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**The Mission of Centerville Wrestling is to:**

Train young men in the sport of wrestling,

To make the most of their talent and help them achieve their goals,

To help them grow as young adults and learn life lessons through wrestling.

As a wrestling program, we want to qualify wrestlers to the state tournament, place them as high as possible, and ultimately crown State Champions.

As a team, we want to be a traditional top 5 team with the goal of winning a

Team State Championship.

**Centerville Wrestling Coaching Staff**

Coach Alan Bair Head Varsity [alan.bair@centerville.k12.oh.us](mailto:alan.bair@centerville.k12.oh.us)

Coach Stephen Taylor Assistant Varsity stephen.taylor@centerville.k12.oh.us

Coach Jeff King Junior Varsity jeffrey.king@centerville.k12.oh.us

Coach Josh Kirby Assistant Coach Jmkirby206@icloud.com

Coach Alexander Bair Assistant Coach Alexander [bair.1@gmail.com](mailto:bair.1@gmail.com)

Coach Parker Hinkebein Assistant Coach [Parkershink@gmail.com](mailto:Parkershink@gmail.com)

Evan Pulaski Assistant Coach [Evan.s.pulaski@gmail.com](mailto:Evan.s.pulaski@gmail.com)

Rodney Ankeney Assistant Coach

Study Tables

For all athletes with a GPA of less than 2.0

You must attend 2 study tables BY THURSDAY to be eligible for participation

Study tables are Tuesday-Friday 7:00 AM – 7:45 AM, West 205

\*\*Attendance IS taken – Be sure to sign in!\*\*

BE ON TIME!

**Phys. Ed. Waiver**

You must complete 90% attendance in the same sport for two full seasons.

Cannot combine PE Waiver and PE Class.

**Web Sites For Wrestlers**

[www.elkswrestling.com](http://www.elkswrestling.com)

[www.ohsaa.org](http://www.ohsaa.org)

[www.gwocsports.com](http://www.gwocsports.com)

[www.baumspage.com](http://www.baumspage.com)

[www.themat.com](http://www.themat.com)

[www.usawrestling.com](http://www.usawrestling.com)

[www.ohiowrestling.net](http://www.ohiowrestling.net)

[www.centerville.k12.oh.us](http://www.centerville.k12.oh.us)

[www.yappi.com](http://www.yappi.com)

[www.flowrestling.org](http://www.flowrestling.org)

**IMPORTANT DATES**

**Wrestler Need-to-Know Dates**

Practices start: Friday, November 12, 2021

Regular Team Practices: Monday - Friday, 3:15-5:30pm

Meet the Team Night (for parents & wrestlers): Wednesday, November 17, 2021

Picture Day: November 18th 2021-5:30

Hydration Test: Tuesday, November 22nd, 2021

Wrestle Offs: November 28th, 2021 weight ins at 2:00, wrestle @ 3:00

5 pounds over scratch weight, ex 106 can weigh 111 lb.

**ACT & SAT Testing Dates**

(Plan to take these tests outside of wrestling season if possible.)

ACT Testing: December 11, February 12

SAT Testing: December 4, March 12

**Centerville Hosted Wrestling Tournaments**

Freshman Buckeye Tournament - January 15, 2022

Youth Tournament - January 16, 2022

Sectionals - February 26, 2022

Ohio Way - TBD

**Fundraiser Dates**

Starts: November 17, 2022 through November 30, 2022

Order & Money turn-in: November 30, 2022

Order Pick-up: Mid December (before Christmas Break)

Top 2 Sellers are awarded Amazon Gift Card

**Wrestling Awards Banquet** - TBD

**SNOW DAYS--WE WILL PRACTICE-Usually 3-5 PM**

Check website, Remind App for Details

Days Not in School-Plan to attend when we are not in session-absence may affect participation in meets

Thanksgiving Break- Nov. 24-28 Holiday Break- Dec. 19-Jan. 2

MLK Day-Jan. 17 No School Feb. 18-21

**Wrestling Families:**

**In wrestling, commitment, strength and stamina count;**

**and our CHS Wrestling Team cannot succeed without**

**the same from our wrestling families.**

**For a successful season we ask that you…**

1. **Volunteer.**

* Concessions & Hospitality: We **require** our wrestling families to volunteer for at least three concession or hospitality shifts. You can sign up for your volunteer shifts at the Meet the Team Night (Nov. 17, 2021) or online by using the link on the team website (elkswrestling.com).
* Table Workers: The team also needs volunteers to staff the scoring tables during home events. Coach Barrett will be sending out information for those sign-ups. These shifts do not fulfill your concession volunteer requirement. If you don’t sign up for your expected shifts by the start of the season, we will assign your shifts for you.

1. **Support our fundraising efforts**. This is a mandatory requirement for each wrestler. All money raised goes directly to our wrestling program to provide a quality program for our team. (More information will be distributed at Meet the Team Night and can be found on the website.)
2. **Financially support** our team by paying your team participation fee. *(Please note if your family is experiencing financial hardship contact our Booster treasurer)*

**Many hands doing a few jobs is far better**

**than a few hands doing many jobs.**

**CENTERVILLE WRESTLING BOOSTERS CLUB**

***Club Charter****: The Centerville Wrestling Booster Club will make every effort to offer an experience that serves as a personal positive sporting memory for participants throughout their lives. This club is committed to making the wrestling experience as accessible and as affordable as possible from first grade through high school.*

**Wrestling Booster Board**: The Wrestling Booster Board is comprised of the Financial Committee, Committee Chairpersons and Middle School and Youth Representatives. The Middle School and Youth representatives will be non-voting members.

**Booster Club Financial Committee**: The Wrestling Booster Club Financial Committee will vote to approve all non-routine expenditures from the Boosters’ account. Approved expenditures will be disclosed in the periodic budget report from the treasurer. The members of the Financial Committee are the *President, Vice President, Treasurer, Secretary and “Big Boosters” Representative.* These Financial Committee members must be elected or reaffirmed yearly.

**Wrestling Booster Members: Every parent/guardian of a Wrestler or Stat is automatically a member of the Wrestling Boosters Club.**

**Board Roles and Responsibilities**

**President**

**Description:** Volunteer position to lead the Centerville Wrestling Boosters Club activities, normally for one calendar year. The term begins after the annual end of the year meeting.

**Tasks and Responsibilities:** Encourage all parents of Wrestlers and Stats to participate actively in the various opportunities required for a successful wrestling program. These opportunities include filling these Boosters Club positions: vice president, treasurer, secretary, “Big Boosters’” club representative, and committee chairpersons. If vacancies occur during the year, the President will solicit parents to fill the open position(s). The President schedules periodic meetings for necessary discussions, plans upcoming Booster events, and approves Booster club account disbursements. The President is authorized to sign checks disbursing funds from the Booster club account. The President exercises a vote as part of the Boosters Club Financial Committee for significant, non-routine purchases from the Boosters account. The President also has the authority to spend (or give permission to spend) up to $300.00 without going through the Financial Committee.

The Booster President keeps in touch with all club committee positions to determine if and how additional assistance may be offered to accomplish their objectives. The President is the primary spokesperson representing the club as needed with the coaching staff for the high school, middle school, and youth programs. The President works closely with the club Vice President, who will typically succeed into the President’s position for the following year.

**Vice President**

**Description**: Volunteer position working closely with the Boosters Club president, with the expectation of succeeding to that position when the President completes the term. It is feasible that more than one Vice President could be appointed in any given year. The term begins after the annual end of the year meeting. In the event of more than one Vice President, the first Vice President shall succeed to the President’s position for the following year, and the second Vice President shall then become the first Vice President.

**Task and Responsibilities**: Assist the President to accomplish the tasks described for the President’s position. The Vice President fills in for the President if/when the President is not able to attend the club meetings. The Vice President is a voting member of the Financial Committee, and is expected to attend all club meetings. The Vice President may be signatory to the bank account if necessary.

**Treasurer**

**Description**: Volunteer position to maintain the Boosters bank account. The Treasurer should be experienced and comfortable with the accounting activity. Due to the special skills required for this position, an incumbent is encouraged to hold this position for more than a one year term, but may serve a one year term if necessary. The term begins after the annual end of the year meeting.

