

GENERAL INFORMATION

Coaching staff:

- Coach Lewis – Head Coach
- Coach Janicki – Assistant Coach
- Coach Spencer – Assistant Coach
- Coach Collum – Assistant Coach
- Coach Cameron– Volunteer Assistant Coach
- Mrs. Lewis – Volunteer Assistant Coach

Orange Card Requirements

- Registered to be on the team
- Physical on file (must be done once every calendar year)
- Fees paid or waiver filled out
- Card will be issued by Ms. Jenae in the front office
- Card MUST GO TO COACH COLLUM IN ORDER TO PARTICIPATE

Hygiene

- SHOWERS MUST BE TAKEN IMMEDIATELY AFTER PRACTICE WHEN WRESTLERS GET HOME.
- Finger nails should be clipped before practice and meets.

Attendance

- Only 2 unexcused absences allowed
- Wrestlers should communicate when they are going to be absent for scheduled things (doctors, family vacation, etc.).
- Wrestlers should communicate when they miss practice due to unexpected events (sick, emergencies, etc.)
- Parental communication is also appreciated in both instances, but it is the wrestler's responsibility to communicate as well

Injury

- Doctors notes will be required for most injuries that occur.
- Unless wrestlers are missing school due to the injury, they should still attend practice to support their team mates and keep learning

Recommended gear

- Headgear
- Shoes
- Mouth guard (required for braces)

Important dates (Coach Janicki)

- 1/9 Start of "Camp" (Attendance doesn't count)
- 1/12 Parent Meeting
- 1/16 First Official Practice
- 1/17 Spirit store closes
- 1/19 Meet the Squad
- 2/8 Picture day
- TBD BANQUET
- 3/16 Regionals

Website

- Schedule
- Important dates
- Spirit store
- 90% of information

GENERAL INFORMATION

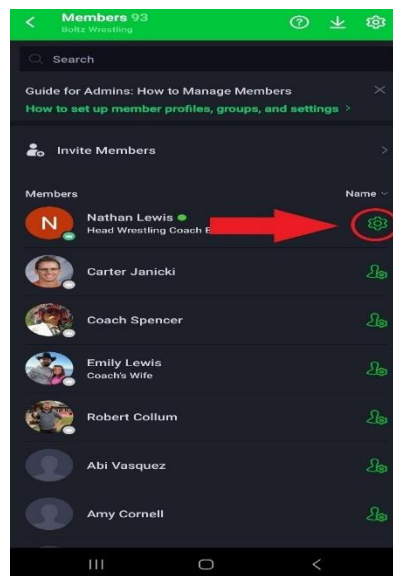
JOIN THE BAND APP



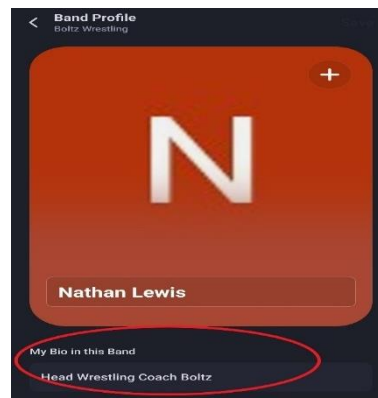
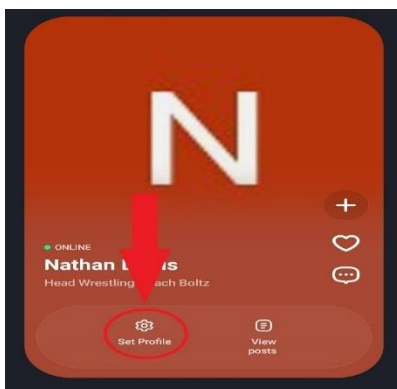
IN THE BOLTZ WRESTLING BAND, ADD YOUR WRESTLER'S NAME TO YOUR BIO:

Go to the Boltz wrestling page and click on People icon

Find your name and select the gear beside it



Select "Set profile" and then type your name into the Bio information and Save.





