarded for a forfeit or competition below JV level. Exhibition matches score no points.

DEDUCTION OF POINTS

1. Absence from team meeting or practice. **Varies.**

2. Student/Athlete declared ineligible. **10 points per week**

3. Student/Athlete receives a “U” in citizenship. **10 points**

4. Unsportsmanlike conduct in any match or tournament that results in the loss of a team point. **10 points**

5. Failure to make weight at a weigh-in before a meet. 1st time **5 points.** Each add’l time will be **10 points.**

**WRESTLER MUST FINISH THE SEASON AS REQUIRED BY THE COACHES!!!**

**COACHES RESERVE THE RIGHT TO AWARD A LETTER WITHOUT THE USE OF THE POINT SYSTEM.**
Chaparral Wrestling Captain’s Responsibilities/Guidelines

Congratulations on your selection as a captain for the Chaparral wrestling squad. It is indeed a great honor to be chosen to **lead** this fine group of student/athletes. With this honor goes many responsibilities; we want to make sure you understand what is expected from a Chaparral Cowboy Captain.

1. It is your responsibility to **initiate and lead** warm-ups in an effective manner. You are responsible to make sure that warm-ups are done properly, completed on time and that all teammates participate.

2. It is your responsibility to **initiate** the set-up and break-down of the mats and chairs for home matches and tournaments. Your teammates will follow if you lead them properly.

3. It is your responsibility to be a **positive** role model and influence your teammates both on and off the mat. Your positive leadership during matches, at school, in the community and in the locker room is vital. Remember, all eyes are upon you!

4. It is your responsibility to be a **positive mentor** for your teammates. Helping your teammates through difficult times is what true leadership is all about.

If you feel you can effectively lead the Chaparral Wrestling squad this year, please sign this form, have your parent’s signs as well, and return to Coach Smales.

**REMEMBER: WINNING IS NOT SO MUCH AN OCCURRENCE AS IT AN ATTITUDE. CHAMPIONS ARE GREAT EVERYDAY, NOT JUST DURING A MATCH. LIFE IS FULL OF CHALLENGES: CHAMPIONS ACCEPT THEM AND WITH COMMITMENT, CONQUER THEM. LEAD BY EXAMPLE!!**

______________________  _____________________
Athlete Signature    Parent Signature
EACH WRESTLER IS EXPECTED TO CONTRIBUTE HIS/HER FAIR SHARE TO THE WRESTLING BUDGET. WRESTLING IS UNIQUE IN ITS REQUIREMENT OF ENTRY FEES TO TOURNAMENTS. ALL WRESTLERS WILL HAVE THE OPPORTUNITY TO COMPETE SEVERAL TIMES DURING THE SEASON, EVEN IF THEY FALL SHORT OF MAKING THE VARSITY OR JV LEVEL.

WE HAVE 3 TEAM FUND RAISERS FOR OUR PROGRAM:

Tournaments at Chaparral:
SATURDAY DECEMBER 12TH - COWBOY JV DUALS
SATURDAY JANUARY 23RD - CHAPARRAL INVITATIONAL

We need workers for the concession stand, Front Gate, Hospitality Room, Table Help and Floor Security.

POKER TOURNAMENT – Friday November 13th (see Flyer)

Where the Money Goes?
Varsity Entry Fees + $1400
Arizona Trip +$1000
JV Entry Fees + $650
Busses + $400
Scale + $400
Headgear +$350
Singlets (Black) + $925
Misc Equip + $750 (Varsity Bags, Jump Ropes, Year End Awards, etc)
Total $ 5875

2 Tournaments - $4500 (No cost for Medals & Awards at Chap Invite)
Running Basic Tourney - $600
$775 More Needed (Alumni Donation & Poker Tourney)

Therefore Student/Athletes must Raise or Pay $75 each for the Following:
2 Team Shirts ($20)
1 Pair Shorts ($10)
Team Sweats ($35)
Mesh Bag ($5)
Team Buffet ($5)

Add’l Items They can Buy or get Ads For:
Head gear ($25)
Team Bag ($30)
FUND RAISING IS A MUST – NOT AN OPTION.

