



ATHLOS WRESTLING PARENT'S HANDBOOK

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VISION AND VALUES

VISION

Athlos wrestling forges lifelong athletes with character traits of a champion on and off the mat. We foster a spirit tempered with resilience, confidence, humility, creativity, and coachability. We teach them to refine the lifelong skill of learning and self-development, because winning in life is of utmost importance. However, we define winning as maintaining the character traits of a champion to victory in life, despite temporary victory or defeat. Winning is not the temporary hand raise, even after a championship match. Winning is the way in which we proceed, lead, and succeed despite temporary outcomes. Wrestling provides us the fires in which we effectively forge, refine, and temper these traits into the next generation of young men to be effective leaders in tomorrow's society. These traits will be burned into their minds, their bodies, and their spirits. This is our vision. This is our greatest legacy.

MISSION STATEMENT

Athlos Club Team: We are forging lifelong athletes for a Higher purpose.

OUR CORE VALUES

1. **Composed:** We are calm, collected, and in control in all circumstances.
2. **Humble:** We have a balanced ego.
3. **Respectful:** We are considerate and gracious to all.
4. **Intentional:** Every action is by design.
5. **Selfless:** We live for a purpose beyond ourselves.
6. **Tough:** We are tenacious to win and resilient through adversity.



RULES AND EXPECTATIONS

EXPECTATIONS

- **Respect the authority placed over you.** Respect your parents, coaches, and the referees in charge of your matches. There will be no back talking, arguing, talking over, or snide remarks towards your parents, coaches, or referees. If a coach witnesses any form of disrespect towards your parents, himself, another coach, or a referee, there will be discipline in the form of extra conditioning, withholding from competition, or removal from the team without a refund.
- **Be men of your word.** Let your yes be yes and your no be no. If you say you will do something, do it. You tell a coach you will make a certain weight, make it. You say you will be somewhere at a certain time, be there on time. You make a commitment to someone, keep it.

1. Attendance

- a. If you want to compete in under Athlos, you need to attend:
 - i. 1st & 2nd grade: 40% of practices
 - ii. 3rd & 4th grade: 60% of practices
 - iii. 5th-8th grade: 80% of practices

2. Attire

- a. Practices
 - i. Wrestling shoes
 - ii. Shorts and t-shirts
 - iii. Headgear is optional, but strongly recommended
 - iv. Mouthguards are mandatory for anyone with braces
 - v. No spandex, sweatpants, jeans, or hoodies
- b. Tournaments and duals
 - i. Athlos team singlet
- c. If you are unable to find or afford attire, please reach out to us coaches and we can get you some.

3. Parental attendance to practices

- a. Parents are welcome to stay for practices, but parents are encouraged to drop their kids off and leave them at practice on their own.
- b. If parents choose to stay for practice, parents are agreeing to:
 - i. Stay off their phones
 - ii. Refrain from side conversations, especially during instruction time, and parents will be asked to stop talking if a conversation is interrupting instruction
 - iii. Not stepping onto the mat and participating in coaching unless asked by another coach
 - iv. Not pulling their athlete from participation because he is upset, crying, or hurt - the parent will allow the coach to address the situation. The coach



will ask the parent to step in if the coach assesses the situation requires it. You are raising young men, allow us to treat them like young men.

4. Athlete and parental conduct at tournaments.

- a. Respect, humility, and sportsmanship
- b. Conduct towards coaches, referees, other athletes, and other parents:
 - i. Athletes and parents will treat others, on both our team and opposing teams, with utmost respect regardless of the situation. A win, loss, or draw will not dictate how we hold ourselves and interact with others.
 - ii. Unsportsmanlike conduct, disrespect, or other poor choices will result in discipline including conditioning, withholding from competition, or removal from the team without a refund. This will be true for both the athlete and the athlete's parent(s).
 - iii. Specific conduct toward referees
 1. We (coaches, athletes, and parents) will not show any form of disrespect towards referees, especially when we do not agree with a call that does not go our way. The first time this happens will result in a warning. The second time will result in removal from the tournament. The third time will result in removal from the team without a refund.