**Tasks and Responsibilities**: The Treasurer, along with the President, is authorized to sign checks disbursing funds from the Boosters club account. All suggestions for Booster purchases are submitted to the Treasurer. Routine disbursements do not require committee approval, particularly for items that are sold with the proceeds going to the booster account, such as concession supplies. The Treasurer will bring non-routine expenditures to the Financial Committee for discussion and approval. The Treasurer generates a periodic report of deposits and disbursements that is provided to all Booster club members. The Treasurer is a voting member of the Financial Committee, and is expected to attend all meetings.

**Secretary**

**Description**: Volunteer position with good communication skills, clerical skills and knowledge of Microsoft Word and Excel.

**Task and Responsibilities**: The Secretary is responsible for maintaining the Wrestling Handbook. The Secretary will assist the President with all team correspondence. Records minutes from all booster meetings and distributes. The Secretary is a voting member of the Financial Committee, and is expected to attend all meetings.

**“Big Boosters” Representative**

**Description**: Volunteer position serving as the liaison between the Wrestling Boosters Club and the CHS Athletic Boosters (Big Boosters). This person is an active board member of both Booster organizations. The term begins after the annual end of the year meeting.

**Task and Responsibilities**: The “Big Boosters” representative brings items of interest to the Wrestling Boosters meetings. This includes opportunities for Wrestling Boosters to participate in and contribute to the Big Boosters activities. Likewise, the representative identifies opportunities for the Big Boosters to contribute to the Wrestling Boosters activities. Requests for Big Boosters contributions will typically involve the direct input and coordination from the Financial Committee and the wrestling coaches. The representative is a voting member of the Financial Committee, and is expected to attend all meetings.

**Booster Committee Chairpersons**

**Description**: Volunteer positions taking the lead for one of the important activities that happen throughout the wrestling season. These positions are key to the overall success of the Wrestling Boosters Club. The Committee Chairs should include the parents of Wrestlers and Stats in all four high school grades. Incumbents are encouraged to hold their positions for more than one year, if possible. The term begins after the annual end of the year meeting.

**Tasks and Responsibilities**: In most committees, more than one chairperson is identified. This helps spread the effort around so that no one person is overburdened. These committee chairs are not voting members of the Financial Committee, but are encouraged to attend all Boosters meetings. The standing committees for the Wrestling Boosters Club are the following:

**Banquet Chair / Class Rep / Concessions / Fundraising / Hospitality Room / Posters / Senior Night / Sponsorship / Team Clothing / Team Food / Team Party / Team Spirit / Volunteers / Website**

**Stat Advisor**

**Description**: This paid position is covered by a contract with the high school. The Stat Advisor is appointed by the high school wrestling coach. The Wrestling Boosters Club offers the following expectations to assist the advisor in fulfilling this important role.

**Tasks and Responsibilities**: The Stat Advisor encourages all returning Stats to promote the group to all interested girls at the high school. The advisor schedules the Stats to support the freshmen, reserve, and varsity meets. All Stats should be responsible for an equivalent number of events so that no individual is overburdened. The advisor is expected to attend all Stat meetings to oversee the planning and organization of activities. The advisor works with the girls to determine the uniform to wear at the wrestling meets. Modesty is expected to be a priority with the Stat uniform. The advisor should identify fund-raising opportunities to provide monies designated for Stats expenditures. Also, Stats should be encouraged to participate in the fund-raising for the general Wrestling Boosters activities.

**2021-2022 Wrestling Boosters Financial Committee**

Treasurer Beth Mires 516.7137 beth.mires@centerville.k12.oh.us

Big Booster Rep Dave Mires 313-3406 dave.mires@abctruss.com

**2021-2022 Wrestling Boosters Committee Chairpersons**

Banquet Chair Judy Winfield 238-9701 jwskih2o@aol.com

Detergent Sale Leslie Bair 513.265.4111 [leslie.bair@centerville.k12.oh.us](mailto:leslie.bair@centerville.k12.oh.us)

Clothing Rodney Stevens 919-440-1173 [rodney.s.stevens@gmail.com](mailto:rodney.s.stevens@gmail.com)

Class Rep/ Leslie Bair 513.265.4111 leslie.bair@centerville.k12.oh.us

Fundraiser

Concessions Jen Kirts 212-6012 kjkirta@yahoo.com

Jen Mathews 901-6012 jmathews96@gmail.com

Hospitality Room Leslie Bair 513.265.4111 leslie.bair@centerville.k12.oh.us

Posters Andrea Walther 937-545-3780 waltherjarr@sbcglobal.net

Stat Advisor Leslie Bair 610-2047 leslie.bair@centerville.k12.oh.us

Team Food/ Jill Stevens 440-1042 rjstevens6@gmail.com

Kroger Card Rodney Stevens

Team Party Bairs

Team Spirit/ Sunmi Meng 609-9429 sunmipm@gmail.com

Senior Night OPEN

Volunteers

Coordinators Kent Owsley 671-8932 owsleyfamily@me.com

Website Tonya Howard 405-760-8310 [thehowardchildren@gmail.com](mailto:thehowardchildren@gmail.com)

Noon opt.

Flag Coord. Judy Winfield 238-9701 jwskih2o@aol.com

**State Tournament Information**

**March 11-13th, 2022**

State tickets will be available to buy sometime in December. The price is approximately $40 for all sessions—they do not sell individual tickets. More information will be shared when available.

***The coaches would like Centerville to bring a mob of fans, parents, and wrestlers to the OSU Schottenstein Center. Our goal is to be like all other good wrestling schools in the state, to have a corner in the arena of black and gold raising “cain” and making our presence known.***

We have stayed at the Hampton Inn. Book early, you can always cancel.

Hampton Inn

5625 Trabue Rd.

Columbus, OH 43228

614-851-5599



Nate Stevens, Gunnar Pool, Jon Bruder 2021 State Qualifies

Luke Acuna, Damion Ryan 2022 State Placers



**CENTERVILLE STATE QUALIFIERS**

1969 Cal Killen 138 lb.

1970 Don Katchman 98 lb. ● Tim Carnahan 107 lb. ● Mike Michael 123 lb.

1971 John Adams 98 lb. ● Tim Carnahan 112 lb. 4th Place ● Mark Tapia 126 lb. ● Dave Brown 167 lb.

1972 Don Katchman 112 lb. ● Joel Adams 132 lb. ● Al Caperna 138lb. 6th Place ● Dave Brown 167 lb.

1973 Steve Robins 132 lb. ● Vic Santi 145 lb. ● Tom Sanderson 155 lb. ● Dave Brown 167 lb. 1st Place

1974 Tom Sanderson 155 lb. ● Dennis Cleary 175 lb. 3rd Place

1975 Jim Kordick 98 lb. 5th Place ● Kent Bruggeman 167 lb.

1976 Brent Davis 145 lb. 1st Place ● Brian Thomas 175 lb.

1977 John Beljum 126 lb. ● Bill DeCamp 138 lb. ● John Schultz 175 lb. 2nd Place

1978 Mike Gabbard 112 lb. ● John Beljan 138 lb. 2nd Place ● Scott Bradley 145 lb. ●

Mike Manfredi 155 lb.   
   
