

FDR Wrestling Code of Ethics

Team Handbook

2025-2026

“You are part of our family now, we will respect, support and never give up on each other from this day forward regardless of circumstances. It is up to all of us to honor our code and know that together anything is possible.”



About us as Coaches:

Our mission is to develop strong young men and women physically, mentally and emotionally through the sport of wrestling. Our greatest achievements are not the victories won on the mat, they are the victories that occur everyday in our lives as these athletes pursue other challenges and are equipped with the skills learned from this experience we call wrestling. We will provide an atmosphere that will challenge each of our athletes daily knowing that hardship is the pathway to success. There will always be difficulties however through adversity athletes will develop skills to help them overcome obstacles both on and off the mat. Our athletes will grow an appreciation for wellness, commitment, hard work, dedication, teamwork, leadership and resilience. Additionally, our wrestlers will understand the importance of investing in yourself. Above all, our athletes will obtain confidence through preparedness and repetition. This confidence will ultimately be the driving force behind their success as they enter and conquer new challenges they set in life. We will uphold a high level of integrity through all our daily tasks with the main focus of being a leader in the classroom and every room we step foot in. We expect each athlete to be their very best at whatever they are doing regardless of circumstances. We will support every single member of our team and will provide them the skills and support needed for them to achieve success. It is our commitment to our community, school and families that we become the best representation of what it means to be an “FDR WRESTLER.”

Coaches Contacts:

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Practice Times-

Athletes will start to set up mats at 3:30 PM. Practice officially starts at 4 PM and will end at 6 PM. Saturday Practices typically start at 8 AM and end at 10 PM. Some Saturday practices will have different start times however any changes made will be notified to the team. It is the expectation that athletes arrive early to help set up and share the obligations of moving and preparing the mats.

Attendance Policies- Students must have 10 practices before their first competition. Students must communicate with coaches before or on the day of their absence to explain the situation. Failure to communicate may result in loss of your spot in the lineup and or jeopardize your eligibility on the team. Athletes can text, call or email any of the coaches. Athletes with 3 unexcused absences are subject to removal from the team. Skipping school to complete homework or school assignments is not an excused absence. Students must learn time management and learn to balance their obligations academically and athletically. Students missing practice or matches due to work are unexcused absences. To be on this team you must be committed to upholding the obligations of being at all practices and competitions.

Reporting Injuries and or illnesses- It is imperative that all athletes report injuries to their coaches at the time they occurred. If an athlete is injured and cannot participate they must seek medical treatment from a licensed physician and provide a medical note of their appointment and or referral of when they can return safely. If the accident occurs outside of our obligatory practice and competition times it is essential to communicate these injuries immediately so we can make proper adjustments to our team and it assists with our planning for when the athlete returns to play. We have a certified athletic trainer that will aid in immediate treatment as well as rehabilitation. Athletes must abide by all protocols set forth by their medical providers. Skin checks will take place weekly. If an athlete has any abnormal skin infection or lesion it is best to have it checked out by their coaches and or trainer. If we feel the athlete is deemed unsafe to practice we will call home and ask the parents to have the athlete receive a check up with a physician to ensure no contagious skin infections impact the rest of the team. Students must wash their clothes daily as bacteria and fungi are common in combat sports.

Being Hurt is different then being injured. If you are hurt, you can still wrestle, if you are injured you cannot wrestle. If any parent needs further explanation please feel free to contact the coaches.

Setting up and breaking down mats- “Many hands make light work” It is the expectation that every athlete will help set up mats, mop the mats and break down and store the mats at every practice and competition. Students cannot get unchanged, leave the room or get weighed in before all the mats are properly stored away. If any athlete has to leave due to a time constraint please just relay that information to the coaches before practice so we understand. The best teams always help each other out, if something needs to be done just get it done.

Weigh-ins after practice- All athletes must weigh in after practice so we can have a better understanding of where each athlete is at the end of the day.

Respect of all facilities Home and Away- All athletes must ensure they clean up after themselves after practice and competitions. The gym should be cleaner after we leave than when we entered. If you bring it in, you will bring it home. Students must ensure that all items whether it was there before practice or after are cleaned up at the end of the day. When we enter another school it is the responsibility of each member to clean up after our team. Cleanliness is a sign of respect and organization. This is the best way to show respect for our team and the people surrounding us.