5. Communication

- a. Group communication
 - i. Download the app GroupMe, and you will be added to the group chat
 - ii. To be used for updates and important mass communication
 - iii. Not to be used for conversation or idle chat

SCHEDULE OVERVIEW

- I. For the season
 - A. First day of practice 12/4/2023 - Elementary/Middle School State 3/26/2024
 - B. Tournament schedule
 1. Wildcat Wrestling Youth Tournament in Fruita, CO on 12/17/2023
 2. Who's Bad in Pueblo, CO on 12/30/2023
 3. New Mexico National Showdown in Albuquerque, NM on 1/13/2024
 4. Wild West Championships in Casper, WY on 1/20/2024
 5. Bulldawg Brawl in Palisade, CO on 2/4/2024
 6. High School Wrestling State Tournament 2/15-2/17/2024
 7. Athlos Wrestling Games at Meeker High School on 2/24/2024
 8. Little Warriors Classic in Grand Junction on 3/9/2024
 9. Elementary/Middle School Regionals in Grand Junction, CO on 3/16/2024
 10. Elementary/Middle School State in Denver, CO 3/22-3/23/2024



- C. Other tournaments: as more tournament dates are listed, we will give those to the parents who would like to take their children to extra tournaments. However, the above tournaments are the core tournaments we will be going to as a team.
- D. Christmas break: 12/22/2023 - 1/1/2024 (we will still be going to the Who's Bad tournament in Pueblo on 12/30)
- II. Weekly schedule
 - A. Monday - Thursday
 - B. 2 days per week wrestling
 - C. 2 days per week performing age-appropriate strength and conditioning
 - D. 1st-4th graders
 - 1. Wrestling room: Tuesdays & Thursdays
 - 2. Weight room: Mondays & Wednesdays
 - E. 5th-8th graders
 - 1. Wrestling room: Mondays & Wednesdays
 - 2. Weight room: Tuesdays & Thursdays
- III. Individual practices
 - A. Wrestling room
 - 1. 1st-5th graders: 1 hour and 15 minutes
 - 2. 5th-8th graders: 1 hour and 30 minutes
 - B. Weight room
 - 1. 1st-5th graders: 45 to 60 minutes
 - 2. 5th-8th graders: 45 to 60 minutes
- IV. Book for the year: Chop Wood Carry Water by Joshua Medcalf
 - A. We will be completing 2 chapters per week
 - B. Discussions at the end of the second strength & conditioning practice each week
 - C. Discussions will be based on questions about the book
- V. Coaching staff
 - A. Head wrestling coach & head strength and conditioning coach - Justin Grant
 - B. Lead technician and wrestling coach - Nate Lee
 - 1. Coach Lee will be leading the majority of practices this year
 - 2. 4 x AZ state champion
 - 3. 2 x AZ 4A outstanding wrestler
 - 4. 4 x Division I NCAA Qualifier
 - 5. 2 x Pac-10 champion
 - 6. Coached at the University of Northern Colorado 2010-2014
 - 7. Coached in Rawlins, WY 2015-2022
 - C. Assistant wrestling coaches
 - 1. Trevor Grant
 - 2. Tyrell Turner
 - 3. Carl Padilla
 - 4. Lee Overton
 - 5. Matt Moody



6. Zach Simpson
- D. Assistant weight room coaches
 1. Trevor Grant
 2. Rebekah Grant
 3. Teya Raley

FINANCIAL INVESTMENT

Why the required investment?

- Coaches and volunteers for Athlos wrestling are making a commitment to help your young wrestlers grow as individuals. This is about more than just wrestling, and we are committed to giving you and your wrestlers the best we have to offer. This is not a babysitting service, and we expect the best you and your wrestlers have to offer in return. By making a financial investment, you will be more committed to the process and to the season.

What is the investment?

- Monthly: \$85 per wrestler
- If you have more than one wrestler in your family, for which you are financially responsible, it will be \$70 per each additional wrestler
- There is no change in the monthly price for “shorter” months with Holidays
- If you pay in full at the time of sign-up, you get \$20 off your first wrestler (\$5 off for each of the 4 months)
- Each wrestler is required to have a team singlet
 - If your wrestler has one that fits from last year, please use that
 - Wrestlers from last year are encouraged to share/trade amongst each other if they have outgrown their singlets
 - RUDIS will be hosting an online store (link below) so you can order your singlets
 - RUDIS is also offering shirts, shorts, and backpacks
 - However, we are also doing team apparel (except for singlets, which are through RUDIS) through Craft Shack Creations - please reach out to Danae McPherson for details, 970-942-3118, Craftshackcreations1@gmail.com
- Tournaments and travel
 - Parents are responsible for all tournament fees and traveling

Available sponsorship opportunities?

- If the investment above is more than your budget allows, and you remain committed to the process, we will find sponsorship opportunities that you can apply for so your wrestler can still be part of the team. We do not want financial hardships interfering with your wrestler’s ability to participate and grow as an individual.