1979 Todd Mechlenborg 98 lb. ● Mike Gabbard 119 lb. ● Jim Stancil 145 lb. ● Greg Miller 167 lb.  
  
1980 Todd Mechlenborg 112 lb. ● Paul Bucher 126 lb. 6th Place ● Jimmy Whalen 185 lb.

1981 Dave Wilkerson 145 lb. 6th Place ● Jim Ingle 155 lb. 4th Place ● Dave White 185 lb. 4th Place

1982 Brian DeCamp 98 lb. ● Rich Fullerton 126 lb. ● Matt Bradley 185 lb.

1984 Jim Pearson 138 lb. ● Tim Maahs 145 lb. 3rd Place ● Jeff Murchland 155 lb. ● Mike

McConnell HVWT

1985 Brian DeCamp 126 lb. ● Scott Norris 145 lb. ● Jim Pearson 155 lb. 1st Place ● Jerry Fickes 175 lb. Mike McConnell HVWT 6th Place

1986 Jerry Fickes 167 lb. 6th Place ● Tom Campbell 185 lb.

1987 Charlie Parker 119 lb. ● Jerry Fickes 167 lb. 6th Place

1988 Dave Tallet 135 lb. ● Brian Williamson 160 lb.

1989 Dave Tallet 140 lb.

1990 Randy Rapin 145 lb. 6th Place ● Ken Hiller 152 lb. ● Doug Campbell 189 lb.

1991 Ken Hiller 152 lb.

1992 Kijana Monroe 125 lb. ● Jason Fickes 152 lb. 2nd Place ● Nick Hoffman HWT

1993 Kijana Monroe 130 lb. 4th Place ● Billy Jamison 135 lb. 3rd Place

1995 Alain Stephen 135 lb.

1997 Jason Griffith 145 lb. ● Nick Kaputska 152 lb. ● Greg Young 160 lb. ●

Casey Kaputska 171 lb. 5th Place

1999 Scott Mallue 135 lb. ● Nick Kaputska 152 lb. 5th Place ● Jason Griffith 160 lb.

2002 Ryan Wilson 130 lb. 4th Place ● Vince Mauro 145 lb.

2003 Shea McAfee 125 lb. ● Ryan Wilson 130 lb. 5th Place ● Vince Mauro 152 lb.

2004 Vince Mauro 152 lb. 5th Place

2005 Angelo Mauro 152 lb. ● Vince Dattilo 171 lb.

2006 Jamie Cramer 135 lb. ● Angelo Mauro 152 lb. ● Vince Dattilo 189 lb. 2nd Place ●

Lance Wagner 275 lb. 3rd Place

2007 Aaron Smith 103 lb. ● Jared Crasto 112 lb. ● Shawn Fayette 119 lb.●

Angelo Mauro 171 lb. 4th Place

2008 Nick Miller 189 lb. 6th Place

2009 Nick Miller 189 lb. 6th Place ● Kyle Rose 215 lb. 5th Place

2010 Cole Menker 145 lb ● Brian Mathews 152 lb 4th Place ● Nick Miller 189 lb 1st Place ●

Kyle Rose 215 lb 2nd Place

2011 Brenden Watson 103 lb ● Jake Carman 189 lb ● Kyle Rose 285 lb 1st Place

2012 Brenden Watson 113 lb ● Garrett Connor 195 lb 5th Place

2013 Alexander Bair 152 lb ● Alec Gilchrist 170 lb ● Adam Tonkin 195 lb

2014 Alexander Bair 160 lb 6th Place ● Troy Barklay 113 lb ● Conan Jennings 285 lb 2nd Place

2016 Justin Howell 152 lb ● Logan Kemp 195 lb 3rd Place

2017 Jacob Charette 220 lb

2018 Drew Wiechers 152 lb 6th Place

2019 Luke Acuna 113 lb 8th Place ● Damion Ryan 120 lb ● Drew Wiechers 152 lb

2020 Simon Taylor ● Damion Ryan ● Luke Acuna ● Avery Bair ● Jon Bruder \*No State Tournament\*

2021 Nate Stevens ● Damion Ryan 5th Place ● Luke Acuna 8th Place ● Gunnar Pool ● Jon Bruder

**2021-2022 CENTERVILLE WRESTLING RULES**

**COMMUNICATION**

* Coach Bair will communicate with team via Remind App.
  + To sign up – text 81010 to @fb336
  + All wrestlers are expected to sign up for this messaging. Parents are also encouraged.
* Coach Bair mobile - 513-265-4112
* Web site: [www.elkswrestling.com](http://www.elkswrestling.com)
* Twitter: @ELKS\_Wrestling
* Instagram: centerville\_wrestling

**PRACTICES**

* You will be expected to attend ALL practices. Make a COMMITMENT to WRESTLING. (Missing practice because it’s your birthday is unexcused!)
* Practice will start at 3:15 PM.
  + If you are not in the wrestling room ready to start practice, you will receive board pushes.
* Expect practice to last until 5:30 PM.
* Weigh in and out for practice every day, record your weight on the weight sheet. If you do not record your weight, you will receive board pushes.
* Do not leave between school and practice without the coach’s permission.
* If you are hurt, you are still expected to attend practice and the meets.
* Practice is closed to parents.
* Keep on task and do what the coaches ask.
* DO NOT LEAVE THE PRACTICE AREA unless you are given permission to do so by a coach.
* You will not leave practice the day before a match until you make scratch weight. If you do not make weight for an event, then you will not participate in the next two events.
* **Iron Man Award** - Any wrestler who does not miss a practice will be awarded the Iron Man Award. He will receive a pair of embroidered shorts and his name on the Wrestling Room wall.
* If you get sick during the school day, or must leave school for any reason, IT IS YOUR RESPONSIBILITY TO NOTIFY THE COACHES:
  + Varsity & JV – Leave a note in Coach Bair’s or Coach Barrett’s mailbox (East Office).
  + Freshman – Leave a note in Coach Barrett’s mailbox (East Office).
* Absences for any reason may affect your participation. Any absence will be rewarded with board pushes.
* Detentions will be rewarded with—yes, you guessed it—board pushes.
* **SNOW DAY!** In the event that school is cancelled due to the weather:
  + Practice will still be held 3-5:30 at the high school wrestling room.
  + If you are unable to get to practice, call or email your coach.
  + If the weather is at a Snow Emergency Level or the weather is getting worse as the day goes on, check the website.

**WEIGHT**

* Your weight should be within 5 pounds of scratch weight at the end of Monday’s practice and 1 pound less each day thereafter to wrestle the week’s match. You will be at scratch weight the day before competition. Example:
  + Scratch weight 145 *(Scratch Weight definition: the weight wrestler should weigh in at for match, the day of the match.)*
  + Monday practice- weigh out at most 150
  + Tuesday practice- weigh out at most 149
  + Wednesday practice- weigh out at most 148
* Wrestlers must make weight for the weight they are wrestling. Example:
  + 152 pound weight class must make 152.0 or less
* Hydration Test – to determine a wrestler’s safe, minimum weight based on weight & body fat.
* Wrestlers get 2 additional pounds on Christmas Day for the rest of the season.

**UNIFORM, EQUIPMENT & LAUNDRY**

* Wear clean workout clothes every day.
* Everyone will wear workout gear purchased from Centerville Wrestling Boosters. Each wrestler will receive 2 shirts, 2 pair of shorts, sweatshirt, and sweatpants (included in team fees)
* Laundry
  + Turn workout clothes in to the clothes basket on your laundry loop; we will wash them every day. DO NOT TAKE PRACTICE CLOTHES HOME & do not take anyone else’s clothes home. Do not put other clothes on the laundry loop.
  + Knee pads must be washed on a weekly basis. Put your name on them and put them in the clothes basket to be laundered. Do not put the knee pads on a laundry loop.
* Wrestlers are expected to provide their own wrestling shoes (many wrestlers provide their own headgear as well, although the team can provide if desired).
* Equipment provided by the team is your responsibility. If it is stolen or lost, you will pay for the items:
  + Headgear $40
  + Laundry Loop $10
  + Socks must be worn in practice (preferably in matching solid colors).
* Wrestlers must wear head gear at all times in practice.

**HYGIENE**

* To prevent skin disease and the spreading of any infections within the team, we expect all wrestlers to follow these guidelines.
  + Wrestlers must shower after practice.
  + Use antibacterial or selenium-based soap (Dial, Hibiclens, Selson Blue or generics).
  + Use of a “pouf” is recommended.
  + Do NOT share towels.
* Apply Kenshield before practice in the locker room. Don’t waste it. (This helps to prevent some skin infections.)
* Show any questionable skin patches, redness, bumps, etc. to the coaches as soon as you notice them; **preferably BEFORE practice**

**LOCKER ROOM**

* Keep a lock (combination lock) on your lockers. Use this lock to take to away matches.
* Do not keep trash, food, etc. in your locker. (Keep it neat!!)
* Keep the locker room neat and clean. Pick up trash and throw away used athletic tape.
* Three people will be assigned locker room cleanup each week. This includes sweeping, cleaning locker room, and mopping mats every day that week.

