

OSSEO WRESTLING

“PREPARING CHAMPIONS ON THE MAT AND
WINNERS OFF THE MAT”



2015-2016 HANDBOOK
WWW.OSSEOWRESTLING.COM

Coaching Staff

Head Coach: David Ahmed

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Assistant Kenny Green

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Volunteer Assistants:

We will have several volunteer assistant coaches helping throughout the season.

Guest Clinicians:

We will have several guest coaches throughout the season.

OSSEO WRESTLING PHILOSOPHY

- **RESPONSIBILITY:** Anyone can make excuses; you must be responsible for your own actions and learn to make proper choices in your academic work, athletic endeavors, and in your personal life.
- **WORK ETHIC:** There is no substitute for hard work. Worthwhile things come from working hard and believing that you deserve to win.
- **ATTITUDE:** Winners accept constructive criticism, knowing it will make them better. Be willing to adjust to obstacles and focus on the goal at hand. Positive words and actions produce positive results.
- **GOAL SETTER:** Individually, have a road map in which to reach your goals and discipline to stick to your plan. Remember that the drive and determination in your daily activities will bring about success.
- **CITIZENSHIP:** Each team member is expected to represent themselves, their family, school, teammates, coaches and community in a first class manner.
- **COMMITMENT TO EXCELLENCE:** Demonstration of total effort and concentration whereby each team member gives their absolute best during practice, competition, and in the classroom regardless of results.

OSSEO WRESTLING GENERAL INFORMATION

Challenge Matches

- Challenge Matches will be held as needed, typically every week.
- The #1 wrestler at a weight will be varsity. The #2 wrestler will wrestle JV. All other wrestlers will be “B-Squad” with an opportunity to wrestle most dual meets and tournaments.
- Once the varsity line-up is established the #1 wrestler must lose their first wrestle-off to force a best 2 out of 3 decision.
- Wrestlers that are challenging an established varsity wrestler up to 152 lbs must be within 4 pounds of the required weigh in weight in order to participate in challenge matches. Challenging Wrestlers above 152 lbs must be within 5lbs in order to participate in challenge matches. If a varsity wrestler does not make weight that wrestler must be within the weight range stated previously if they are challenged.
- **Coaches reserve the right to change the challenge process, and make decisions without a challenge match.**

PRACTICE

- Inform the coaches of any “questionable” skin conditions or injuries before practice.
- Clean shirt and shorts everyday! (no tank-tops, muscle shirts or baggy clothing)
- Osseo High School student wrestlers must be in the wrestling room, by 2:30.
- Most practices start at 2:30 sharp for 9th-12th graders (junior high as soon as possible).
- Practice typically go from 2:30 - 4:30
- No horseplay: before, during, or after practice (no wrestling more than one person at a time).
- Do not leave practice room until dismissed or unless there is an emergency.
- If you need to get taped or receive treatment from the trainer please do so before practice.
- You are expected to give 100% at every practice.
- Wrestlers must have a clean towel and shower after every practice with a mild soap.
- Wrestlers need to bring a lock for their locker. They can purchase a lock for \$3 from us.

WRESTLING MEET PROCEDURES

- Most wrestlers are encouraged to wrestle at or near their natural weight.
- All wrestlers are expected to help set-up and tear-down for all home meets and tournaments.
- Mandatory weigh-ins and skin checks take place 1 or 2 hours prior to competitions.
- All wrestlers should be prepared to compete at any level of competition, late varsity and JV substitutions can happen throughout the season.
- All wrestlers are expected to pick-up after every wrestling event, including the bleachers.
- Volunteers are needed to help run home events throughout the season.

SEASON AWARDS

- Team captain(s) – wrestlers and coaches vote at year-end for the next season(will be announced at beginning of summer workouts).
- Most valuable wrestler (V, JV and JH) – based on coaches’ and wrestlers vote.
- Most improved (V, JV and JH) – based on coaches’ and wrestlers vote.
- Ken Droegemueller Award - given to the senior who exemplifies what it means to be an Osseo Wrestler; excels in the classroom, most reliable, hardest worker, team ahead of individual, etc. – based on coaches’ vote.

- Varsity letter winners –Any wrestler that competes in 5 varsity events, is on section team, and others based on coaches' vote.
- Academic awards and honor rolls – awarded through the athletic office.