When and how to pay?

- When - payment is due the first practice day of each month
- How - through our website www.athloslife.com

CONTRACT AGREEMENT

By signing below, I am agreeing to:

- Strive for, live by, and portray the vision and values described in the parent and athlete handbook, especially while being a member of and representative of the Athlos community.
- Follow all rules and expectations as described in the parent and athlete handbook.
- Support Athlos coaches and volunteers in teaching, guiding, and even disciplining my child to help him/her reach their full potential.
- Allow and support the Athlos coaches and volunteers to discipline, warn, and/or remove my child from tournaments, practices, or the team if rules and expectations are broken as described in the parent and athlete handbook.
- The head coach, Dr. Justin Grant, has the final say in my child's participation.
- If my child is removed from the team, I will not receive a refund for payment that has already occurred.

PRINT NAME: _____

DATE: _____

SIGNATURE: _____



WAIVER AND RELEASE OF LIABILITY FOR

Athlos Wrestling Club 2023-2024

HOSTED BY ATHLOS LIFE, LLC

I, _____ (Participant or parent/guardian if Participant is under the age of 18), HEREBY WAIVE AND RELEASE, or do WAIVE AND RELEASE on behalf of my minor Child, indemnify, hold harmless and forever discharge ATHLOS LIFE, LLC and its heirs and assigns, of and from any and all claims, demands, debts, contracts, expenses, causes of action, lawsuits, damages and liabilities of every kind and nature, whether known or unknown, in law or equity, that I ever had or may have, arising from or in any way related to my participation in, or my Child's participation in any of the functions or activities conducted by, or on the premises of, or for the benefit of ATHLOS LIFE, LLC, provided that this waiver of liability does not apply to any acts of gross negligence, or intentional, willful or wanton misconduct.

I understand that the activities that I, or my Child, will participate in are inherently dangerous and may cause serious or grievous injuries, including bodily injury, damage to personal property and/or death. On behalf of myself, my Child, my heirs, assigns, and next of kin, my Child and/or I waive all claims for damages, injuries and death sustained by me or my property, that said Child and/or I may have against ATHLOS LIFE, LLC to such activity.

I, as a Participant, or my Child, hereby acknowledge that I understand and am familiar with the nature of the activities in which I, or my Child, will participate in all aspects of the insert Event name here (hereinafter, "Event") and affirm that I, or my Child, am in good health and that I/my Child do not have a physical or emotional condition, past or present, of which I am aware, which would affect in any way my/my Child's ability to participate in this Event, except as noted below. The nature of the activities has been fully disclosed and any flyer, advertisement, or brochure relating to the Event activities is expressly made a part of this WAIVER AND RELEASE.

Medical Conditions (if Participant is Under Age 18): My Child is subject to the following allergies or medical conditions:



Prohibited Activities. As a result of the above-mentioned medical conditions, I, on behalf of said Child, am prohibiting involvement in the following specific activities:

In case of emergency, I give my permission for emergency medical treatment of my Child and for transportation to such treatment.

By this Waiver, I, as a Participant or I, on behalf of my Child, assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with ATHLOS LIFE, LLC, including but not limited to participating in the Event, using the facilities, if applicable, and its equipment in any manner, form or fashion, and transportation to and from the Event.

This WAIVER AND RELEASE contains the entire agreement between the parties and supersedes any prior written or oral agreements between them concerning the subject matter of this WAIVER AND RELEASE. The provision of this WAIVER AND RELEASE may be waived, altered, amended or repealed, in whole or in part, only upon prior written consent of all parties.

The provision of this WAIVER AND RELEASE will continue in full force and effect even after the termination of the activities conducted by, on the premises of, or for the benefit of, ATHLOS LIFE LLC whether by agreement, by operation of law, or otherwise.

I have read, understand and fully agree to the terms of this WAIVER AND RELEASE. I understand and confirm that by signing this WAIVER AND RELEASE that I, as a Participant, or my Child and I have given up considerable future rights. I have signed this Agreement freely, voluntarily, under no duress or threat of duress, without inducement, promise or guarantee being communicated to me. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE or all liability to the full extent of the law.

I further acknowledge and understand that ATHLOS LIFE, LLC is hosting the Event only, during the times specified. As a Participant, I am responsible for my own transportation to/from the Event and and/or for picking up my Child as soon as the Event is over.

Date

Printed Name of Child OR Printed Name of Participant
If Participant is over the age of 18

Printed Name of Parent (Guardian)



Printed Name of Parent (Guardian)