**WRESTLE-OFFS**

* Wrestle-offs are an indicator that coaches may use to identify who the starter is for a weight class. Coaches have the final say of who wrestles in any weight class, at any time, in the season.
* Wrestle-off dates are on the calendar.
* A wrestler may wrestle-off in more than one weight class.
* Coaches may close a weight class for wrestle-offs late in the season due to a wrestler earning seeding status.
* To wrestle-off, you will weigh in no more than 5 pounds over scratch.
* If you miss wrestle-offs, it is the coach’s discretion whether it can be made up.

**BEHAVIOR**

* The use of profanity by coaches or wrestlers is unacceptable and will not be tolerated. Use of profanity may result in discipline.
* Racial comments are unacceptable, even if you are making fun of yourself.
* When traveling to schools, dress accordingly. You will be told what to wear. No earrings or piercings once you get onto the bus.
* You will ride the bus home after meets. (This is Board of Ed. Policy.) Exceptions require an Alternate Transportation Form, which can be found on the website.
* When you wear Centerville Wrestling clothing in public, you should be on your best behavior. Remember, you represent our team, school, and community.

**TOURNAMENTS/MATCHES**

* Wrestlers are expected to sit with their teammates during competition. After they wrestle, they may go spend time with parents or friends, but come back soon thereafter.
* No parents or fans are permitted on the bench or behind the bench during a dual match. (This is an OHSAA rule.)
* Parents & Family, please stay off the tournament floor!
* Root for your teammates, but let the coaches’ coach.
* The coaches have the right to pick a Dual Meet team to get the best match ups-to try to win the meet.
* Do not wear a baseball hat or any head coverings during matches or tournaments.
* Wear your uniform at all times (warm up tops and bottoms or shorts).
* Wear a Centerville Wrestling T-shirt under warm-ups (practice clothes).
* Warm up so that you are sweating before a match.

**CENTERVILLE WRESTLING AWARDS**

**Awards Banquet - TBA**

The season lasts until the Sectional Tournament (Varsity and JV).

Frosh are finished after Dublin All-State.

Anyone who does not finish the season will not receive a wrestling award.

**Wrestler of the week** will be chosen based on the performance and leadership of the previous match.

**Post Season Awards for Wrestlers:**

* Freshman receive their graduating numerals
* Junior Varsity will receive a JV Letter
* Varsity will receive a Varsity Letter

*To receive a Varsity letter, you must wrestle in at least half of the Varsity dates (a date includes: a dual match, a one-day tournament, a two-day tournament) OR wrestle in the District wrestling tournament. The coaches have final say on who letters.*

**Post Season Awards for Stat Girls:**

* Freshman receive their graduating numerals
* Sophomore/Junior will receive a JV Letter
* Senior will receive a Varsity Letter

**Awards Given Out By Coaches:**

Most Outstanding Wrestler – Wrestler who is the highest place winner in post season tournament.

Most Improved Wrestler – determined by coaches

Coaches Award – determined by coaches

Freshman Award – determined by coaches

**Nathan Chapman Memorial Wrestling Award**: Wrestling Alumni Association will give a scholarship named the Nathan Chapman Memorial Wrestling Award. *(Seniors wrestlers will be given application information before the end of the season.)*

**GMVWA (Greater Miami Valley Wrestling Association) 1st, 2nd, 3rd Team Awards** are voted by coaches who belong in the Dayton Area Coaches Association.

**Iron Man Award** - Any wrestler who does not miss a practice will be awarded the Iron Man Award. He will receive a pair of embroidered shorts and his name on the Wrestling Room wall.

**Elite Club Award** - Any wrestler who earns at least 35 points during spring wrestling. He will receive a reward.

* 1 Point for each club practice
* 1 Point for each match wrestled 1 Point for each week of weight lifting attended

**Centerville Iron Man Award Recipients**

2018-2019

Avery Bair, Logan Brown, Gage Griffen, Austin Johnson, Spencer Meng, Damien Ryan, Kobe Taylor, Jon Tremblay, Jake Walther, Drew Wiechers, Nick Wilkins, Nolan Winfield

2017-2018

Avery Bair, Logan Brown, Tristan Jordan, Kayden Schmidt, Jonathan Tremblay, Nick Wilkins

2016-2017

Avery Bair, Logan Brown, Ethan Fite, Dane Jackson, Josh Kirby, Chris Markham, Michael Markham, Max Miller, Robby Pangallo, Kayden Schmidt, Nick Wilkins

2015-2016

Avery Bair, Alex Clemens, John Forman, Tommy Fulton, KEller Holloway, Justin Howell, Logan Kemp, Chris Markham, Michael Markham, Muayad Mustafa, Kayden Schmidt, Hunter Smith, Tyler Smith, Kobe Taylor, Jonathan Tremblay, Drew Wiechers, David Uzhca

2014-2015

Derek Barklay ● John Forman ● Justin Howell ● Ahmad Jumper

Chris Markham ● Michael Markham ● Vincent Meng ● Colin Neace ● David Uzhca

2013-2014

John Andrews ● Alexander Bair ● Derek Barklay ● Troy Barklay ● Cameron Crasto ● Justin Howell ● Chris Klentz ● Chris Markham ● Michael Markham ● Nick Prusakowski ● Hunter Smith ● Adam Tonkin

2012-2013

Derek Barklay ● Troy Barklay ● Eric Bizimana ● Clay Carter ● Alejandro Charette ● Chris Cochran ● Kyle Corley ● Alec Gilchrist ● Colton Hale ● Justin Howell ● Corey Jones ● Ben Klentz

Josh Scanlon ● Adam Tonkin ● Brenden Watson ● Brandon White

2011-2012

Tyler Alberts ● John Andrews ● Alexander Bair ● Derek Barklay ● Troy Barklay ● Clay Carter ● Chris Cochran ● Colton Hale ● Matt Herman ● Josh Hogan ● Conan Jennings ● Ben Klentz ● TJ Ries ● Adam Tonkin ●

Josh Scanlon ● Brenden Watson

2010-2011

Zach Berardi ● Alexander Bair ● Eric Bizimana ● Jake Carman ● Chris Cochran ● Austin Castro ● Cameran Crasto ● Alec Gilchrist ● Nick Godfrey ● Ray Greene ● AJ Parker ● Tyler Spiewak

Adam Tonkin ● Chris Tremblay ● David Waterhouse

2009-2010

Zach Berardi ● Chris Cochran ● Jake Carman ● Austin Castro ● Nick Duffy ● Brian Mathews ● Cole Menker ● Stefano Meza-Caudra ● Nick Scarpelli ● Casey Waterhouse

2008-2009

Michael Allen ● Zach Berardi ● Tyler Bertles ● Steve Carleton ●Jake Carman ● Dean Charalambos ● Nick Duffy ●

AJ Hoffman ● Ben Kinder ● Brian Mathews ● Cole Menker ● Nick Miller ● Ryan Neff Nick Scarpelli ● Alex Young

2007-2008

Tyler Bertles ● Jake Carman ● Sam Holmes ● Brian Mathews ● AJ Hoffman ● Ben Kinder ●

Michael Allen ● Dean Charalambos ● Ryan Neff ● Kyle Armstrong ● Phillip Campbell

2006-2007

Michael Allen ● Chad Barklay ● Steve Carlsten ●Dean Charalambos ● Jared Crasto ●

Steve Current ● Shawn Fayette ● Jon Kinder ● Aaron Smith

2005-2006

Chad Barklay ● Dean Charalambos ● Jared Crasto ● Jon Kinder

**Centerville Elite Club Members**

2021

Mitch Winfield, Colin Kirts, Nate Stevens, Gage Griffin, Damion Ryan, Simon Taylor, Luke Acuna, Griffin Burkle, Nolan Winfield, John Moyer

2019

Luke Acuna, Avery Bair, Keller Holloway, Simon Taylor, Jon Tremblay, Nolan Winfield

2018

Luke Acuna, Matt Atkins, Avery Bair, Logan Brown, Paul Haywood, Deaglen Pyle, Damian Ryan, Kayden Schmidt, Jonathan Tremblay, Drew Wiechers

2017

Adam Auttelet, Avery Bair, Thomas Bennett, Logan Brown, Jacob Charette, Ryan Fey, Keller Holloway, Brendan Kirts, Kobe Taylor, Drew Wiechers

2016

Adam Auttelet, Avery Bair, Jacob Charette, Alex Clemens, Ryan Fey, Tommy Fulton, Robby Pangallo, Kayden Schmidt, Drew Wiechers

