TEAM GOALS
1. Top 2 Sunrise Division
2. Team GPA of 3.0 or better
3. 5 State Qualifiers
4. Top 5 in 3A Regional Championship
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 need to utilize after school until practice for meeting w/teachers. If they are late for practice you will need note from teacher.
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’d 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— BEGINS AT 2:45 PM – Except Thursday (1:45 PM)

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

**Unexcused Practice** – Any practice missed that was not cleared with coaching staff. If asked to leave room for insubordination will be counted as unexcused.
   1st offense – One 10 in 1 run after practice -1st day back.
   2nd offense – Two 10 in 1 runs, -10 letter points + 1 match Susp.
   3rd offense – Dismissal from team.

*ppractice over Winter break is highly encouraged, but will not count as unexcused if you have family time scheduled. If in town you should be at practice.

Practice Rewards –Getting your gear.

**Nov. 13th to Dec. 1st** – (14 Practices) Wrestler MUST have 10 practices completed, Hydration test completed, all RMA completed and paid $100 spirit pack fee or sold coupon books. Then Wrestler will receive team gear.

**Dec. 4th to Dec. 22nd** – (12 Practices) Wrestler MUST complete 10 practices and Have paid all Money and RMA completed to be eligible to go on Magic Mtn trip. If not on roster by 12/22 you will be dismissed from the team.

**Jan. 2nd to Jan. 31st** –(12 Practices) – Wrestler must complete 10 practices and work the Chaparral Invitational (both days) to complete the season and be awarded any year end awards, recognition or come to season ending buffet.

Complete 36 of 38 practice and Receive Movie Reward after Buffet.

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 50 POINTS REQUIRED TO EARN A LETTER

EARNING POINTS

Each practice attended = ½ point (Can earn 20 points this way)

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. 0 points for Exhibition Matches

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.

JV ZONE QUALIFICATION- Have completed at least 12 matches and have at least 6 wins (Forfeits do not count).

DEDUCTION OF POINTS

1. Absence from team meeting or practice. 1 Point

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
FUND RAISING

EACH WRESTLER IS EXPECTED TO CONTRIBUTE HIS/HER FAIR SHARE TO THE WRESTLING BUDGET. WRESTLING IS UNIQUE IN IT'S REQUIRMENT 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 2 TEAM FUND RAISERS FOR OUR PROGRAM:

Tournaments at Chaparral:
SATURDAY DECEMBER 2nd - COWBOY JV DUALS
FRIDAY & SATURDAY - JAN (19th & 20th) - CHAPARRAL INVITE.

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

Where the Money Goes?

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varsity Entry Fees</td>
<td>+$1850</td>
</tr>
<tr>
<td>Arizona Trip</td>
<td>+$1000</td>
</tr>
<tr>
<td>JV Entry Fees</td>
<td>+$1050</td>
</tr>
<tr>
<td>Busses</td>
<td>+$300</td>
</tr>
<tr>
<td>Singlets (VAR)</td>
<td>+$1300</td>
</tr>
<tr>
<td>Coaches Gear</td>
<td>+$250</td>
</tr>
<tr>
<td>Misc Equip</td>
<td>+$750  (Varsity Bags, headgear Year End Awards, etc)</td>
</tr>
<tr>
<td>Total</td>
<td>$6500</td>
</tr>
</tbody>
</table>

2 Tournaments: - $5000 (No cost for Medals at Chap Invite)
Running Basic Tourneys: - $600
Running Foothill events: - $600
Storage of Clocks: - $450
Remaining Balance: $150 positive cash for team

Therefore Student/Athletes must Raise or Pay $100 each for the Following:

2 Team Shirts ($25) 1 Dri fit and 1 Long Sleeve
1 Pair Shorts ($35) Sublimated
Team Jacket ($25)
Team Buffet ($5)

Magic Mountain Trip is an additional $50 fee for those going.
$20 Admission, $25 bus fee, $5 meal fee for pre park snack bag.
They will also need $10 to $15 for food after amusement park.
FINALS WEEK AND
HOLIDAY PRACTICE SCHEDULE
(WINTER BREAK)

MONDAY & TUESDAY (DEC. 18TH & 19TH)- Normal Practice Time

WEDNESDAY TO FRIDAY (DEC. 20TH, 21ST & 22ND) – Practice begins 30 Minutes after dismissal bell. Practice will be 2 hours Friday will include weigh Ins for Falcon JV Invite on Saturday

SATURDAY (DEC. 23RD) – We will meet at 7am at Chaparral to go to Foothill for all wrestlers competing in JV Tournament. All others run on own.

MONDAY (DEC. 25TH) – No Practice

TUESDAY (Dec 26th) Cowboy Wrestling Camp- 9am to 11:30 am. Those wrestling in Las Vegas Holiday Classic MUST attend.

WEDNESDAY & THURSDAY ( DEC. 27TH & 28TH)- Las Vegas Holiday Classic at the South Point. We will meet at Chaparral both mornings at 8am. All other wrestlers will be off and need to Run on own.

FRIDAY TO MONDAY (DEC 29TH TO JAN 1ST) -No Practices. Enjoy the holidays with your family and friends. RUN ON YOUR OWN.

TUESDAY & WEDNESDAY (JAN 2ND & 3RD) – Mandatory practices for team. 9 am to 11:30 am

WEDNESDAY ( JAN 4TH) - Wolves Rumble at Basic HS. Varsity + will meet at Chaparral at 7am to commute to Basic HS.

FRIDAY (JAN 5TH)- Cowboy Wrestling Camp #2 . Also Magic Mountain check in day for trip.