**Wrestlers must be in good academic and behavioral standing with the school to receive awards.

GENERAL COACHES' EXPECTATIONS FOR PARENTS/ GUARDIANS AND FANS

- Positive encouragement – wrestling technique takes time to develop. We learn from every win and defeat.
- Help with tournaments and meets – we cannot do it alone, assistance is needed with concessions, mat-side table workers, set-up, tear-down and clean-up.
- Help with car-pooling – there are several practices and meets that wrestlers will need assistance getting to and from the high school. Please take turns car-pooling wrestlers.
- Do not argue with officials – wrestling is one of the most difficult sports to officiate.
- Do not yell “Stalling!” or “Make him wrestle!” over and over to encourage the official to call stalling. Find more creative saying to alert the official without pestering. “Stay on him!” or “Keep pressuring him!” Our team and fan sportsmanship is rated by every official and evaluated by school administrators and my boss!
- Do not blame the officials for defeats; encourage your wrestler(s) to not let matches get close enough to allow an official to influence the outcome of the match.
- Keep it friendly with other wrestling parents, fans and teams (even Maple Grove).
- Encourage good sportsmanship when commenting on wrestling website forums and other multimedia sites.
- Keep emotions in perspective, in the end, it’s just a sport.
- Have Fun! Enjoy the season!

SKIN CONDITION REPORT FORM

Wrestling is a contact sport and requires all of us to be very proactive with our physical health care, especially when it comes to skin health. Please familiarize yourself with the Minnesota State High School League’s (MSHSL) Skin Condition Report Form found in the back of this handout. Any “questionable” skin condition during the wrestling season or preexisting condition may require this form must be filled out by a doctor and returned to the coaching staff before a wrestler can be allowed to compete (this is the only doctor’s form or note accepted by the MSHSL).

Be aware that even with a proper form signed by a doctor a wrestler can be withheld from competition if a coach, wrestling official or athletic trainer suspects a contagious skin condition.

The MSHSL has excellent resources for skin conditions questions available on their website:

<http://www.mshsl.org/mshsl/sports/skin/SkinInfections2007.pdf>

Please contact me with any questions or concerns you may have.

David Ahmed

ahmedd@district279.org

406-788-4003

2015 Rumble on the Red Wrestling Championships at the Fargo Dome, ND

Transportation: Charter Bus. Team bus paid for by District 279 and booster club. Wrestler's family may ride bus for a fee of \$100 per family (limited space available).

Team Accommodations: Hilton Garden Inn. Hotel has a free continental breakfast. Team accommodations paid for by the booster Club.

Lodging for parents and fans: There are a block of rooms available for parents at the Hilton Garden Inn. Call the hotel directly to reserve your room for \$109 under the "Osseo Wrestling Parent" block at (701) 499-6000

Tournament Admission:

Adults - \$25 2-day pass/ \$15 1-day pass

Students - \$12 2-day pass/ \$7 1-day pass

Under 6 – Free

Monday, December 28th

10 AM Practice

Noon Depart Osseo Senior High School

3:30 PM Arrive and check-in at the hotel

5:00 PM-7:00 p.m. Team check-in and workout at Fargo Dome

10:00 PM Lights out

Tuesday, December 29th

6:45 AM Depart hotel for Fargo Dome

7:30 AM Weigh-ins & Skin Checks: (2 pound growth allowance per NDHSAA rules)

Rd. 1 10:00 am-12:00 pm (1st Round)

Rd. 2 12:00-3:00 (2nd Round)

Rd. 3 3:00-5:00 (Wrestleback Round)

Rd. 4 5:00-8:00 (Round of 16 and Wrestleback Round)

Rd. 5 8:00-10:00 (Quarterfinals and Wrestleback Round)

11:00 PM Lights Out

Wednesday, December 30th

6:45 AM Depart hotel for Fargo Dome

7:30 AM with Weigh-ins & Skin Checks: (3 pound growth allowance)

Rd. 1 9:00 am-10:00 am (Wrestlebacks)

Rd. 2 10:00 am-12:00pm (Semi-Finals and Wrestlebacks)

Rd. 3 12:00pm-1:00 pm (Consolation Semi-Finals)

Rd. 4 1:30 pm FINALS 1st-8th place matches

All participating wrestlers are encouraged to stay until the last Osseo wrestler has finished the tournament, please contact coach Wiley if you want to have your wrestler leave early.