2023-2024 PSD Middle School League WRESTLING SCHEDULE

1/9/2024--1/15/2024 Preseason Camp; 1/16/2024 Season Starts	DIVISION A	DIVISION B	updated 10/18/2023
	1. Lesher	1. Wellington	
	2. Webber	2. Boltz	
	3. Blevins	3. CLP	
	4. Preston	4. Timnath	
	5. Lincoln	5. Kinard	

Date	Time	Home/Host	Opponent	Location
1/26/2024	3:30pm	Preston	Webber	Preston Middle School
	3:30pm	Lincoln	Lesher	Lincoln Middle School
	4:15pm	Timnath	Boltz	Timnath MHS
	3:30pm	Kinard	Wellington	Kinard Middle School
	3:30pm	CLP	Blevins	Cache La Poudre Middle School
1/30/2024	3:30pm	Lesher	Preston	Lesher Middle School
	3:30pm	Webber	Blevins	Webber Middle School
	4:15pm	Wellington	Timnath	Wellington MHS
	3:30pm	Boltz	CLP	Boltz Middle School
	3:30pm	Kinard	Lincoln	Kinard Middle School
2/3/2024	All Day	Wellington Invitational		Wellington MHS
2/6/2024	3:30pm	Blevins	Lesher	Blevins Middle School
	3:30pm	Preston	Lincoln	Preston Middle School
	3:30pm	CLP	Wellington	CLP Middle School
	3:30pm	Kinard	Timnath	Kinard Middle School
	3:30pm	Boltz	Webber	Boltz Middle School
2/13/2024	3:30pm	Lincoln	Blevins	Lincoln Middle School
	3:30pm	Lesher	Webber	Lesher Middle School
	3:30pm	CLP	Kinard	Cache La Poudre Middle School
	4:15pm	Wellington	Boltz	Wellington MHS
	4:15pm	Timnath	Preston	Timnath MHS
2/20/2024	3:30pm	Lesher	Boltz	Lesher Middle School
	3:30pm	Webber	Wellington	Webber Middle School
	3:30pm	Blevins	Timnath	Blevins Middle School
	3:30pm	Preston	Kinard	Preston Middle School
	3:30pm	Lincoln	CLP	Lincoln Middle School
2/24/2024	All Day	Timnath Invitational		Timnath MHS
2/27/2024	3:30pm	Webber	Lincoln	Webber Middle School
	3:30pm	Blevins	Preston	Blevins Middle School
	3:30pm	Boltz	Kinard	Boltz Middle School
	4:15pm	Timnath	CLP	Timnath MHS
	4:15pm	Wellington	Lesher	Wellington MHS
3/2/2024	8:00AM	DISTRICT CHAMPIONSHIP		TBD

TEAM RULES

PRACTICE

- Mats to be dry mopped by wrestlers prior to practice starting
- Mats to be wet mopped by wrestlers prior to practice starting
- 3:00 – All wrestlers to be in the wrestling room with appropriate gear
 - Wrestling shoes
 - Headgear
 - Gym shorts or sweats
 - T-shirt
 - FINGERNAILS CLIPPED
 - Sweatshirt (optional, crew neck preferred, hoodies have the potential to cause injury)
 - Water bottle (optional)
 - THINGS NOT ALLOWED
 - Jewelry
 - Watches
 - Hats
 - Cell phones
 - Headphones or ear buds
 - Tank tops
 - Inappropriate gym clothes
 - If you are questioning it, ask a coach or bring something else
 - Consequences
 - If you are late without excuse – 20 push ups
 - If you forget something and have to leave the wrestling room – 20 push ups
 - If you bring something that is not allowed into the wrestling room – 20 push ups
- 3:00-3:15 – All wrestlers to be weighed in
 - Jog after weighing in
 - Do prescribed pullups or other workout as coaches dictate.
 - Consequences
 - Coach's discretion
- 3:15 – Practice starts
- Water breaks
 - Coaches will provide water breaks at regular intervals
 - Wrestlers may get water from water fountains
 - Wrestlers will be informed of how long they have to get water and when they are expected to be back
 - Wrestlers will go to water fountains and back to the wrestling room without detours
 - Bathroom breaks to be approved by coach prior to them happening (this is a safety concern, we will not withhold bathroom breaks unnecessarily)
 - Consequences
 - Late coming back – TEAM does will do sprints
 - Detours – TEAM does 20 wrestling burpees, wrestler does an extra 20 push ups
- Respect
 - Breaking the contract of respect to a teammate
 - Consequences at coach's discretion depending on severity
 - Apology required
 - Restorative conversation as needed

