

# Rock Canyon Wrestling



2011-2012 Team  
Handbook

## Challenges and Line up

Determining the weekly starting lineup for all teams is based on the following criteria.

1. Practice attendance
2. Work ethic in practice
3. Attitude
4. Citizenship
5. Challenge Matches
6. Coaches Decision

If a wrestler has satisfied the requirements listed above, he may challenge according to the challenge schedule. Challenges typically take place on Mondays, and all matches are 6 minutes in length and officiated by the high school coaches and/or referees brought into the challenge.

Wrestlers may have more than two challenge matches per day. Wrestlers may also challenge in more than one weight class each week. Every effort is made to ensure fairness with regards to rest, notification, etc. All wrestle off challenges will be the best two out of three matches to decide the Varsity Wrestler.

Wrestlers wanting to challenge must make it known by 3:15pm on Monday and in order to challenge a wrestler must be within 5 pounds of the designated weight class. Final challenges will be held at the end of January.

Challenges are a privilege, NOT a right!!!!!!

# Coaching Staff

The Rock Canyon staff is committed to excellence. We seek the best competition in the state. We strive to get our kids the most matches possible with the best competition in preparation for the Regional and State Tournaments.

Website: [www.rockcanyonwrestling.com](http://www.rockcanyonwrestling.com)

Head Coach: Martin Castro

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Assistant Coaches:

David Heimer

Chris Page

Dusty D'Agostino

Nick Peters

Brian Ong

## Skin Conditions

As we know skin problems do arise in the sport of wrestling. The coaches, administration, managers and youth program go above and beyond to keep the room clean and ensure the safety of all wrestlers. Listed below are some of the most common types of problems. All of the problems can be avoided through proper hygiene and personal care. If you think you might have something you must report it to coaching staff so we can address the problem. Our mats are cleaned daily following practice with a bleach and water solution; the key to prevention comes from athletes taking responsibility; showering regularly, and being proactive in the process.

Potential problems/conditions: Impetigo, Herpes Simplex Virus, Ringworm, and MRSA.

# Rock Canyon Wrestling Practice and event schedule

- All practices are J.V. and Varsity unless otherwise noted
- All practices are mandatory unless otherwise stated
- Anyone missing practice for any reason needs to contact Coach Castro or another assistant coach prior to practice
  - Missed practices will be made up as Post Practices
  - Missed practices of any kind may jeopardize your eligibility to participate in events
- Team meetings are not on the schedule, but will be announced with plenty of notice
- Although the season schedule is currently set, it is subject to change at anytime for any reason.

