**DSA Wrestling Policies and Procedures**

**MISSION**

The objective of Damascus Sports Association Wrestling is to: inspire youth regardless of gender, race, color, or creed; practice the ideals of health, citizenship, and character; bring youth closer together through a common interest in sportsmanship, fair play, and fellowship; impart the elements of safety, sanity, and intelligent supervision; and ensure the welfare of the wrestler first, foremost, and entirely free of adult lust for glory.

**WRESTLER ELIGIBILITY**

* Children 5 years old may be allowed to participate in Damascus Wrestling. Wrestlers for the intramural program cannot be in High School. While 9th Graders who are under 15 before Dec 31 are eligible to wrestle beltway.
* Wrestlers will be considered for the Beltway Team based on evaluation and recommendation of the coaches. Those who have not wrestled for the Beltway team will be invited to participate in pre-season practices. The wrestler will be evaluated and placed in the proper team based on experience, ability, maturity. The decision will be made with the child’s best interest in mind. The Beltway coaches and commissioner will make the final decision.
* Any out of boundary wrestler can participate in intramurals, as well as the Beltway B team. If there are not enough in boundary wrestlers to field a complete top level beltway team, then and only then, can an out of boundary wrestler participate in the top level beltway team.
* A wrestler can be dismissed or suspended from the organization for any of the following reasons:
  + Any wrestler dropped from the organization for any reason cannot participate with the organization for the remainder of the season.
    - Misconduct, which includes, but is not limited to:
      * Biting, fighting, bullying, name calling, abusive language;
      * Possession, use, or distribution of any illegal substance with the exception of a legally obtained drug prescription;
      * Use or possession of tobacco or alcohol;
      * Vandalism of any and all property, including practice and tournament facilities;
      * Continued disruption of practices or/and poor sportsmanship.
      * For missing more than 1/3 of the scheduled practices;
      * Disrespect to any wrestler, coach, assigned team, or club official;
      * Having a communicable disease (at the discretion of the Commissioner).
* This list of misconducts is not all inclusive. Other incidents will be dealt with as they arise, by the head coach or the commissioner.

**Wrestling Adult Positions Volunteer**

**Commissioner:**

* The Commissioner shall preside over all meetings; act as chairman of advisory groups. The Commissioner must be able to delegate responsibility to others regarding all facets of the organization.
* The Commissioner will serve as tournament director for following Wrestling Tournaments
  + Matbash Tournament
  + The DSAWL Championships
  + The Mid Maryland Wrestling Championships
* The Commissioner will ensure the following:
  + Practice Facilities are available for all teams
  + All wrestlers have uniforms
  + The even distribution of intramural wrestlers among teams
* Assistant Commissioner(s) or Wrestling Directors
  + Will assist the commissioner on all of the above items and take on other duties as assigned by the commissioner
* Coaches
  + Head Coach
  + Assistant Coach
* Team Moms
* Uniform Person
* General Volunteers
  + Each parent is expected to volunteer during the wrestling season as needed.
  + The commissioner will assign volunteers for the three tournaments
  + The Team mom is responsible for the volunteers
    - Tournament Volunteers include:
      * Concessions
      * Merchandise
      * Table workers (Scorers and timers)
      * Head table workers
      * Set up Crew
      * Clean up Crew
    - Dual Meet Volunteers include:
      * Table Workers (scorers and Timers)
      * Friday Night Set up Crew
      * Concessions
      * Clean up Crew

**Coaches Eligibility: The following are prerequisites for adult participation in Damascus Wrestling**

* The Head Coach must be at least nineteen years of age and must know and understand the prerequisites of wrestling, and will be selected by the wrestling commissioner.
* Assistant coaches must be at least eighteen years of age. The assistant coaches shall be selected by the Head Coach subject to the approval or disapproval by wrestling commissioner. Alternate coaches may be selected by the Head Coach on an as-needed basis with commissioner approval.
* The maximum number of official assistant coaches may vary by need. Ideally, there will be a ratio of one coach for every ten wrestlers.

**Coaching Ethics: The Head Coach and Assistant Coaches shall employ the following ethics:**

* They will refrain from use of alcohol or tobacco during contact with wrestlers;
* They will not “belittle” wrestlers, but may use constructive criticism in private.
* They will not criticize the opposing team, coaches or fans in any shape or form, i.e. good sportsmanship.
* They will refrain from using abusive/profane language.
* They will not discriminate based on gender or win/loss record.
* They will emphasize that good athletes are physically and mentally alert.
* They will strive to make every wrestling activity serve as a training ground for life and as a basis for good mental and physical health.
* They will emphasize proper nutrition/diet for proper weight control/loss.
* They will set a good example by following all the rules and regulations of the wrestlers as it pertains to them.

**Acts of Disbarment:**

* A coach or other adult acting in an official capacity may be barred from further participation in the organization or any of its affiliates by violating any of the following rules or committing any of the following acts.
  + Striking any coach, official, spectator, or participant in the Damascus Wrestling program.
  + For any sufficient cause, such as unsportsmanlike conduct, unethical behavior, or profane language, whether on the mat, as a spectator, or any official capacity.

**Parent/Guardian Ethics:**

* A parent/guardian must refrain from unsportsmanlike conduct, which includes but is not limited to;
* A parent/guardian will not criticize the coaches, wrestlers, opposing clubs, fans or officials, whether publicly or privately.
* A parent/guardian will not interfere with the coaching methods of the coaching staff.
* A parent/guardian will refrain from using abusive and/or profane language.
* A parent/guardian will abide by school district policy regarding the possession and/or use of illegal drugs and alcohol on school property.
* A parent/guardian will instill good sportsmanship in their wrestler.
* A parent/guardian will not strike any coach, official, spectator, or participant in the Damascus Wrestling program.
* Any comments or concerns by a parent/guardian should be directed to the Head Coach or to the officers of the organization as soon as possible.
* A parent/guardian will guarantee athletes will not be unsupervised or unattended following practices or competitions. Children will not be left alone at practice or competition sites
* A parent or guardian will not miss volunteer assignments.