2015

Avery Bair ● Jacob Charette ● Alex Clemens ● John Forman ● Mason Kuhr

Chris Markham ● Michael Markham ● Max Miller ● Muayad Mustafa ● Robby Pangallo

David Uzhca ● Nathan Van Vlymen ● Drew Wiechers

2014

Avery Bair ● Derek Barklay ● Spencer Burkman ● Mason Kuhr ● Vincent Meng

Grant Mitrovich ● Muyuad Mustafa ● Aaron Schultz ● Hunter Smith

2013

Brandon Abney ● Alexander Bair ● Derek Barklay ● Spencer Burkman

Cameron Crasto ● Josh Hogan ● Conan Jennings ● Logan Kemp

Vincent Meng ● Nick Prusakowski ● TJ Ries ● Noah Scanlon ● Adam Tonkin

2012

John Andrews ● Alexnder Bair ● Derek Barklay ● Chris Cochran

Garret Conner ● Cameron Crasto ● Josh Hogan ● Alec Gilchrist

Chris Klentz ● TJ Ries ● Josh Scanlon ● Brenden Watson

2011

Alexnder Bair ● Jon Andrews ● Cameron Crasto ● Chris Cochran

Alec Gilchrist ● Josh Hogan ● Conan Jennings ● Chris Klentz

AJ Parker ● TJ Ries ● Josh Scanlon ● Adam Tonkin ● Brenden Watson

2010

Alexander Bair ● Zach Berardi ● Eric Bizimana ● Chris Cochran

Alec Gilchrist ● Josh Hogan ● Tyler Spiewak ● Brenden Watson

2009

Brian Mathews ● Nick Miller ● Tyson Ware ● Kyle Imlay

Jason Hunter ● Ben Kinder ● Stefano Meza-Caudra

2008

Austin Castro ● Dean Charalambos ● Lloyd Davis ● Jason Hunter ● AJ Hoffman ● Ben Kinder ● Corey Lovely ● Brian Mathews ● Nick Mauro ● Nick Miller ● Tyson Ware

2007

Dean Charalambos

2006

Aaron Smith ● Ryan Spruill ● Joe Wiley

2005

Jamie Cramer ● Vince Dattilo ● Jon Kinder ● Alex Penn

Ryan Spruill ● Joe Wiley

**OFF-SEASON IS WHERE**

**CHAMPIONS ARE MADE!**

To become a member of Centerville’s Elite Club--Wrestlers, please consider participating in…

* Prodigy workouts
* Weekend Tournaments - $15/20 on a Saturday can get you a lot of matches
* Weightlifting right after school
* Open mats

Centerville Wrestling Camps (All subsidized by Centerville Wrestling)

* Granby 2005, 2006, 2012
* Purdue 2007, 2010
* Jordan 2008, 2009, 2011
* Virginia Tech 2015
* ISI Camp 2017, 2018
* OSU Camp 2019

**Elite Club Award** - Any wrestler who earns at least 35 points during spring wrestling.

* 1 Point for each club practice
* 1 Point for each match wrestled
* 1 Point for each week of weight lifting attended

**WRESTLING INFORMATION**

**MATCH & TOURNAMENT BASICS**

**Weight Classes**

High School Freshman Junior High

106 98 80

113 106 86

120 113 92

126 120 98

132 126 104

138 132 110

144 138 116

150 145 122

157 152 128

165 160 134

175 170 142

190 182 150

215 195 160

285 (min. wt. 210) 220 172

285 (min. wt. 210) 205

245 (min. wt. 205)

**Weight & Weigh-Ins**

* Weigh-ins are 1 hour prior to the match or tournament. Wrestlers get 1 additional pound for each additional day of a tournament. (Maximum of 2 pounds over scratch weight)
* Wrestlers get 2 additional pounds on Christmas Day.
* Must make weight for weight wrestled EX. 152 lb weight class must make 152.0 or less
* Referees and Trainers - Check for skin diseases, facial hair, hair is proper length, and nails are trimmed.

**The Match**

* Wrestling takes place on a circular mat with markings for the starting positions in the center of the mat. Out of bounds is outside of the circle.
* Each wrestler has a color for score (green or red). The color of uniform usually dictates this. (Green = Home, Red = Away)
* Wrestlers must shake hands before and after the match, and opposing coaches’ hands after the match.
* The match has 3 periods:

High School match is 6 min. (3 – 2 min periods)

Tournament consolation (1:00, 2:00, 2:00)

Junior High match-4 1/2 min. (1:30, 1:30, 1:30)

Tournament consolation (1:00, 1:00, 1:00)

* 1ST Period-Match starts in neutral position (on feet)
* 2nd Period-Referee flips a disk (one side green other side red) the wrestler that matches the color flipped has choice of position-top, bottom, neutral, or defer choice to 3rd period (forces other wrestler to pick position in 2nd period)
* 3rd Period-wrestler must choose top, bottom, or neutral position.
* End Match – Wrestler who has the most points at end of 3rd period or the wrestler who pins the other
* Overtime - Tie match in end of regulation time:
* Sudden Victory 1 min. overtime-first person to score wins the match
* Flip disk for 2 - 30 sec. top bottom-each man: man who wins toss can choose top, bottom, or differ. Stalling is called just like a match.
* Ultimate tiebreaker, first man who scored gets to choose top/bottom. If no one has scored in a match, then flip a disk to see who has choice.
* Sudden Death – The first point scored, wins. Or the first man who scored a point gets his choice of top or bottom. If the top man rides the bottom man for 30 seconds, then he wins. If the bottom man escapes or the top man locks his hands in the 30 seconds, then he wins.

**Scoring**

* Takedown - Both wrestlers start in neutral position. When one wrestler gains control of the other. (2 pts.)
* Escape - The bottom wrestler gets away from the wrestler in control. (1 pt.)
* Reversal - The bottom wrestler gains control of the wrestler who was in control. (2 pts)
* Near Fall - The wrestler in control turns the bottom wrestler to his back and holds him there. 2-4 seconds on back (2 pts.) 5 seconds on back (3 pts.)
* Fall or Pin - Wrestler in control holds bottom man on shoulders for 2 seconds. Match is over, top man wins.
* Stalling - One or both men are not initiating action. Wrestlers can be called for stalling from top, bottom, or neutral position.
  + 1st stalling-Warning is called from referee
  + 2nd stalling-1 point for other wrestler
  + 3rd stalling-1 point for other wrestler
  + 4th stalling-2 points for other wrestler
  + 5th stalling-forfeit the match
* Stalemate - Neither wrestler is able to improve position. Go back to position that was started by referee (top, bottom, or neutral).

**Team Scoring**

* Win (If you defeat your opponent by 1-7 points) - 3 team points
* Major Decision (If you defeat your opponent by 8-14 points) - 4 team points
* Tech. Fall (If you defeat your opponent by 15+ points) - 5 team points
* Pin/Fall - 6 team points
* Forfeit - 6 team points
* Disqualification - 6 team points

**Tournament Scoring**

* Tournament scoring can be complicated and is done by a computer. Each weight class in a tournament has a championship bracket (Undefeated wrestlers) and a consolation bracket (All wrestlers with one loss). A wrestler that has two losses is eliminated from the tournament.
  + Championship advancement (win the match) 2 pts.
  + Consolation advancement (win the match) 1 pt.
  + Major decision 1 additional pt.
  + Tech Fall 1.5 additional pts.
  + Pin/Fall 2 additional pts.
  + Example: Wrestler Pins in Championship Bracket: 2 pts. Advancement + 2 pts. For Pin = 4 Points
* Wrestlers gain points for placing (Top 4 Placement)
  + 1st place-14 points
  + 2nd place-10 points
  + 3rd place-7 points
  + 4th place-4 points

**Tournament Terminology**

Bye - Bracketed tournament-a wrestler has no first round match, may be in championship or consolation rounds

Seed - In coaches meeting, coaches vote on the best wrestler (1st seed), second best (2nd seed), etc. Most tournaments have 4 seeds, large tournaments can have up to 8 seeds

