

Middle School Wrestling Coach

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Dear Parents,

I would like to thank you and welcome you to the middle school wrestling program. Thank you for allowing me to coach your kids and help them expose their potential to excel not only in wrestling, but also in life. I hope that as they learn the techniques and styles of wrestling, they will also begin to learn about determination, dedication, and respect which will in-turn help them succeed in life as well as in wrestling. This is my second year as the head coach of the middle school and I am excited to put my experiences and knowledge to the test by helping your kids perform to their best. I have also attached what I feel are my responsibilities, along with my expectations and responsibilities for the athletes.

To get to know me a little bit better, I wrestled on the Elk River Varsity Team for five years and was a captain my senior year, I was ranked tenth in the state at my weight until I was injured towards the end of my senior year which affected the end result of my season. I am currently attending the University of Minnesota studying Kinesiology with an emphasis in sport and exercise science and also fulfilling the pre-medical requirements and a coaching minor.

Any advice or if you see a need to change feel free to contact me as I will greatly appreciate and consider anyone's input. Thank you and I hope that we have a very successful season.

Sincerely,
Jake Kolar

P.S.

There will be a schedule coming out next week with all the official dates that we have meets and practice. Just for a heads up I do have the schedule for the weekend meets which are on the following Saturdays: December 4th, December 18th, January 10th, and January 29th. Again, further information about scheduling, such as where the meets will be located, along with times will be handed out next week when I get the weekly meet schedule. As far as practices go they will be held Monday thru Thursday from 3:15-5:15 unless otherwise noted on the calendar you will receive next week. Thanks!

Coaches Responsibilities

1. The number one responsibility of the coach is to teach the athlete about the sport of wrestling.
 - A. Proper techniques
 - B. How to wrestle in a team environment
 - C. The rules of the sport
 - D. Athletic conduct on and off the mat
2. The coach should be:
 - A. Positive
 - B. Instructive
 - C. Fair in their dealings with all wrestlers
 - D. Be willing to listen to athletes of concerns

Athlete Expectations and Responsibilities

Athletes are expected to give their best at everything that they do. This includes meets, practices, class work, and other off mat situations. The athletes represent the school and the team and will be expected to conduct themselves in a proper manner.

1. Practices:

- A. Athletes will be expected to be on time.
- B. Athletes must show just cause for missing practice.
- C. Equipment must be brought out for all practices. (This includes all athletes having their headgear.)

2. Meets:

- A. Athletes will be expected to be on time to all pre-game meetings with proper uniform and equipment.
- B. All athletes are expected to participate in the pre-game warm-ups. All taping and prep must be done before warm-ups begin.
- C. Good sportsmanship conduct will be enforced to all individuals.

3. Off the Mat Conduct

- A. Athletes will be expected to stay caught up on their schoolwork and maintain passing grades.
- B. Athletes will be expected to follow curfew policies.
- C. Athletes will be expected to follow the school issued tobacco/alcohol policy.
- D. Athletes will be expected to conduct themselves in an appropriate manner in all out of school situations.

Team Policies

1. Attendance at practice and meets:

Attendance at practice and meets are mandatory. This means arriving at the times set by the coaching staff. Please make sure that your schedules have been cleared so that it does not interfere with the season. Excused absences include family emergencies, religious obligations, and school obligations. **Any other reasons must be cleared through the coaching staff prior to being absent. (Athletes must attend practice the day before competition to be eligible for the next meet.)**

2. Sportsmanship Conduct Policy:

A. Any athlete who receives an unsportsmanlike conduct for the following items:

1. Talking back to the referee
2. Trash talking to the other team
3. Cheap shotting an opponent including kicking, biting, punching etc.
4. Not shaking an opponents hand, throwing headgear or other material.
5. Any act or behavior deemed unsportsmanlike by the coaching staff.

Will receive the following:

1. 1st offense---Extra conditioning at next practice.
2. 2nd offense---suspension from next event.
3. 3rd offense---Discuss possibility of removal from team.

3. Curfew policy for the season:

The curfew for the athletes will be as following:

- A. On Sundays-Thursdays, players must be in the house by 10:00 p.m.
- B. On Fridays and Saturdays players must be in house by 11:00 p.m.
- C. Breaking curfew can result in loss of position on team.

Adequate rest before a meet is essential!!

4. Grade reporting:

It is important to the coaching staff that all athletes maintain passing grades. To make sure of this, at times during the season, athletes will be required to bring a grade verification reports to their teachers. This verification will then be turned into the coaching staff. If an athlete is failing any classes or does not turn in the verification, they will be suspended, until grade is back to a passing grade or verification is turned in.

5. Contacting the coach:

I ask that if you need to talk to me about an issue that you do it through my cell phone or e-mail. Leaving a voice mail allows me to get back to you as soon as I can and I check my email very frequently.

6. Equipment:

A. Players will be expected to provide for their own use of the following equipment:

1. Wrestling shoes
2. Practice clothes
3. Running shoes
4. Mouth guard (if used)

B. Optional Purchases: I will talk to varsity captains about these items if wanted:

1. Sweatshirts
2. T-shirts