**Acts of Dismissal**:

* A parent/guardian may be dismissed and their child’s/children’s by violation of any of the above noted acts. The determination of this dismissal shall be determined by the DSA Wrestling Commissioner.

**Concessions**

* During the Dual meet season Concessions will be run by DSA volunteers to help offset facility costs.
* One volunteer will be used to coordinate concessions for dual meets.
* Tournament concessions:
  + One Volunteer to coordinate the Concession for the three tournaments
  + Volunteers will be assigned times by the commissioner and team moms

**Facilities:**

* Tournaments
  + Matbash – High School Gym – Dates TBD
  + DSAWL Championships – High School Gym- Dates TBD
  + Mid MD - High School Gym- Dates TBD
* Dual meets
  + All to be wrestled at a location TBD unless other teams are hosting
* Practice – TBD
  + 5 nights at DHS Wrestling room and 2 nights at DHS cafeteria
  + 3 nights at Baker AUX gym

**Damascus Sports Association wrestling league (DSAWL)**

* **Teams:** 
  + - Damascus 2-3 Teams
    - Olney
    - Mt. Airy
    - Clarksburg
    - Poolesville
    - Montgomery Village
    - Tuscarora
    - West Frederick (formally Middletown)
    - Montgomery County Sports Association
    - Brunswick
* **Weigh-ins**
  + Week 1 and the last week of dual meets mandatory
    - If they miss week 1 and week 2, they can’t wrestle
    - Procedure is on and off the scale they weigh what they way
    - No cutting weight
      * Can’t weigh in week 2 if they have lost weight and wrestle in a lower weigh class
    - Last dual date - Can stay the same or go up not go down (HWT and Big Kids are the exception)
* **League Stats and Tournament Seeding** 
  + Each coach keep own stats
  + RECORD MATCH SHEETS NEATLY
  + **\*\*\* EMAIL ME RESULTS THAT DAY \*\***
  + Bring a 3x5 card to seed meeting for each wrestler
  + See samples (attached)
  + keep your own records
* **Regular Season and Schedule** 
  + Spray, wipes, trashcans, pens, timer stop watch, towel, clock
  + Coach supplies his own Band-Aids, gloves, cotton, etc…
  + Will try not to schedule Olney vs. Olney etc.
  + Will try to Schedule as many matches as possible… (Quads at home meets)
    - Will Keep it to no more than two a day
* **Sportsmanship**
  + **Starts with us.**
  + **ZERO TOLERENCE POLICY**
  + Parents (Code of Conduct)
    - 1st offence - removal from the Gym.
    - 2nd offence –removal from the Gym, and suspension from the league.
  + For the coaches: (If ejected by referee)
    - 1st offence - removal from gym
    - 2nd offence - removal from the gym and banned from coaching in the DSAWL tournament with written reprimand to Parent organization.
* **2015-2016 Fees**
  + $1,000.00 per team

**Time Line:**

* + **July** 
    - * Start advertising for coaches using the DSA mass email
      * Submit for permits
      * Complete budget and update policies and procedures
      * Submit budget and policies and procedures to DSA board for approval
  + **August** 
    - * Update Website
      * Have online store ready for registration
      * Take uniform inventory
      * Announce wrestling registration at football games. Print out sheet for announcer to read during the games.
      * Make copies of “Why Wrestle?’ flyers and place at football merchandise table
      * Order equipment and supplies
      * Announce for volunteers to help coordinate concessions and fundraisers
      * Set up fundraisers
  + **September** 
    - * Start Advertising for Wrestling Sign ups, distribute flyers to elementary schools
      * Have Beltway coaches talk to Football teams about wrestling and distribute flyer
      * Registration opens September 15-October 15
      * Attend MJWL Meetings
      * Coordinate with Beltway coaches for beltway team tournaments
      * Coaches screening meeting, have board approve head coach selection
      * Get fundraisers ready
  + **October**
    - * DSAWL Coaches meeting
      * Start Advertising Mat-bash
      * Attend MJWL Meetings
      * Update website
      * Order Uniforms
      * Beltway tryouts week of Oct. 26
  + **November** 
    - * Host parent meetings for IM and Beltway
      * November 10-12 Intramural training camp
      * November 2 Beltway practice starts
      * Nov 13-15 IM team selection
      * Start working on IM Schedule
      * Nov 16 IM practices start by team
      * Update website with practice schedules
      * Order Awards for MatBash
      * Uniform distribution, Beltway before first match, IM before MatBash
      * Attend MJWL meetings
  + **December**
    - * Prepare for MatBash
      * Finalize IM Schedule
      * Attend MJWL Meetings
      * MatBash Coordination (Dec. 6)
      * Saturday IM matches start
      * Weigh-ins, first week
  + **January** 
    - * Saturday IM matches
      * Keep website up to date
      * Jan 23 or 30? Shrimp Feast
      * Order awards for DSAWL and Mid-MD
      * Attend MJWL meetings
  + **February**
    - * IM season finishes up
      * IM Weigh-ins last meet
      * Order end-of-year awards for IM and Beltway wrestlers, team moms, and coaches
      * Seeding meeting for DSAWL
      * Prepare for DSAWL (Feb. 13-14)
      * Coordinate Mid MD (Feb. 21)
        + Howard County
        + Montgomery County
        + Carroll County
      * Attend MJWL meetings
  + **March**
    - * Finalize Banquets (IM Feb. 24 and Beltway March 16)