Tournament information available at www.fargorumble.com

Contact Coach David Ahmed for additional information ahmedd@district279.org 406-788-4003

Participants can bring coolers into the Fargo Dome. Send food and food money with your wrestler.

Coaches: David Ahmed 406-788-4003 Scott Lewison 612-363-3726

Osseo Orioles 2015-2016 Varsity Wrestling Schedule

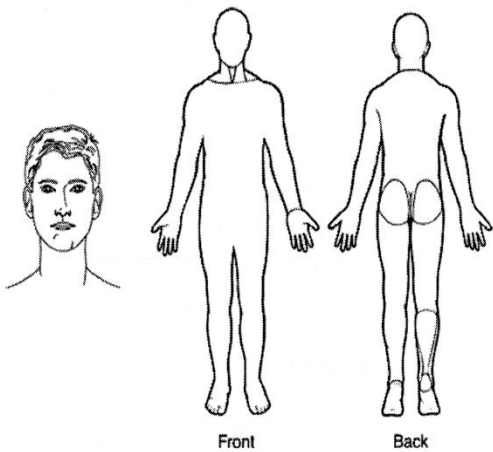
Date	Opponent	Site	Time
November 28, 2015	Invitational	Osseo HS	9:00AM
December 4, 2015	Tri	Anoka HS	5:00
December 11, 2015	Maple Grove	Osseo HS	7:00
December 12, 2015	Invitational	Chanhassen HS	TBD
December 17, 2015	Spring Lake Park	Osseo HS	7:00
December 22, 2015	Tri	Rogers HS	5:00
December 29-30, 2015	Invitational	Fargodome	TBD
January 8, 2016	Park Center	Park Center HS	7:00
January 9, 2016	Invitational	Brooklyn Center	TBD
January 14, 2016	Irondale	Irondale HS	7:00
January 16, 2016	Invitational	Elk River HS	TBD
January 21, 2016	Park(Cottage Grove)	Osseo HS	7:00
January 22, 2016	Totino Grace	Totino HS	7:00
January 23, 2016	Invitational	Cooper HS	TBD
January 29, 2016	Armstrong	Armstrong HS	7:00
January 30, 2016	Invitational	Orono HS	TBD
February 5, 2016	Invitational	Mound Westonka	TBD
February 13, 2016	Team Sections	Rogers	TBD
February 20, 2016	Individual Sections	TBD	TBD
February 25-27, 2017	State Tournament	Excell Energy Center	TBD

**Minnesota State High School League
WRESTLING SKIN CONDITION REPORT**

**PHYSICIAN RELEASE FOR WRESTLER TO
PARTICIPATE WITH SKIN LESION**

PRIVATE/CONFIDENTIAL DATA

Name _____ Date of Exam: _____ School _____
: _____ : _____
Mark Location AND Number of Lesion(s)



Diagnosis: _____

Location AND Number of Lesion(s): _____

Medication(s) used to treat lesion(s): _____

Date Treatment Started: _____

Earliest date may return to participation: _____

Form Expiration Date: _____

Physician Signature: _____

Physician Name (Printed or Typed): _____ Office Phone #: _____
(M.D. or D.O.)

Office Address: _____

Note: To ensure medical instructions and MSHSL rules are being followed, this form should be faxed to the Activities Director at the student's school.

Note to providers: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.) Please familiarize yourself with NFHS Rules, 4-2-3 and 4-2-4 and 4-2-5 which states:

"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in or prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If a designated on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition."

"ART.54 . . . A contestant may have documentation from a physician indicating a specific skin condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some **MINIMUM TREATMENT** guidelines required before returning to wrestling:

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotics for three days (72 hours) is considered a minimum, unless MRSA (Methicillin-Resistant Staphylococcus aureus) is the cause, then 5 days of antibiotics are required. If new lesions develop or drain after 72 hours, MRSA should be considered.

Herpetic lesions (Simplex, Fever blisters/cold sores, Zoster, Gladiatorum): To be considered "non-contagious", all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of ten (10) days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or full five (5) days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm scalp, skin): Oral or topical treatment for 72 hours on all skin. Oral medication for 14 days on scalp.

Scabies, Head lice: 24 hours after appropriate topical management.

Molluscum Contagiosum: May compete if treated and covered.

Revised 10/17/15

**Parent
Signature
Required:**
