



ATHLOS WRESTLING PARENT’S HANDBOOK FOLKSTYLE SEASON

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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 and women 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.

THIS YEAR'S THEME

"Focus"

Initial: _____



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 and women 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. USA Wrestling Athlete Membership for Your Wrestler

2. Attire

- a. Practices
 - i. Wrestling shoes
 - ii. Shorts and t-shirts, full length sweats or full length tights are acceptable
 - iii. Headgear is optional, but strongly recommended
 - iv. Mouthguards are mandatory for anyone with braces
 - v. No spandex shorts, 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 help you find a way to get some.

3. Parental & sibling 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 or she 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 and women. Allow us to treat them like young men and women.
- c. Non-wrestling kids and siblings at practice



- i. Siblings are allowed at practice, if they can sit quietly at the matside, if the parent is also at practice
- ii. We are not a babysitting service, and Athlos, coaches, and staff are not responsible for the wrestler's siblings or friends nor for their safety
- iii. If siblings or friends become disruptive or distracting, they will be asked to leave

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.
- c. Parents in the coaching corner
 - i. Due to the number wrestler to coach ratio, parents are welcome to sit in the coaches corner with a coach, or if a coach is not present
 - ii. However, the athlete listens to the coach over the parent, and the parents will not talk over the coach or undermine the coach in any way.
 - iii. Coaches reserve the right to have the parent leave the coaching corner.

5. Parental concerns

- a. Concerns towards other parents
 - i. If one parent or set of parents has concerns about another parent or set of parents, they are to discuss it as adults with those parents without involving other parents, their wrestlers, other athletes, or the coaches.
 - ii. Gossip about parents, families, or wrestlers will not be tolerated and could result in removal from our team.
 - iii. If a dispute can not be resolved and either party feels Athlos is involved, then it is to be brought to the head coach, Justin Grant, by both parties. Any involvement Athlos has or appears to have is the only part of the dispute that Athlos will partake in resolving.
- b. Concerns towards assistant coaches
 - i. Step 1: discuss directly with the assistant coach with whom the concern has arisen



- ii. Step 2: if you or the coach feels the concern should be brought to the head coach, then bring it to the head coach, Justin Grant
 - c. Concerns towards the head coach, Justin Grant
 - i. Bring your concerns directly to Justin
 - ii. If you feel you can not bring them to Justin, bring them anyway, but feel free to bring another parent or coach as well
- 6. 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

Initial: _____



SCHEDULE OVERVIEW

- I. Season Competition Overview
 - A. First day of practice 12/1/2025
 - B. Season end - Elementary/Middle School State 3/20-21/2026
 - C. Tournament schedule
 - 1. Full schedule is still pending as the western slope tournaments are still being scheduled, but the schedule will include 2 options as much as possible:
 - a) Local-ish tournaments
 - b) Travel tournaments
 - 2. The tournament schedule will include:
 - a) The Colorado western slope circuit
 - b) The Rocky Mountain Nationals circuit
 - c) The Peak to Peak circuit
 - d) USA Wrestling tournaments (will require USA card if you attend)
 - 3. It will end with:
 - a) Elementary/Middle School Regionals in Grand Junction, CO on 3/15/2025
 - b) Elementary/Middle School State in Denver, CO 3/20-21/2026
 - 4. Freestyle season will start following Middle School State - will be treated as a different season entirely
 - D. Christmas break: 12/21/2024 - 12/28/2025
- II. Weekly schedule
 - A. Evening practice Monday - Thursday
 - 1. 18:00 to 19:15
 - B. Morning rise and grinds
 - 1. 10 to 15 minute workouts provided by coaches
 - 2. Performed at home with parents before going to school
 - 3. Honor system - strongly recommend making these into "family rise and grinds"
- III. Book for the year: Chop Wood Carry Water by Joshua Medcalf
- IV. Coaching staff
 - A. All coaches will need their USA wrestling coaches card with either a Copper or Bronze certification
 - B. Head wrestling coach - Justin Grant
 - C. Lead technician and wrestling coach - Trevor Grant
 - D. Assistant wrestling coaches
 - 1. Brayden Peterson
 - 2. Carl Padilla
 - 3. Matt Moody
 - 4. Shawn Krueger



5. Zach Simpson
- E. Coach expectations
1. Complete, learn, and be able to teach our core curriculum
 2. Use the terminology in our curriculum
 3. Provide continual communication and open feedback amongst each other
 4. Show up with positivity, intentionality, and energy
 5. Exhibit our team core values
 6. Support the team's direction and work together
 7. Coach all every athlete as fairly and energetically as possible
- F. Parent expectations towards coaches
1. Respect the coaches and support the coaches.
 2. Do not undermine or contradict our coaching - this only hurts your wrestler in an attempt to protect your pride. Do not allow your past success to be your athlete's hindrance.
 3. Understand that the coaches can not be with every athlete all the time.
 4. Understand this is a club full of athletes, and it is not private coaching for your athlete alone.
 5. Encourage your athlete to focus and maximize their time in the room, make the adjustments recommended by the coaches, and continually seek the coaches out
 6. Help your athlete understand and accept that his or her success is ultimately on them. It is not on you. It is not on the curriculum. It is not on the coaches. The best coach and curriculum in the world can not make your athlete succeed. Only your athlete can do that.
 7. Be coachable yourselves, and help your athletes be coachable.

Initial: _____



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.
- We pay our coaches, and we pay for the facility that we use in order to provide you and your athlete with the best possible experience.
- We aim to run our program with excellence, complete with a world class technique curriculum taken from the nation's and world's best wrestlers, unified coaching, and personal development for your athlete and family.
- You can not get this kind of quality in life, for anything, for free. It requires an investment.

What is the investment?

- Monthly: \$90 per wrestler
- If you have more than one wrestler in your family, for which you are financially responsible, it will be \$75 per each additional wrestler
- If you are traveling from more than 30 miles one way for practice, your monthly amount is \$80 per wrestler and \$70 per additional wrestler for which you are financially responsible.
 - This is to make it easier for those who have to pay more in fuel and are more likely to miss some practices due to weather.
- There is no change in the monthly fee for "shorter" months with Holidays
- Each wrestler is required to have a team singlet for the folkstyle season, and this is the family's responsibility to purchase.
- Tournaments and travel
 - Parents are responsible for all tournament fees and traveling expenses
- The investment will occur monthly as an automatic payment. This payment can be cancelled any time.
- There will be absolutely no refunds.

Available sponsorship opportunities?

- If the investment above is more than your budget allows, and you remain committed to the process, we will help you find sponsorship opportunities to help your wrestler participate, travel, and compete. We do not want financial hardships interfering with your wrestler's ability to participate and grow as an individual.
- The Athlos Foundation is one option for raising money. Your athlete can apply for a %50 scholarship from the Foundation.
- Other sponsors can sponsor an athlete for 100% through our foundation, so that the sponsor can receive the tax benefit of donating to a non-profit.



When and how to pay?

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

Initial: _____



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 2025-2026

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)