SATURDAY (JAN 6TH)- Magic Mountain Trip – Meet at Chaparral at 4:45 am for 5:00 am departure. Be on time or get left. All others No practice.

MONDAY (JAN 8TH) – Normal practices resume
<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>B</th>
<th>JV</th>
<th>VAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>NOVEMBER, 2017</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Saturday, 4th</td>
<td>Parent/Wrestler Meeting</td>
<td>Chaparral HS</td>
<td>9 am</td>
<td>9 am</td>
<td>9 am</td>
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<tr>
<td>Monday, 13th</td>
<td>1st Official Practice</td>
<td>Chaparral HS</td>
<td>3 pm</td>
<td>3 pm</td>
<td>3 pm</td>
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<td>DECEMBER, 2017</td>
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<tr>
<td>Saturday, 2nd</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>Saturday, 2nd</td>
<td>Cowboy JV Duals</td>
<td>CHAPARRAL HS</td>
<td>9 am</td>
<td>9 am</td>
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<tr>
<td>Wednesday, 6th</td>
<td>Tri Meet</td>
<td>Boulder City HS</td>
<td>N/A</td>
<td>4 pm</td>
<td>4 pm</td>
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<tr>
<td>Saturday, 9th</td>
<td>Falcon JV Duals</td>
<td>Foothill HS</td>
<td>9 am</td>
<td>9 am</td>
<td>N/A</td>
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<tr>
<td>Tuesday, 12th</td>
<td>Quad Meet</td>
<td>Basic HS</td>
<td>N/A</td>
<td>4 pm</td>
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<tr>
<td>Wednesday, 13th</td>
<td>Quad Meet</td>
<td>Las Vegas HS</td>
<td>N/A</td>
<td>4 pm</td>
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<td>Patriot Duals</td>
<td>Liberty HS</td>
<td>N/A</td>
<td>N/A</td>
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<td>Saturday, 16th</td>
<td>Henderson JV Tussle</td>
<td>Basic HS</td>
<td>9 am</td>
<td>9 am</td>
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<td>Saturday, 23rd</td>
<td>Falcon JV Invitational</td>
<td>Foothill HS</td>
<td>9 am</td>
<td>9 am</td>
<td>N/A</td>
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<td>Wed. 27th</td>
<td>Las Vegas Holiday Classic</td>
<td>South Pointe Hotel</td>
<td>N/A</td>
<td>N/A</td>
<td>10 am</td>
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<tr>
<td>Thursday 28th</td>
<td>Las Vegas Holiday Classic</td>
<td>South Pointe Hotel</td>
<td>N/A</td>
<td>N/A</td>
<td>10 am</td>
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<td>JANUARY, 2018</td>
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<tr>
<td>Thursday, 4th</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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<tr>
<td>Thursday, 11th</td>
<td>Dual Meet vs Virgin Valley</td>
<td>Virgin Valley HS</td>
<td>N/A</td>
<td>5 pm</td>
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<td>Friday, 12th</td>
<td>Farmers Invitational</td>
<td>Mohave HS, Bullhead City, AZ</td>
<td>N/A</td>
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<td></td>
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<td>N/A</td>
<td>N/A</td>
<td>9</td>
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<td>Wed, 18th</td>
<td>Dual vs Moapa Valley</td>
<td>CHAPARRAL HS</td>
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<td>6 pm</td>
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<td>Chaparral Invitational</td>
<td>CHAPARRAL HS</td>
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<td>3:30 pm</td>
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<td>Chaparral Invitational</td>
<td>CHAPARRAL HS</td>
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<td>9 am</td>
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<tr>
<td>Tuesday, 23rd</td>
<td>Dual vs Boulder City</td>
<td>Boulder City HS</td>
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<td>5 pm</td>
<td>6 pm</td>
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<td>Wednesday, 24th</td>
<td></td>
<td>Eldorado HS</td>
<td>N/A</td>
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<td>7 pm</td>
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<td>Thursday, 25th</td>
<td>SENIOR NIGHT vs Del Sol</td>
<td>CHAPARRAL HS</td>
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<td>6 pm</td>
<td>7 pm</td>
</tr>
<tr>
<td>Friday, 26th</td>
<td>Annual Clark Classic</td>
<td>Clark HS</td>
<td>2 pm</td>
<td>2 pm</td>
<td>N/A</td>
</tr>
<tr>
<td>Saturday, 27th</td>
<td>Annual Clark Classic</td>
<td>Clark HS</td>
<td>9 am</td>
<td>9 am</td>
<td>N/A</td>
</tr>
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<td>FEBRUARY, 2018</td>
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<tr>
<td>Friday, 2nd</td>
<td>AAA Regional</td>
<td>Western HS</td>
<td>N/A</td>
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<td>3 pm</td>
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<td>Saturday, 3rd</td>
<td>AAA Regional</td>
<td>Western HS</td>
<td>N/A</td>
<td>N/A</td>
<td>9 am</td>
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<tr>
<td>Friday, 9th</td>
<td>Nevada State Championship</td>
<td>Southern NV - TBA</td>
<td>N/A</td>
<td>N/A</td>
<td>TBA</td>
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<tr>
<td>Saturday, 10th</td>
<td>Nevada State Championships</td>
<td>Southern NV - TBA</td>
<td>N/A</td>
<td>N/A</td>
<td>TBA</td>
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</tbody>
</table>

ALWAYS CHECK WEB SITE FOR UP TO DATE INFORMATION
WWW.CHAPARRALWRESTLING.NET