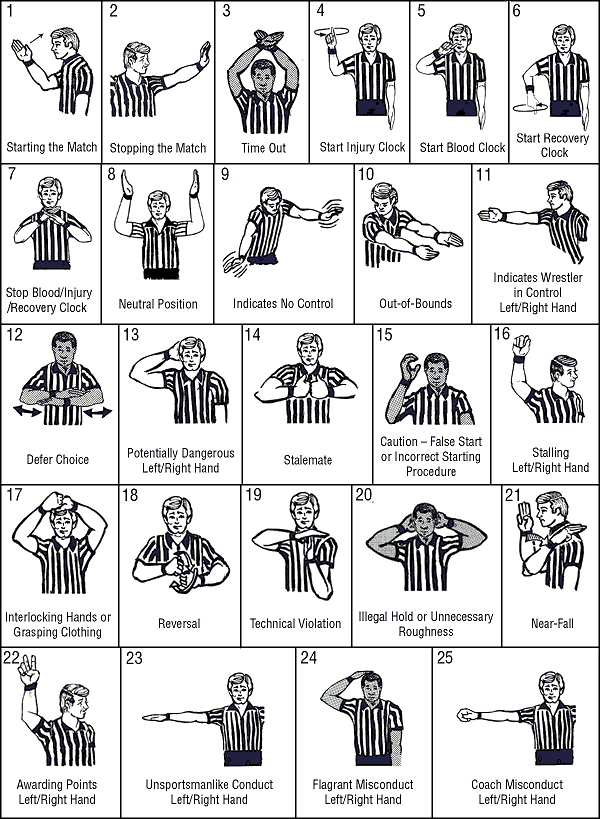
Penalties - Illegal holds are penalties, 1 point will be awarded to the opponent. (Example: full nelson, slamming opponent to mat, etc.)

Technical Violations - Include incorrect starting positions, false start, locking hands, grabbing clothes or headgear, etc. Technical violations will be awarded a caution or penalty point to opponent.

Injury Time - A wrestler has a maximum of 1 ½ min. of injury time. If a wrestler uses more than the 1 ½ min, then he will forfeit the match. A wrestler’s second injury timeout will give the other wrestler a choice of top, bottom, or neutral position.

Blood Time - A wrestler has a maximum of 5 min. of blood time. If a wrestler uses more than 5 min, then he will start injury time—after that he will forfeit the match.

Eligibility - OHSAA (Ohio High School Athletic Association) rules state that all athletes must be passing 5 classes (excluding PE class) in order to be eligible.



**State-Mandated Weight Guidelines**

**Hydration Test**

**This test is done before the beginning of the season to determine a wrestler’s safe, minimum weight based on weight and body fat. Date and location are determined by the OHSAA.**

* Each wrestler must be tested to determine the weight they are allowed to wrestle.
* In order to be tested each wrestler must be adequately hydrated to pass this test.
* Each wrestler must urinate in a cup and a PH-looking strip will be dipped in the urine to determine if the wrestler is hydrated. If the wrestler is hydrated then he will be body fat tested and weighed. If he is not hydrated then he will not be able to be tested. He cannot be tested until 48 hours have passed. If a wrestler is not able to be tested at the team testing time due to not being hydrated, the individual is responsible for the cost of any additional testing.
* A wrestler that passes the hydration test will have his body fat tested. An assessor will use an approved caliper to measure the fat from three body parts (triceps, abs, and scapula). Then the wrestler will be weighed. All measurements will be put into a database which will tell us what his body fat is and what weight class he will be allowed to wrestle.
* A wrestler is not allowed to have less than 7% body fat. If a wrestler is under 7% body fat at the initial weigh-in, then he must go to a doctor and get a note saying that his natural body fat is less than 7%.
* A wrestler is only allowed to lose 1.5% of his body fat per week.
* EXAMPLE: A wrestler weighs 200 pound in his alpha weigh-in (initial weigh-in). The wrestler is allowed to wrestle at the 189 pound weight class. 1.5% of 200 pounds is 3. That wrestler is allowed to lose 3 pounds per week. It would take that wrestler 4 weeks to be able to wrestle at the 189 pound weight class. If the wrestler loses the weight before the four weeks, he is still not allowed to wrestle at the 189 pound weight class until the four week time span has passed.
* Appeals: A wrestler may appeal the test. He must be retested within 14 days. The appeal test is the final test, even if the results are worse than the first test. The individual being tested is responsible for the cost of this test.
* For official guidelines go to the Ohio High School Website: <http://www.ohsaa.org/sports/wr/boys/WgtManagement/wtmanage.htm>

**Centerville Weight Loss Guidelines**

NO EASY WAY TO LOSE WEIGHT -

INCREASE PHYSICAL ACTIVITY

DECREASE CALORIC INTAKE

* Eat balanced meals.
* Avoid empty calories (stay away from sauces, gravies, pastries, sodas, candy, oils, ice cream, whole milk, butter, fast foods, Restrict salt and sugar intake)
* Eat mini meals throughout the day instead of eating one or two large meals.
* Increase the number of work outs. (Outside the wrestling room)
* Do not use diuretics or laxatives (including diet pills)
* Do not get into the habit of binge-starvation cycle. “Bouncing Weight”
* Drink extra water, keep hydrated.
* Begin weight loss early, get the weight off slowly, lose between 1-2 pounds per week.
* Weight in and out of practice.
* Take a multivitamin (with food)
* Avoid snacking in between meals.
* Do not use plastics, saunas, or any other illegal weight cutting methods.

**Be Sensible-**

**Wrestle your opponent, not your weight**

**Showering Instructions**

Shower guidelines are given to help to prevent skin infections and to help prevent the spreading of any infections within the team

Soap options:

* Dial Soap (minimum) or generic that is antibacterial
* Hibiclens soap
* Selson Blue or generic – active ingredient selenium sulfide (it is an antifungal)

Shower Pouf (little colored puffy thing on a string)

Towel (do not share towels!)

**HOW TO SHOWER**

* Stand in water until all wet
* Apply soap and shampoo.
* Scrub! Do not rinse off
* for at least 1 minute
* Rinse
* Repeat soap and shampoo for 1 minute
* Towel off – ONLY USE YOUR OWN TOWEL - DO NOT LEND OR BORROW TOWELS!!!!
* Hang dry your towel & shower pouf

**“The best cure for skin infections is prevention”**

NUTRITION  
Diet has become an essential part of any training program. Proper nutrition is essential to strength, endurance, conditioning and injury prevention. Without the right diet, you’ll never be one of the best. Successful wrestlers limit their fat intake to 25% or less of total caloric intake. By rationing your intake of butter, margarine, mayonnaise, salad dressing, ice cream, red meat, cookies, chips and other obviously high-fat foods, you’ll end up with about a 25% fat diet.  
  
About 15% of your daily calories should come from protein-rich foods such as fish, chicken and beans. Protein is essential for building and repairing muscles, red blood cells and other tissues and synthesizing hormones. However, excess protein becomes fat and is stored in adipose tissue. Sixty percent of your diet should come from good carbohydrate sources such as vegetables, grains, fruits and breads. Eating four or five small meals a day from a large variety of food sources is the best way to fuel your fire. If you want to reach your highest level of performance, you should become well versed in sports nutrition.  
  