- Breaking the contract of respect to a coach
 - 50-200 pushups depending on severity
 - Apology required
 - Restorative conversation as needed

GENERAL MEET INFORMATION

- Wrestlers will wear dress clothes the day of the meet
 - Option #1
 - Khakis (black or brown)
 - Belt
 - Button up shirt or polo
 - Tucked in
 - Nice shoes
 - No hats
 - Option #2
 - Nice dress
 - Appropriate length and cut
 - Nice shoes
 - No hats
 - Which ever option is picked MUST BE WORN ALL DAY with the exception of Gym Class where you SHOULD bring gym clothes and change
 - Consequences
 - 50 push ups for not wearing either Option #1 or Option #2
 - 100 push ups for changing between Option #1 and Option #2 during the day
- Varsity Meet
 - Varsity will sit in seats closest to the mat
 - JV will sit behind
 - Only wrestlers called to warm up may leave their seats
 - Bathroom breaks and water breaks to be approved by coaches
 - No parents on or near the bench at any time
 - Coaches will facilitate communication between parents and wrestlers
 - Wrestlers will watch their team mates matches and cheer them on
 - Wrestlers will act with decorum and respect during the matches
 - Wrestlers will clap in unison as each varsity wrestler runs out for their match
 - The entire team, Varsity and JV will line up after the last Varsity match and shake the opposing team's hands
 - Consequences
 - Leaving seat without permission – 50 push ups
 - Causing issues for coach that is monitoring the bench – 50 push ups
 - Harassing the ref – 100 push ups and 100 burpees
 - Potentially ineligible to wrestle varsity the next meet
 - Potentially in eligible to wrestle the next meet
 - Harassing the other team – 100 push ups and 100 burpees
 - Potentially ineligible to wrestle varsity the next meet
 - Potentially in eligible to wrestle the next meet
 - Harassing parents, staff, or spectators – 100 push ups and 100 burpees
 - Potentially ineligible to wrestle varsity the next meet
 - Potentially in eligible to wrestle the next meet

- Wrestlers
 - No profanities
 - 50 push ups
 - Shake the opponent's hand at the end of the match
 - 50 pushups
 - Shake the ref's hand at the end of the match
 - 50 push ups
 - Shake the opposing team's coaches' hands at the end of the match
 - 50 push ups
 - Singlet straps will stay up until warm ups are back on
 - 20 pushups
 - Headgear will not be thrown at any time
 - 100 pushups
- JV Meet
 - JV and varsity wrestlers that have matches will line up along the mat in the order designated by the coordinating coach
 - Wrestlers without matches or that have finished their matches will return promptly to the bench and sit in their seat to watch their team mates' matches
 - Bathroom breaks and water breaks to be approved by coaches
 - No parents on or near the bench at any time
 - Coaches will facilitate communication between parents and wrestlers
 - Wrestlers will watch their team mates matches and cheer them on
 - Wrestlers will act with decorum and respect during the matches
 - Consequences
 - Leaving seat without permission – 50 push ups
 - Causing issues for coach that is monitoring the bench – 50 push ups
 - Harassing the ref – 100 push ups and 100 burpees
 - Potentially ineligible to wrestle varsity the next meet
 - Potentially in eligible to wrestle the next meet
 - Harassing the other team – 100 push ups and 100 burpees
 - Potentially ineligible to wrestle varsity the next meet
 - Potentially in eligible to wrestle the next meet
 - Harassing parents, staff, or spectators – 100 push ups and 100 burpees
 - Potentially ineligible to wrestle varsity the next meet
 - Potentially in eligible to wrestle the next meet
 - Wrestlers
 - No profanities
 - 50 push ups
 - Shake the opponents hand at the end of the match
 - 50 pushups
 - Shake the ref's hand at the end of the match
 - 50 push ups
 - Shake the opposing team's coaches' hands at the end of the match
 - 50 push ups
 - Singlet straps will stay up until warm ups are back on
 - 20 pushups
 - Headgear will not be thrown at any time
 - 100 pushups