Fundraising Options

Option 1 – Pay $75 in Cash or Money Order

Option 2 – Donation of Water or PowerAde.
   35 Pack of Water (16.9 oz.) Cost is $4.99  You get $9 credit. (.25 Per bottle)
   24 Pack of PowerAde (20 oz.) Cost is $12.99.  You get $20 Credit (.80 per)
   Max donation per wrestler is $40 credit.

Option 3 – Work a tournament ($5 per hour) Max is 8 Hours or $40 credit.
   Work in concession stand, Hospitality Room or Floor Security.

Option 4 – Sell program ads:
   $25 – Business Card AD or 1/8 Page
   $40 – ½ Page AD
   $75 – Full Page AD
   $125- Back Cover

Ads must be in by Monday December 7th.
All program ads will be in program that is available at all Home Wrestling contacts. The business will also have their business placed on chaparralwrestling.net supporter’s page. This ad includes a free web link feature, if business is equipped.

Dear Business Owner,

Thanks you for your donation of $_______ to the Chaparral Wrestling Program. We will be placing your ad in our 2015-2016 program. We will also be listing your business name on our supporter’s page on our web site (www.chaparralwrestling.net)

We have other sponsorship packages available if you are interested. To get full information, go to our web site and click on the Sponsorship Packages link.

Thanks you for your support of Chaparral Wrestling and High School athletics.

Bill Smales
Head Wrestling Coach-mail: wesmales@interact.ccsd.net

$25- 1/8 Page AD  $40 -1/2 Page Ad  $75- Full Page AD  $125- Back Cover
HOLIDAY PRATICE SCHEDULE
(WINTER BREAK)

FRIDAY (DEC. 18th) – Varsity + at Holiday Classic- All others No Practice

SATURDAY (DEC. 19TH) – HOLIDAY CLASSIC-day 2- Those out will be in Hard Luck Tournament.

MONDAY & TUESDAY (DEC. 21ST & 22ND) - 8 AM TO 10 AM
Wrestling Camp – Special Instructors & Wrestle Offs

WEDNESDAY (DEC. 23rd) – TIME TBA – 6 PM – 7:30 pm
WRESTLE OFF FINALS (UNDER LIGHT)
All Wrestlers will report at 5 pm to set up Mat

THURSDAY (DEC 24TH) TO SUNDAY (DEC. 27TH) – No Practices. Enjoy the holidays with your family and friends. RUN ON YOUR OWN.

MON & TUE (Dec 28TH & 29TH) – Mandatory Practice. 8 AM to 10 AM

WED (DEC 30TH) - Wolves Rumble for Varsity and some JV.
All others No Practice ( Run on Own)

THURSDAY (DEC 31ST) TO SUNDAY (JAN 3rd)- No practice run on your own.

MONDAY (JAN 4th)- Normal Practice resumes.