Nutrition Goals  
 Eat 4-5 small meals daily (increases metabolism & maintains blood sugar level)  
 Balance each meal  
 1 fist-size portion of protein  
 2 fist-size portion of carbohydrate  
 1 fruit or vegetable with every meal  
 Drink excessive amounts of water throughout the day  
 Stay away from sports drinks except for directly after a workout. Even then, water down the sports drink to 50% water. Straight sports drinks are not absorbed into the body.  
 Post workout nutrition  
 Eat within 30 minutes of a workout to promote recovery  
  
Nutrition Terms  
 Carbohydrates – the body’s preferred energy source  
 Good Carb sources  
▪ Vegetables – broccoli, celery, cucumbers, cauliflower, peas, spinach, tomatoes, mushrooms  
▪ Fruits – apples, apricots, bananas, berries, grapefruit, melons, peaches, pears  
▪ Grains & Breads – bagels, bread, English muffins, grits, noodles, pasta, potatoes, pancakes, rice  
 Proteins – the nutrient needed to build muscle and recover the body  
 Good Protein sources – chicken breast, turkey breast, veal, egg whites, fat-free cheese, low-fat yogurt, fresh fish, tuna, lean cut of steak (once a week), low-fat peanut butter  
 Fats – an essential product to burn fat  
 Get your fats in your proteins  
WEIGHT LOSS GUIDELINES  
 Use an app to help you manage your calories & exercise (myfitnesspal is free!)  
 Eat balanced meals  
 Avoid empty calories (stay away from sauces, gravies, pastries, sodas, candy, oils, ice cream, whole milk, butter, fast foods; restrict salt and sugar intake)  
 Eat mini meals throughout the day instead of eating one or two large meals  
 Increase the number of work-outs (outside the wrestling room)  
 Do not use diuretics or laxatives (including diet pills)  
 Do not get into the habit of binge-starvation cycle - “Bouncing Weight”  
 Drink extra water, keep hydrated  
 Begin weight loss early, get the weight off slowly and lose between 1-2 pounds per week  
 Weigh in and out of practice  
 Take a multivitamin (with food)  
 Avoid snacking in between meals  
 Do not use plastics, saunas, or any other illegal weight cutting methods  
  
The 13-1 Plan (13 days on, 1 day off)  
For 13 days, eat perfect (no cheating)  
Keep the grams of fat consumed under 30 per day  
Increase cardio workouts  
 3-4 per week, minimum 30 minutes  
 This is above & beyond your practice schedule  
Be patient, it takes approximately 3 weeks before changes start to happen  
Drink excessive amounts of water  
 This keeps your system clean  
 This keeps your joints from hurting  
 Most importantly, this keeps your muscles performing at your optimal level  
The 14th day, eat whatever you want (1 day off)  
 Keep the portions the same  
 Keep the number of meals the same  
  
No easy way to lose weight—  
Increase Physical Activity, Decrease Caloric Intake  
  
HOW TO EAT ON MATCH/TOURNAMENT DAY  
The Night Before  
 Pre-match meals of steak, eggs, bacon, butter and milk may be part of American sports tradition, but eating those foods is the worst thing you can do to your body and your athletic performance. Cooked fats require more complex digestive processing than any other type of food. Fat digestion diverts blood away from your muscles and brain. Fat leads to sluggishness, fatigue, cramps and shortness of breath—hardly ingredients for peak athletic performance.  
 Avoid milk products 24 hours before matches, especially processed cheese—they play havoc with digestion.  
 It is essential that your athletes eat the night before a tournament/match. Example: pasta, with a little butter & parmesan cheese, and 16 ounces of water (approximately 1.5 pounds)  
  
  
  
Early Morning Matches  
Many wrestlers are challenged with early morning workouts or matches. Although eating does not seem appealing to many bleary-eyed wrestlers upon awakening, it is critical that fuel be consumed after an overnight fast. Glycogen stores are depleted and blood sugar is low, resulting in fatigue and lightheadedness. The wrestler may not feel hungry, but he needs to elevate blood glucose levels to provide energy for the working muscles. Since very wrestler is different, it is not possible to promote one food or meal that is ideal, but there are guidelines to follow to help the wrestler make appropriate food choices prior to performance.  
  
Allow enough time for solids or liquids to digest. Each individual’s system is a little different, but it usually takes 3 to 4 hours for a large meal (400 calories or more) to be digested, and 1 to 2 hours for a lighter or liquid meal to be broken down. Some wrestlers can eat just a few minutes prior to a match, others wouldn’t think of consuming anything two to three hours before a hard workout or match. Know your body’s limitations!  
  
After Weigh-Ins  
1 Hour before match  
 1 bagel  
 1 banana or ½ melon  
 Water  
 Sports drink (watered down 50%)  
2 Hours before match  
 Pancakes  
 1 banana or ½ melon  
 Water  
 Sports drink (watered down 50%)  
3 Hours or more before match  
 Get your athletes out of the gym immediately after weigh-ins  
 Have pasta or another complex carb ready for them to eat  
  
During Matches & Tournaments  
 Examples of foods & fluids to eat during tournaments  
 Water  
 Sports drinks (watered down 50%, no more than 8 ounces per match)  
 Boost (shortly after cool down to help with recovery)  
 Fresh fruit  
 Balance Bars/Powerbars  
 Turkey/Ham sandwiches   
 Bagels  
 Eat foods that are non-greasy, bland and easily digested: fruits, vegetables, nuts and whole grains. Pancakes and waffles are okay, but skip the butter and syrup and use a light fruit spread. Try complex carbohydrates found in pasta, bread, pancakes and waffles as the main part of your pre-match meal.  
 Gold medal foods include: oranges, apples, rice, whole grain breads with reduced sugar jelly (no butter or margarine), corn, peas, beans, pasta and egg whites. Also good are low-fat yogurt and skim milk.  
 Avoid high fiber foods such as fruits and vegetables with seeds and skins and bran, as these foods can cause intestinal discomfort during a match. Stay away from gas-forming foods as well (broccoli, cabbage, dried beans, onions, radishes – which nutritious at times, can create problems if consumed prior to a match).  
 Eliminate intake of simple carbohydrates such as table sugar, honey, cake, cookies and ice cream. Sweets cause high blood glucose levels that quickly drop below normal. This results in a sudden letdown of energy, devastating to you as a wrestler.  
 Stay well hydrated. Even a well-nourished wrestler will suffer if he is not adequately hydrated prior to a match.  
 Stay with the tried and true! Don’t try a new food or beverage prior to a match  
   
CENTERVILLE TEAM FOOD  
Nutrition is a key element to the physical preparation of wrestling, and must continue during tournaments & matches. The coaches want our wrestlers to eat low fat, high quality food. Our team fees help pay for food during these tournaments, and we ask our parents to help purchase, prepare, transport and serve this food at the events.   
(Please note that there is no team food provided at dual meets, so the wrestlers are expected to bring their own food for these meets—please don’t plan for your child to eat from the concession stands, as some duals don’t even have open concession stands and those that do are probably serving food that is probably not the best for their performance.)  
  
Team Food Tote Boxes  
Each team (Varsity, Junior Varsity & Freshman) has a Team Food tote box (stocked with supplies listed below), as well as a crock pot & food cooler. You will need to connect with the Team Food Coordinator or the person signed up before you to get these supplies. Please check stock after your date, and then pass tote box & supplies to the next person signed up.   
 Tote Box contents:  
Extension cord  
Centerville sign  
Salt & pepper  
Anti-bacterial wipes  
Hand Sanitizer  
Paper towels  
Disposable table ware: bowls, dinner plates, small plates, cups, forks, spoons, knives  
Disposable food serving gloves  
Napkins  
Bags – trash, gallon, sandwich & snack  
Plastic wrap & foil  
Can opener  
Serving utensils: large slotted serving spoon, tongs, ladle, large serving spoon, spatula  
Mayo & mustard packets  
Peanut Butter  
Grape Jelly  
Non-perishable snacks: granola bars, pretzels/chips (sun chips or baked chips), trail mix, fruit snacks, peanut butter/cheese crackers, goldfish packs, oatmeal/soup packets/cups (need hot water & thermos)  
  
Team Food Budget Guidelines : You will be reimbursed by the Boosters based on this budget. Please save your receipts and turn in using the Reimbursement Form found on the website. Do not provide drinks, as the wrestlers are responsible for bringing their own drinks. You will not be reimbursed for drinks. The Food Coordinator or Coach will let you know how many people to prepare food for.  
$10/person for 3 meal event (all day and/or overnight) (1-2 hot, 1-2 brown bag)  
$6/person for 2 meal event (1 hot, 1 brown bag)  
$4/person for 1 meal event (brown bag)  
  