HOME MEETS

- Advisory - 8th grade wrestlers and captains will be called to the gym to roll out mats, tape them down, dry and wet mop mats, and set up chairs on both sides of the mat
 - This will be lead by the captains
- 2:45 (End of school day) - Wrestlers will be released
 - Wrestlers will put backpacks and school supplies in lockers/locker room
 - Wrestlers will go to locker room to change into singlet and warm ups
 - Varsity should NOT put on wrestling shoes
 - JV SHOULD put on wrestling shoes
 - All wrestlers will have their fingernails checked by coaches
 - Finish preparing for the meet if everything was not complete during advisory
 - Go to the wrestling room
- 2:45 (End of school day) - Wrestlers will put backpacks and school supplies in lockers/locker room and go to the wrestling room
- 2:55 - Wrestlers to be in the wrestling room to prepare for meet
- When opposing team arrives - Varsity weigh-ins
 - JV will sit silently on the wall, light to heavy, behind the Varsity
 - Varsity will weigh in in singlets and then go put warmups and shoes back on

AWAY MEETS

- Wrestlers will be released at a predetermined time based on the location of the away meet
- Wrestlers will go to the locker room and change into their singlets, warm ups, and street shoes
- Wrestlers will SILENTLY line up light to heavy in the gym with their book bags, wrestling shoes, and headgear
- Wrestlers will board the bus and fill in from back to front
 - Any female managers or wrestlers will sit at the front of the bus
- Bus
 - Wrestlers will remain seated
 - 50 push ups if asked to stay seated (individual)
 - Wrestlers will keep the noise to a low whisper
 - 50 team pushups if noise is too loud
 - Wrestlers will NOT leave anything on the bus
 - 100 push ups for each item a coach has to clean up after exiting the bus
 - Wrestlers will thank the bus driver as they exit the bus
 - 50 push ups (individual)
- Wrestlers will line up light to heavy and silently follow coaches into the school
- Wrestlers will sit in allotted seats
 - Varsity closest to the mat
 - JV behind the varsity
- JV will put wrestling shoes on
- Varsity will remove street shoes and prepare for weigh ins

ALL CONSEQUENCES ARE SUBJECT TO CHANGE AT COACH'S DISCRETION.



Boltz Middle School

Student-Athlete Character Contract

I am a Boltz Middle School student-athlete. Therefore, I have the responsibility to represent my school, team, coaches and family with pride and respect for all.

By signing this contract, I agree to abide by all of the following conditions:

As a person:

- In the community, I recognize that everywhere I go I am a representative of my school, team, coaches and family. While in public, I will always be mindful of my manners, attitude and how others may perceive my actions.
- In school, I will model appropriate behavior in the classroom. I will follow the PRIDE MATRIX of our school while demonstrating appropriate attending skills. In addition, I will demonstrate appropriate body language, eye contact and feedback toward my teachers.
- At home I will follow my parents' rules and meet my obligations despite my busy schedule. I will volunteer to help with tasks around the house. Most importantly, I will not be argumentative with my parents and will follow their requests the first time they are given.
- I will let my parents and siblings know that I appreciate what they do for me. I will demonstrate this appreciation by saying "please," "thank you," "you're welcome" and on a regular basis.