Study Hall- Students have access to study hall at the end of the school day. It is the expectation that all students utilize this time wisely. Stay after with a teacher and show them you care about your academics. You will be surprised how much it will impact your grade and relationship with your teacher.

Time before practice- Students cannot roam the halls or campus before practice starts. They must be monitored by an adult at all times while on campus. **NO STUDENT IS PERMITTED IN THE WEIGHT ROOM WITHOUT SUPERVISION.** If you are leaving campus in your own vehicle please be responsible at all times. Students have plenty of time to get to practice in a timely manner.

Grade Checks/ Progress Reports- Coaches will do random grade checks to ensure every athlete is taking care of their academics. It is the expectation that students prioritize their academics. There are no excuses for failing classes or getting behind in work. Your grades are a reflection of your work ethic and dedication to yourself and team. If an athlete becomes ineligible due to failing classes they will not be allowed to compete. Please refer to the student handbook for more information. All athletes must return their progress reports by the designated deadline.

Competition/Match night etiquette for athletes, parents,

friends- All parents representing FDR will conduct themselves with class at all times regardless of the situation. There is nothing quite like a wrestling match where emotions run high especially for the parents whose athlete is on the mat. Regardless of the situation it is imperative that parents use appropriate language and cheer for our athletes. It is important for parents to be positive at all times and be the role models for appropriate behavior in tough situations. Referees will make bad calls, and other athletes will do things that are unacceptable. It is critical at this moment that you allow your coaches to handle these situations appropriately so we can get the desired results and outcome. Our ability as a cheering section to be positive and have self discipline will ultimately flow into our athletes. If we badger the other team we are simply teaching our athletes it is ok to lose their cool and make excuses. Let the coaches deal with the situation and let your wrestler win the bout with confidence by supporting them through it.

Appropriate items and times to talk with coaches- We as coaches view all members of the team including their families as one big family. We are very open to discussion however we are also incredibly busy managing the many parts that make this team flow. If you have a question that does not relate to a medical issue please email us as you will get an answer in a timely fashion. Please do not approach us before matches or immediately after a match as our obligations are with our team. It is our duty that we are mentally, physically and emotionally focused for our athletes at the times they need us most. If there is any concern medically with your athlete please feel free to see us at any time as that takes precedence over everything else. Your understanding of this is greatly appreciated and respected.

Coaches will not discuss strategy, mat time decisions, who is wrestling at a particular weight or why particular athletes are out of the lineup. It is our job to make the best decisions for our team and it is important that parents understand and respect that.

Athlete's/Parents communication with coaches- Every athlete is a valued member of our team regardless of their level of ability or experience. Our coaches will talk to our athletes with respect at all times and it is the expectation that they do the same. If any athlete has a problem or a concern they can communicate it with us at any time. We appreciate it when athletes talk face to face and deal with their issues in person. If the issue cannot wait we will expect a detailed email so we can track and monitor the situation and coordinate a plan. We are here to help guide, educate and motivate every member. We must all communicate effectively to ensure we understand each other in order to have successful outcomes. We utilize a "Remind App" to inform parents and athletes of any changes in our schedule and to communicate effectively throughout the season. I encourage everyone to join to make life easier on everyone!

Weight loss/ progression on track wrestling- Students will have access to “track wrestling” which is an online platform to monitor their weight loss program if they choose to lose weight and drop into a lower weight class. Athletes will be reminded of these progressions in order to stay on track as they progress towards lowering their weight safely. More information will be provided at parent night and coaches are open to discussion about this process through email.

Nutrition- It is the expectation that athletes start thinking about their overall health and the profound relationship proper nutrition has on their performance. Healthy foods are highly recommended as each athlete will consume vast amounts of calories through each week. I encourage athletes to eat fresh fruits and vegetables and consume meals that replenish the lost nutrients that our muscles and body desire. High protein foods, fresh greens and whole grains provide vast amounts of vitamins and minerals that are essential for peak performance. The term “Electrolytes” is a fancy term for Vitamins and minerals and through perspiration our athletes will lose a lot of them. The best way to recover from workouts is to eat healthy when it's available. Staying hydrated will allow these nutrients to be properly transported to the areas needed most and will aid in digestion and muscle flexibility along with many other benefits. Proper hydration increases flexibility, reduces muscle soreness and injuries will be lessened if athletes focus on drinking water throughout the day. Athletes should avoid foods high in sugar before practices and matches as these will dehydrate them and they may have an insulin spike prematurely which is detrimental to peak performance. If athletes feel the need to eat that big greasy cheeseburger or eat half a cake the best time to do it is Saturday night after competition. Just don't tell us about it.

