

Golden Demon Wrestling

Parent Letter

Welcome to the 2022-2023 Golden Demon wrestling season.

What you are about to read below details our expectations and the basis for why this coaching staff participates in the great sport of wrestling.

There is not a single student athlete we come in contact with where we feel doesn't have the ability to be a champion at everything they do. It does take a passionate group of coaches, dedicated parents, and teachers to encourage them to take on that challenge. As my wrestling coach and mentor describes it; *"We all need to learn, and need help learning, to make ourselves do what is difficult or unpleasant. Wrestling demands your ultimate in out-thinking your opponent, sacrificing your pleasant-but-poor eating habits, keeping your body and mind in clean, efficient competitive trim."* With the rigorous demands we put on these student athletes during the season we must encourage them to put aside the temptations of today's environment. Making the right choice all the time is probably the most difficult thing we ask of them. If they really understand the meaning of that, they will succeed in all they do.

As most of you know or are about to find out, we have a tremendous passion for the sport of wrestling, and all the parts of wrestling that make this the greatest sport in the world. I will begin by letting everyone know that we have high expectations for the health of every athlete that steps in our room. It all begins and ends with good eating habits and hard work. Our expectation is that every wrestler begins and ends every day with good healthy meals. Everyone that lives up to these expectations will be successful in the months to come and for life, if they choose to do so.

Weight loss has always been a part of wrestling tradition, good and bad. Today, I am a firm believer that if we can build strong, healthy athletes, we can be more competitive than those that practice abusive weight loss. I am very strict about this and I need your help in providing your athlete with proper nutrition. With the combination of good eating habits and proper workouts, we can turn anyone into supreme athletes. It may not be wrestling this athlete is a champion, but it will be wrestling that provides the opportunity for them to be champions in other sports, and life in general. So please, read the literature I provide from time to time on nutrition and help keep them away from Burger King!

Our passion for academics, integrity, ethics, perception and athletics has always been an important part of what we teach. The biggest expectation from this staff is respect. We expect everyone involved in our program to show respect for each other, opponents, GHS and all other facilities, the sport, and adults. We feel that with today's situations, this is an important part of learning. We urge your support in assisting us in this effort.

We look after the best interest of the student athlete and Golden High School. Our decisions regarding academic eligibility are stricter than what is set forth by CHSAA and Jefferson County Schools. If a student athlete has one failing grade or a D, they will be **required** to actively participate in a study hall after school until practice begins. This study hall will be supervised by one or more coaches and we will also provide assistance if needed. Most don't like this study hall, I become quite persistent they work while there. They quickly learn how they can get out of this study hall--get better grades! If a student athlete feels as though they need to miss practice because of a heavy load of homework, test, field trip, etc., I would expect them to see me well in advance so that arrangements can be made to assist them. I do not have a problem providing additional study time during practice (in the wrestling office of course!) for those that need it. An addition to this policy is that if a student has an unexcused absence the day of competition, they cannot compete in that days event.

I will expect every student athlete to represent GHS as a school all others look up to. We may lose on the mat from time to time, but we will walk away winners in the way we conduct ourselves off the mat. I would expect the same from parents, family, and friends.

The coaching staff will have a zero tolerance policy for tobacco, drug and alcohol use. Please refer to the Jefferson County participation contract. If a wrestler is caught using tobacco, drugs or alcohol during the season they will be dealt with in a strict, but reasonable manner. If a student athlete is caught outside the season or school year, they will be subject to a probationary period during the season. We feel that during the season, when we have contact with them, it is a good time to help them overcome the urge to participate in activities that are not in good judgment or just plain illegal. I am asking for your support in following these rules also.

Attendance is mandatory, at school and at practice. If a student misses school, it is the same as missing practice. That athlete will not wrestle on match day if it is unexcused. Circumstances will occur that will be dealt with fairly and objectively. I want every student athlete to compete every week. I also want them in school and academically responsible.

Fortunately for the coaches of wrestling, the decision of who makes varsity is relatively easy. A wrestle off has always been the most effective way to determine who makes varsity and JV. No wrestlers will be "cut" from the team. Our initial wrestle offs are conducted in front of a live audience, just like a real match. It's called our Maroon & White Night. After that first week, we will conduct wrestle offs every Tuesday or Wed. The position will remain the same for the entire week. Wrestlers can challenge for the next level up on Monday (they are responsible for writing it on the board) and both wrestlers must be within 3 pounds of the challenging weight by Tuesday or Wed. A wrestler may also challenge up one weight class. After the Christmas break, the challenger must win the best of three to make varsity. I will reserve the right to change this policy as I see fit. I have experienced various ways to conduct wrestle offs and feel this method fits within our current situation. If you have questions about wrestle offs, I encourage you to either call me with your questions or feel free to come watch how it works.

I will be asking each athlete to establish personal goals for the season. I would like for them to write that goal on something and place it somewhere where they are reminded of those goals on a continuous basis (the refrigerator is a good place!). I want them to use this as a way in which to drive themselves to success. I will also ask them to collectively come up with team goals for the season, goals that can be achieved through teamwork.

Spectator conduct has always been an issue in all sports. Wrestling is an emotional sport. It will be difficult at times to control that emotion. I only ask that you and every other spectator give these athletes the respect they deserve. They need support during competition. Cheer them on! As coaches, if we have to “instruct” during a match we are not doing our job in the wrestling room. You will observe us encouraging them to perform the things we have coached them to do in the wrestling room. If you or any spectator has an issue with a coach, feel free to call me on the day following the competition.

Please allow the coaches to approach officials during competition. We gain nothing when spectators are on the officials. I will not sacrifice a match for the conduct of a spectator. Any spectator observed displaying conduct detrimental to the team, Golden High School, or our opponents and their fans, will be asked to leave the gymnasium. That goes for the opposing team as well.

I hope we have covered the majority of the many issues that come up during this exciting time of the season. Feel free to call me at 303-526-5416 or email me at kblbranchand@gmail.com if you want to discuss anything further or discuss anything I haven't covered.

Dave Sauer
Wrestling Coach
Golden High School