



## JON HANNAM

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## HEATHER PARKINSON

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## Wrestling

### *Program Goals, Philosophies, and Procedures*

<b>Head Coach:</b>	Jason Gundrum	Email: jgundrum@cedarburg.k12.wi.us
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PROGRAM PHILOSOPHIES	Program Vision
<p>It is our desire to develop not only great wrestlers but great students and young adults who demonstrate outstanding character. We will teach athletes skills and techniques that will work at the highest levels of wrestling along with lifelong lessons and skills that will go far beyond athletics. The core principles upon which our program is established are hard Work, Discipline, Dedication, Creativity, Teamwork, and Having Fun. We aim to have our athletes enjoy the sport and give back or contribute to the sport in some way later in life.</p>	<p>We encourage athletes to join our team with a comment to make them better regardless of the starting point. We strive to consistently place in the top half of the conference. We aim to be a respected program throughout the state by wrestling hard at all competitions, pushing some of the top teams in the state, and pushing to qualify for Team Sectionals and State more consistently. We want our athletes to excel in the classroom by not doing the bare minimum to just stay eligible but to achieve Academic All-State Honors if in reach and achieve their academic goals upon graduation to provide the best future opportunities. We practice the following formula for success: Goals + Grind + Grit = Greatness. By setting goals, embracing the grind and developing grit, we give our athletes the tools they need to succeed in all aspects of their lives. From the mat to the classroom, to whatever other endeavors they might pursue.</p>



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### TEAM PHILOSOPHIES

<i>VARSITY</i>	<i>JV</i>
<p>Varsity teams are intended to be competitive. Coaches of varsity teams will select wrestlers who can compete at the varsity level. Not all wrestlers will have the opportunity to compete in every event. There are a certain number of weight classes and each athlete will have at least 3 opportunities to wrestle off for the varsity spot at that weight class. After the first wrestle-off if an athlete loses and challenges again at that weight to the same person they must win the series of the wrestle-offs. The wrestle-offs determine the varsity athlete for tournaments ONLY. Coaches reserve the right to wrestle the athletes at the best weight class to win duals.</p>	<p>JV will even further emphasize ensuring adequate playing time for all student-athletes. At conference duals coaches make their best effort to get each athlete at least 1 match but usually at least 2. There will be JV wrestling tournaments as well. The goal of our JV team is to get our athletes quality mat time to prepare them for future varsity competitions later in their athletic careers. Sometimes a coach can enter multiple athletes per weight class at some varsity tournaments. If we feel we have a JV athlete that can compete well on varsity, we will give them the option to wrestle at some varsity events.</p>

### TEAM SELECTION

The four criteria below are the main areas upon which decisions are made when selecting team members.

<i>Skills &amp; Talent</i>	<i>Attitude &amp; Work Ethic</i>	<i>Potential</i>	<i>Team &amp; Program Needs</i>
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WRESTLER RESPONSIBILITIES	PARENT RESPONSIBILITIES	COACH RESPONSIBILITIES
<ul style="list-style-type: none"><li>- Be on time to practices/events.</li><li>- Always give your best effort. Practice with purpose. Be coachable.</li><li>- Be respectful, represent Cedarburg well.</li><li>- Grades come first, keep them up. If you are having issues and need more time to dedicate to class work let the coach know.</li><li>- Communicate any issues with me.</li><li>- Always have Groupme notifications on</li></ul>	<ul style="list-style-type: none"><li>- Support your athlete in a positive manner.</li><li>- Be respectful, represent the Cedarburg community well.</li><li>- Communicate any issues, questions, or concerns with coach Gundrum respectfully.</li><li>- Volunteer.</li></ul>	<ul style="list-style-type: none"><li>- Communicate effectively with fans, parents, and wrestlers.</li><li>- Teach athletes the skills/ techniques that lead them to reaching their potentials athletically.</li><li>- Teach athletes rules/regulations of the sport</li><li>- Encourage athletes to use proper sportsmanship</li><li>- Create a fun team culture where every athlete feels valued and enjoys the sport</li><li>- Organize/promote team events and competition schedules.</li><li>- Encourage athletes to reach their academic potential.</li></ul>

**CEDARBURG**



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### PLAYER & COACH COMMUNICATION

Primary communications through the Groupme app. Please make sure athletes have notifications or they may miss important updates.

### COMMUNICATION EXPECTATIONS

(for parents, wrestlers, etc)  
Please make sure athletes have notifications or they may miss important updates. Parents I will email weekly with updates/expectations on who will be competing when and where. Feel free to email me with any questions.

### VARSITY LETTER CRITERIA

12 Varsity matches or 100% of matches wrestled are on varsity if less than 12 (in case of injury, etc)

### CAPTAIN CRITERIA

Captains are not necessarily named in the wrestling program. We expect all of our athletes to be leaders not based on being called to do so. We will send out "captains/leaders" for the coin flip. These will generally be athletes who have demonstrated strong work ethics, coachability and leadership attributes mentioned earlier.

### MISSED GAME & PRACTICE POLICY

Missed matches and practices must be communicated with Coach Gundrum immediately as soon as it is known. If an athlete has multiple unexcused absences and their weight class has another athlete on JV, their varsity spot will be temporarily taken until the issue has been resolved.



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### **STRENGTH & CONDITIONING EXPECTATIONS**

All athletes are required to lift 2 days a week during our allotted time (½ hour). If athletes cannot make these because of other obligations they will be required to make up the missed workout session. Please communicate any issues with this with Coach Gundrum. Additionally, it is highly encouraged that athletes stay active in the offseason and continue to lift weights, preferably 3 times a week minimum, if not in another sport or activity.