Wrestle offs- In the sport of wrestling, a starting varsity lineup is determined through wrestle offs within a specific weight class. This provides a clear understanding of who is the #1 wrestler in that weight class for the upcoming match. This can fluctuate as the season progresses and helps support the healthy competition to push athletes to perform their absolute best. Coaches will determine when wrestle offs take place and which wrestlers will be participating. Unless otherwise communicated, all wrestlers are expected to strive to their potential and hope of being a varsity starter in the FDR lineup.

Bus etiquette- It is the expectation that all members of the team are respectful on the bus ride to and from all competitions and practices. Each member must greet the bus driver upon arrival and say thank you to the driver once stepping off the bus as they are responsible for getting you to your competition on time and safely and this small gesture is the right thing to do. The bus ride will remain quiet on the ride to the event. This is a time to think about your match, do homework, listen to music, relax and focus on the things that will make you successful. If athletes are goofing off on the ride to a competition, what does that say about their seriousness to perform? What does that say

about our team? If we are successful in our competition we will conduct ourselves appropriately. Winning does not justify us to act inappropriately. We must maintain our self respect and contain our self discipline by ensuring the bus is cleaner when we leave than when we entered. Captains will be the last ones off the bus and will double check for its cleanliness.

Lost or stolen equipment- Athletes are responsible for any loss or stolen equipment provided to them by the team. Athletes must pay for the replacement of the equipment that is lost or stolen. Keep your equipment organized and with you at all times. If an item is damaged please bring it to the coaches attention so we can get a replacement. **ATHLETES PLEASE FIT YOUR HEAD GEAR TO YOUR HEAD AND DO NOT LOSE IT! NO ATHLETE SHOULD BE FUSSING WITH YOUR HEADGEAR THE DAY OF YOUR MATCH!**

Forgetfulness of equipment- Athletes that forget their equipment will not participate in the competition. It is the responsibility of the athlete to ensure they have all their equipment the night before the competition. Pack your bags beforehand! If you leave equipment behind in the gym it is best if a coach isn't the one picking it up!

Skipping school/ class- It is the expectation that all athletes will attend school and all their classes daily. If an athlete skips school or their classes they will not participate in the next competition.

Participation in Physical Education- You must participate in physical education in order to participate in wrestling practice or match. If you cannot participate in PE you cannot practice or participate in a match.

Practice over holiday breaks- Athletes must communicate any travel plans with coaches beforehand before holiday breaks. It is the expectation that all athletes attend practices over the holidays. If you don't have a ride, please communicate and any member of our team will lend a hand if they can. This is a family and we must always support each other. These are the most fun and best practices of the year!

Social Media Etiquette- All students must use caution when using social media. Do not post or put anything on the internet that you think may be viewed as inappropriate. If you have to think twice before posting don't do it. All posts must have positive language and nothing should be viewed as offensive. If any player undermines the integrity of the team through social media they will be subject to removal from the team. Social media is meant to be helpful not hurtful. Use your best judgment when posting anything and know that nothing is private.

Wearing our team's logo in our community- When you wear our FDR WRESTLING shirts you represent a lot more than you know. You represent a sport that is the most difficult in the world. You represent every past, present and future wrestler in the world. You represent every athlete on this team and every person connected to this program. You represent your parents, grandparents, your classmates that don't wrestle but know you do and support you. You represent our school, teachers, our town and the state of New York. You represent your coaches. That FDR WRESTLING LOGO is a badge of honor that signifies that you participate in one of the craziest things in life and in return you are a reflection of that pride! When you wear that logo you are a person with high integrity and someone with a skill set not many on this earth can say they have. Wear that badge honorably and always make sure your actions while wearing it reflect the members that hold it to its highest standards. If you want to be respected, start by respecting yourself in everything you say and do while wearing that logo and you will always do the right thing.

Behavior/Misconduct- Students will uphold the standards set forth in the student handbook. Any athlete that jeopardizes the integrity of the team is subject to disciplinary action and or removal from the team. Each incident will be treated with the discretion of the coaches and handled on a case to case basis.

I have read the aforementioned and acknowledge and accept the terms set forth by the coaches of the FDR WRESTLING TEAM.

Signatures Required

Parent/Guardian: _____ Date _____

Student Athlete PRINT NAME:

: _____ Date _____