

Trumbull Wrestling

Team Captain Guidelines 2013-2014

After several years of using the Captain's Point System, I have been extremely pleased with the individuals named Captain, and I truly believe that individuals that want to be a captain should earn the right, and not just have the title handed to them. Coach Anderson and I have decided that the system currently in place will remain. It has proven itself over the years to be effective in producing the best leaders and wrestlers. I have always believed that Team Captainship was a Senior responsibility. The leadership of the team was entrusted to the Seniors as a whole, and not just select individuals. It was a way for me to impart leadership experience to a larger group. In my previous years, this has seemed to work very well. I want to keep this commitment as an intrinsic part of the program. My hope is that the importance of the work ethic involved in improving yourself and the program will take precedence, not just the college resume bullet, or popularity contest, but actually an "Earned" title. These are the guidelines for the opportunity to be a Team Captain.

The right to be a team captain will be based on the body of work done by each wrestler. I expect those that want to earn the right to be a team captain will put in 100% effort throughout their wrestling career. I have thusly devised a point system, where by, I expect each athlete to earn 100 points per year. Points will be awarded for participation in various endeavors that will make each individual a better wrestler and athlete. The following is the initial list of point allocation:

- 1. Participation in a Trumbull High School Sport - 25 points** - Any sport, any season. You have to be in good standing the whole year. Quitting a sport is worth zero points. Off season clubs, leagues, or weightlifting will only count if they are coordinated prior to participation. I will not argue that some are very good, but if I open this Pandora's box, I am afraid that I am going to have to count things that I really don't think are improving wrestling on the basis of being fair.
- 2. Participation in Spring, Fall, or Summer wrestling practice -25 points for a season.** Attendance will be monitored. Pioneer Wrestling club has typically 33 sessions. Other club programs run fewer practices, and points will be adjusted accordingly. See me prior to participation.
- 3. Fall, Spring, Summer Tournaments** (Folkstyle, Freestyle, & Greco) - **3 points** for each tournament. National or Regional tournaments will be worth more points depending on their duration.
- 4. Connecticut National Team Practices - 2 points.** Run on Saturdays in the spring at Wesleyan University. We will have wrestlers going to this, and rides can be coordinated.
- 5. Referee Certification — 2 points.** Usually conducted the Sunday before wrestling season.
- 6. Refereeing a MS match or tournament - 1 point** (I have a hard time giving more points for this because you will also get paid \$50 to \$110)
- 7. 28 day Camp - J. Robinson) - 90 points.**
- 8. 19 day Camp - 60 points**
- 9. 14 day Camp - 40 points**
- 10. 10 day Camp - 30 points**
- 11. 5 day Sleep Away Camp — 15 points**
- 12. 5 day "day camp" - 10 points** (2 points per day/full day or 1 point for 1/2 day)
- 13. If a wrestler is going to participate in an event or activity that they think is directly beneficial to wrestling,** but not listed above, ask us prior to participating and we will let you know how many points we are willing to award for this.
- 14. If a wrestler is injured or becomes ill,** and unable to participate in sport related activity, I must be informed immediately with a physicians note on the duration of the physical limitation. I understand these things happen. I am willing to adjust the scale individually as needed, or give points for rehab sessions based on the nature of the injury or illness. A wrestler that was not predicting, based on previous performance, to obtain enough points however is not going to be given a bye.

Based on the above points, it is not overly difficult to earn enough points to be a Senior Captain. It can be accomplished by anyone with the desire to be a "Team Captain". Those that only wish to participate during the season, and not put in the additional effort to attain the above status will still be allowed to participate, but will not be Captains or Senior Leaders. This is OK, not everyone has the same goals or focus. We have seniors that are not "Captains", but are still a very important part of our team.

In addition to the above criteria, each captain must be in **good academic standing** (2.0+ GPA), must **not be a disciplinary problem, cannot have been suspended from school**, and **must possess the necessary social skills to work with coaches and peers**. They will also be required to write a short essay on why they want to be a team captain, and what will make them a good captain. Moreover, they must be willing to put in the effort during the season to assist the coaches and team in order to facilitate a positive environment for the team.

The point system starts when a wrestler starts wrestling. Thus freshmen are not penalized for not participating in a fall sport or fall wrestling. So freshmen that want to be a Captain, would need 300 points going into their senior year. At this time, all wrestlers will need the 300 points, as the pro-rated system has expired.

Wrestlers will be given a tracking sheet to keep track with of their points. I would recommend that they bring it in periodically to go over the earned points, and make sure that they are on target. A plan can be mapped each year on how stay on target, and earn enough points in order to be a Team Captain.

Captains must start by their sophomore year. They will however be required to earn the entire 300 points their peers need in order to be a team captain. The seasons prior to participation in wrestling for incoming sophomores will count for points if they are earned.

As each senior "to be" attains the necessary points required, they will be designated as a Captain. Their status as a varsity or JV wrestler is not an issue. **Any wrestler putting in the time and effort can be a Team Captain.** Some I am sure will reach the necessary points by the spring of their junior year, and some will get the necessary points just prior to wrestling season.

We realistically need at least 3 captains per year. If we do not have 3 seniors with enough points, then we will go to the next juniors with the most points, and is predicting based on effort to obtain the points necessary to reach the required 300 points by their senior year.

This past season (2012/2013) we had 6 Team Captain. 3 earned the spot as FCIAC Champion, and another as an Honorable Mention. In the Class LL Tournament, 2 of the captains were finalists, and another one placed. 2 of these captains placed in the State Open Tournament and went on to compete in the New England Championship. One senior ended up being an excellent wrestler and probably would have placed in the FCIAC and State if he happened to be on any other team.

I am hoping that this system will inspire the team members to put in the necessary effort required to improve as wrestlers and athletes. The right to put on a college resume "Wrestling Team Captain" should have substance, and be something that instills pride. Other members of the team should look at the Captains and say to themselves "**They Earned It!**"

Sincerely,

Coach Niko

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