As a student:

- I understand that my first priority at Boltz Middle School is to get a quality education that will help prepare me as a responsible and successful member of society.
- I have made the commitment to pass every class and I understand that failure is not an option.
- If I am missing work or not meeting the grade requirements set by the team, I will make arrangements with my teachers before school or during lunch to complete my assignments.

As an athlete:

- I will compete to the best of my ability with respect for my fellow student-athletes. In addition, I will hustle at all times to set a good example for my teammates.
- I will have a good effort and attitude at all times, win or lose, playing or supporting my team on the field or from the bench. I recognize that some days I will compete well and some days I may be "off." In either case, I will be a positive and supportive member of the team.
- I will behave appropriately on the bus trips to away contests and keep the bus clean.
- I will follow the PRIDE MATRIX and its expectations of me and how I interact with others.
- I will speak respectfully to officials, coaches, teammates, and opponents.
- I will listen to my coaches and work hard to apply what they teach me in order to improve as an athlete.
- I will not engage in poor sportsmanship or trash talking. I will demonstrate the outstanding character that is expected of a Boltz Middle School student-athlete.

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____

EXPECTATIONS OF RESPECT - PARENTS

BOLTZ WRESTLING PHILOSOPHY:

Boltz wrestling strives to create and maintain an environment to build respectful young adults who persevere in adversity and love the sport of wrestling.

Definition of Respect:

1. A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.
 2. Respect is caring enough to consider how words and actions impact others.
- Respect of wrestlers at home
 - We expect our philosophy to be reinforced at home.
 - See BOLTZ WRESTLING PHILOSOPHY above.
 - Priorities:
 - Respect
 - School
 - Grades come first
 - Safety
 - Wrestling
 - Support your wrestlers. Help them love this sport. Do not reprimand their wrestling performance or degrade their abilities when they are at home.
 - Respect the teachers and staff of Boltz Middle School
 - Respect the staff at other schools
 - Respect the referees
 - There will be no yelling at or heckling the referees at any meets.
 - Respect Meets
 - No heckling other parents, of Boltz or the other teams
 - No fights, verbal or physical.
 - Stay in the stands
 - No sitting or standing beside the mat during matches
 - The team may lose points if this is not adhered to
 - The wrestlers need to listen to the coaches and not be distracted
 - Others in the stands may not be able to see
 - No visiting with wrestlers on the bench
 - Coaches will call you down if you are needed for anything

Student Name: _____

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____

EXPECTATIONS OF RESPECT - WRESTLERS

BOLTZ WRESTLING PHILOSOPHY:

Boltz wrestling strives to create and maintain an environment to build respectful young adults who persevere in adversity and love the sport of wrestling.

Definition of Respect:

1. A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.
 2. Respect is caring enough to consider how words and actions impact others.
- Respect parents and families at home
 - Family is the foundation of a good wrestler, family will be a wrestler's biggest supporters and wrestlers should respect that
 - Respect the teachers and staff of Boltz Middle School
 - No unnecessary disruptions of the school day
 - No issues on the bus to and from meets, including trash
 - Respect other students
 - No fights
 - No distracting other students from their work
 - Respect for staff at other schools
 - No messes will be left
 - The same respect we give to our Boltz staff will be expected to be given at other schools
 - Respect the referees
 - No yelling at or heckling the referees
 - Shake the referees hand after every match
 - It is the Coach's job to talk to the referees during the match, not the wrestler
 - Respect the other team
 - Shake hands after every match
 - No taunting or heckling
 - Respect the Boltz Wrestling Team
 - Following team rules
 - Coaches included
 - Respect yourself
 - If wrestlers aren't maintaining their grades, that is disrespecting themselves and the teachers and staff of Boltz Middle School
 - If wrestlers are only going at 50% at practice, they are disrespecting themselves and their teammates.
 - If wrestlers give up in the middle of a match, win or lose, they are disrespecting themselves and the team mates that worked with them to get them in that match

Student Name: _____

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____