Meal Expectations  
 Varsity – at all-day tournaments, at least 1 hot meal  
 No food can be sent on the bus with the boys  
 Note that some meets are designated as “brown bag meals” – no electric allowed  
 JV & Freshman – all brown bag meals – Brown bags can be sent on the bus with the boys  
 Meal Schedule & Rules  
 Each meal should be available for about a 1-1 ½ hour window.   
 Breakfast needs to be served immediately after weigh-ins. It’s usually best to arrive about the same time the team arrives so that you have time to set up.   
 Each school usually has an area designated for team food.   
 We ask that you stay with the food during meal times, and help to ensure that each boy gets fed at each meal.   
 Don’t hesitate to check in with the coaches if you are wondering what time to serve each meal.  
 Snacks are provided in the tote box. Set out snacks for the day, about 1-2 snacks per wrestler per day (example: a bowl of oranges & a box of granola bars).  
 Drinks should be provided by the wrestlers, we are not providing drinks.   
 Brown bag schools – no hot food, no electric  
 Versailles  
 Butler  
 Dayton Holiday  
Hints  
 When buying meat for sandwiches, plan for 3-4 slices of meat & 1-2 slices of cheese per sandwich  
 When buying meat for bulk meals, plan for ¼ - ½ pound of meat per person (boneless weight!)  
 Always make the last meal of a 3-meal-day a brown bag meal  
 Stay away from spicy, heavy and cream-based foods  
 Try to serve low-fat content  
 Go light on food for a 2-day tournament (especially if wrestlers have to weigh in on Day 2)  
 Do not put condiments on food – packets are in the totes  
 You can use the cooler for hot foods as well  
 Keep costs down by shopping at Sam’s, Aldi’s or GFS  
 The reimbursement form is found on the website (elkswrestling.com) – save your receipts!  
 Please inform the Team Food Coordinator if supplies are running low.  
MEAL SUGGESTIONS  
Breakfast Ideas (choose 2)  
hard-boiled eggs  
pancakes – no butter, light syrup (Oatmeal Banana pancakes\*)  
oatmeal - instant or in a crock pot  
bagels - cream cheese, jelly, pb  
egg mcmuffins, biscuit egg sandwich, individual egg casseroles  
mini muffins  
fruit  
energy bites/oatmeal snacks  
dry cereal & milk (skim)  
yogurt & add-ins (nuts, granola, mini chocolate chips, fruit)  
  
Brown Bag Lunch or Dinner (choose all)  
Sandwich/Wrap  
 PB&J  
 Chicken Caesar wrap\*  
 Ham/Turkey & cheese on buns  
 Peanut butter & banana  
Pretzels/Snack item/Chips (sunchips, baked chips)  
Fruit/Veggie  
  
Hot Lunch or Dinner  
Main Items (no pork please) (choose 1)  
 Pasta w/meatballs or meat sauce  
 Fajita meat w/tortillas, cheese, rice and/or beans  
 Pulled chicken w/buns - bbq sauce or plain (option: chicken & noodles)  
 Soups (chicken tortilla\*, chicken noodle, vegetable)  
 Brazilian chicken\* w/rice  
 Baked potatoes w/toppings (chili (no beans), cheese, low-fat sour cream, bacon bits, steamed broccoli  
 Meatball subs  
Sides (choose 1 or 2 depending on main dish)  
 mac & cheese  
 veggies - carrots, celery, salad w/dressing on side  
 noodles/pasta  
 fruit salad or individuals (fruit cups or fresh: clementines/grapes/berries)  
 cheese sticks  
 yogurt  
 mashed potatoes  
\*Recipes available on website  
  
Food Coordinator responsibilities:  
 Stock Team tubs with non-perishable snacks  
 Stock team tubs with supplies  
 Contact tournament/meet contact to find out if crockpots are allowed or brown bag meet  
 Find out numbers from coach, then contact signed-up parent with this information  
 Make sure all meets/tournaments are covered for food  
 Check with coaches for weigh-in time & break times if scheduled & communicate this to food providers

**2021-22 Varsity Wrestling Schedule**

Start Bus

Dec. 3rd  Upper Arlington Quad (D. Scioto, Lancaster) 6:00 PM Van

Dec. 4th Olentangy Pool Tournament 9:30 AM Van

Dec. 8th Springboro & Butler (H) 5:30 PM Home

Dec. 18th Coaches Classic 10:00 AM 6:45

Dec. 19th Coaches Classic 9:30 AM 7:30

Dec. 29th Brecksville Holiday Classic 11:00 AM Van

Dec. 30th Brecksville Holiday Classic 10:00 AM/5:00 PM Van

Jan. 5th Fairmont (H) (Battle of Far Hills) 7:00 PM Home

Jan. 7th Perrysburg Invitational 1:00 PM Van

Jan. 8th Perrysburg Invitational 9:30 AM/5:30 PM Van

Jan. 11th Beavercreek Dual (H) (Alumni Night) 7:00 PM Home

Jan. 13th Mechanicsburg (H) 7:00 PM Home

Jan. 21st Fairfield Dual (A) 7:00 PM 4:00

Jan. 22nd Marysville Double Dual (D. Scioto, Westland) 10:00 AM 7:30

Jan. 29th Mason Tri-Meet (Conner KY) 10:00 AM 8:30

Feb. 5th State Duals (H) (Harrison, Lebanon, Springboro) 10:00 AM Home

Feb. 12th State Duals @ St. Edwards TBA Van

Feb. 19th GWOC @ Miamisburg 10:00 AM 7:15

Feb. 26th Sectionals @ Centerville 9:00 AM Home

March 4th Districts @ Fairmont 4:00 PM 12:00

March 5th Districts @ Fairmont 10:00 AM 8:00

March 11-13 OHSAA State Wrestling Tournament TBA Van

**2021-22 Junior Varsity Wrestling Schedule**

Start Bus

Dec. 4th Lakota East Tourn. (A) 10:00 AM 7:00

Dec. 8th Springboro & Butler (H) 5:30 PM Home

Dec. 11th Tipp City Varsity “B” (A) 9:30 AM 6:30

Dec. 18th Madison Pool Tourn. Varsity “B” (A) TBA

Dec. 23rd Fairmont Quad (A) 10:00 AM

Dec. 30th Miamisburg Quad (A) 5:00 PM tba

Jan. 5th  Fairmont (H) 5:30 PM Home

Jan. 8th Bellbrook Tourn. Varsity “B” (A) 10:00 AM 7:15

Jan. 11th Beavercreek (H) 5:30 PM Home

Jan. 13th Mechanicsburg (H) 6:00 PM Home

Jan. 21st  Fairfield (A) 6:00 PM 4:00

Jan. 22nd Washington C.H. Tourn. (A) TBA

Jan. 29th Butler Tournamnet 9:00 AM 6:15

Feb. 5th Wyoming Duals Varsity “B” (A) 9:00 AM 6:00

Feb. 9th Centerville Quad (H) 6:30 Home

Feb. 19th  JV GWOC @ Miamisburg (A) 10:00 AM 7:15

**2021-22 Freshman Wrestling Schedule**

Freshman Wrestlers May wrestle JV Meets

Start Bus

Dec. 4th Western Brown Tournament (A) 9:30 AM 7:00

Jan. 15th Centerville Freshman Buckeye (H) 9:30 AM Home

Feb. 12th Dublin Scioto “All State” (A) 9:00 AM 5:45

**Addresses of Schools for Away Meets**

Bellbrook High School

3737 Upper Bellbrook Rd.

Bellbrook, OH 45305

Brecksville High School

6380 Mill Rd.

Broadview Heights, OH 44147

Butler High School

600 South Dixie Dr.

Vandalia, Ohio 45377

Dublin Scioto

4000 Hard Road

Dublin, OH 43016

Fairfield High School

8800 Holden Blvd

Fairfield, OH 45014

Fairmont High School

Trent Arena

3301 Shroyer Road  
Kettering, OH 45429

Harrison High School

9860 West Rd

Harrison, OH 45030

Lakota East High School

6840 Lakota Lane

Liberty Township, OH 45044

Marysville High School

800 Amrine Mill Rd.

Marysville, OH 43040

Mason High School

6100 S. Mason Montgomery Rd.

Mason, OH 45040

Miamisburg High School

1860 Belvo Road

Miamisburg, OH 45342

Madison High School

5797 W. Alexandria Rd.

Middletown, OH 45042

Olentangy High School (Liberty Center)

675 Lewis Center Rd.

Lewis Center, OH 43035

Perrysburg High School

13385 Roachton Rd

Perrysburg, OH 43551

Tippecanoe High School

615 E. Kessler-Cowlesville Rd.

Tipp City, Ohio 45371

Upper Arlington High School

1650 Ridgeview Rd.

Upper Arlington, OH 43221

Western Brown High School

476 W Main St.

Mt. Orab, OH 45154

Wyoming High School

106 Pendery Ave.

Cincinnati, OH 45215