During the Holiday break we will be holding wrestle offs to determine spots for the Wolves Rumble, Moapa and Desert Pines Duals. By not attending schedule practices you may lose your spot in the line-up. Those attending are being rewarded for their efforts.
<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>B</th>
<th>JV</th>
<th>VAR</th>
</tr>
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<tbody>
<tr>
<td>NOVEMBER, 2015</td>
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</tr>
<tr>
<td>Saturday, 7th</td>
<td>Parent/Wrestler Meeting</td>
<td>Chaparral HS</td>
<td>9am</td>
<td>9am</td>
<td>9am</td>
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<tr>
<td>Saturday, 28th</td>
<td>Black &amp; Orange Scrimmage</td>
<td>Chaparral HS</td>
<td>9 am</td>
<td>9 am</td>
<td>9 am</td>
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<tr>
<td></td>
<td>(Gear Handout)</td>
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<tr>
<td>DECEMBER, 2015</td>
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<tr>
<td>Saturday, 5th</td>
<td>Boulder City Duals</td>
<td>Boulder City High School</td>
<td>N/A</td>
<td>N/A</td>
<td>9 am</td>
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<tr>
<td>Wednesday, 9th</td>
<td>Quad Meet</td>
<td>Boulder City HS</td>
<td>N/A</td>
<td>5 pm</td>
<td>5 pm</td>
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<tr>
<td></td>
<td>Boulder, Desert Oasis +</td>
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<td></td>
</tr>
<tr>
<td>Saturday, 12th</td>
<td>Cowboy JV Duals</td>
<td>CHAPARRAL HS</td>
<td>9am</td>
<td>9am</td>
<td>N/A</td>
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<td>Wed, 16th</td>
<td>Quad Meet</td>
<td>Las Vegas HS</td>
<td>N/A</td>
<td>5pm</td>
<td>6pm</td>
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<td></td>
<td>Las Vegas, Centennial &amp; Rancho</td>
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<td>Fri, 18th</td>
<td>Las Vegas Holiday Classic</td>
<td>LV Convention Center</td>
<td>N/A</td>
<td>N/A</td>
<td>9 am</td>
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<tr>
<td>Sat. 19th</td>
<td>Las Vegas Holiday Classic</td>
<td>LV Convention Center</td>
<td>N/A</td>
<td>N/A</td>
<td>9 am</td>
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<tr>
<td>Wed, 30th</td>
<td>Wolves Rumble</td>
<td>Basic HS</td>
<td>N/A</td>
<td>N/A</td>
<td>9 am</td>
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<td>JANUARY, 2016</td>
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<tr>
<td>Tuesday, 5th</td>
<td>Dual Meet vs Moapa Valley</td>
<td>CHAPARRAL HS</td>
<td>N/A</td>
<td>6 pm</td>
<td>7 pm</td>
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<tr>
<td>Wed, 6th</td>
<td>Dual Meet vs Desert Pines</td>
<td>Desert Pines</td>
<td>N/A</td>
<td>5 pm</td>
<td>6 pm</td>
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<tr>
<td>Saturday 9th</td>
<td>JV Tussle</td>
<td>Basic HS</td>
<td>9am</td>
<td>9am</td>
<td>N/A</td>
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<td>Friday, 15th</td>
<td>Farmers Invitational</td>
<td>Mohave HS, Bullhead City, AZ</td>
<td>N/A</td>
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<tr>
<td>Saturday, 16th</td>
<td></td>
<td></td>
<td>N/A</td>
<td>N/A</td>
<td>9am</td>
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<tr>
<td>Wed, 20th</td>
<td>Dual vs Boulder City</td>
<td>Boulder City HS</td>
<td>N/A</td>
<td>5 pm</td>
<td>6 pm</td>
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<tr>
<td>Thurs, 21st</td>
<td>Dual Meet vs Sunrise Mtn</td>
<td>CHAPARRAL HS</td>
<td>N/A</td>
<td>5 pm</td>
<td>6 pm</td>
</tr>
<tr>
<td>Saturday, 23rd</td>
<td>Chaparral Invitational</td>
<td>CHAPARRAL HS</td>
<td>N/A</td>
<td>N/A</td>
<td>9 am</td>
</tr>
<tr>
<td>Tuesday, 26th</td>
<td>Dual vs Virgin Valley</td>
<td>Virgin Valley HS</td>
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<td>6 pm</td>
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<td>Friday, 29th</td>
<td>JV Zone</td>
<td>Clark HS</td>
<td>2pm</td>
<td>2 pm</td>
<td>N/A</td>
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<tr>
<td>Saturday, 30th</td>
<td>JV Zone</td>
<td>Clark HS</td>
<td>9 am</td>
<td>9am</td>
<td>N/A</td>
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<td>FEBRUARY, 2016</td>
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<tr>
<td>Wed, 3rd</td>
<td>Dual vs Del Sol</td>
<td>CHAPARRAL HS</td>
<td>N/A</td>
<td>5 pm</td>
<td>6 pm</td>
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<tr>
<td></td>
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<td>Senior Night</td>
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<td>Friday, 12th</td>
<td>Div 1A Regional</td>
<td>TBA</td>
<td>N/A</td>
<td>N/A</td>
<td>3 pm</td>
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<tr>
<td>Saturday, 13th</td>
<td></td>
<td></td>
<td>N/A</td>
<td>N/A</td>
<td>9 am</td>
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<tr>
<td>Saturday, 20th</td>
<td>Nevada State Championship</td>
<td>Primm, NV</td>
<td>N/A</td>
<td>N/A</td>
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