



## WELCOME PARENTS AND PLAYERS,



To our 2010–2011 Cougar wrestling season! We are excited about our upcoming season! As we begin our 23rd season, we would like to thank the returning parents for all of their past help and support. We would also like to extend a warm welcome to those parents and friends new to Quince Orchard Wrestling. You will help shape the future of our program. We encourage all of you to become active participants in our outstanding Cougar Wrestling Program.

Our '09-'10 team finished the regular season with a 12-2 record. Our team did well at all the tournaments we attended, placing in the top 10 at each, including a 2<sup>nd</sup> place finish at the Montgomery County Tournament and the 3A/4A West Region Tournament. The team will once again participate at Mad Mats, Damascus Holiday Tournament, and the Hub Cup. These tournaments should give our wrestlers valuable experience and tough competition to prepare for the post season run.

We need to garner maximum support and understanding for the commitment that it will take to achieve a highly successful and winning season. Wrestling takes hard work, commitment and dedication. It will become an integral part of your son's years at Quince Orchard. In order to maintain our high level of excellence, we are expecting a high level of commitment and dedication from our families, friends, community, and of course our wrestlers. It is our hope that through your efforts and continued support, our 2010-'11 wrestling team will continue to be leaders in our school, our community and the athletic arena.

Our staff in turn, will dedicate the time and effort to make wrestling a positive and rewarding experience. We will also encourage our athletes to participate in other sports and activities and importantly, maintain a high level of academic standards. In wrestling, our athletes should benefit from the invaluable experience of team play, responsibility, dedication, and friendships that will last a lifetime.

It is the wish of our coaching staff that your son reaps the benefits of being part of the Quince Orchard Wrestling Program. We hope that your son's high school years will be a rewarding experience for your family and the Quince Orchard community.

### The Quince Orchard Wrestling Staff:

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## INVOLVEMENT OF ATHLETES AND PARENTS

Your son has expressed an interest in wrestling this fall. This is a commitment that will require time, energy and understanding from both the athlete and his family. To experience success in academics and athletics, we have found that the success of an individual is related to the support and encouragement from his family.

You must understand when your son comes home from practice or a match, that he's been put through a very demanding and exhausting workout. He will be tired, sore, and sometimes, emotionally drained. He will have many ups and downs. Give him love and encouragement to pick himself up for the next practice or match. Your support can go a long way toward his success, both on and off the wrestling mat. Remember that a commitment to wrestling is often a family commitment. We ask for your support.

### GOALS

- To **represent** your school, community and team in a **positive** way.
- To do **well academically**.
- To establish winning attitudes and commitment to the wrestling program.
- To make wrestling a positive experience.
- To involve as many students as possible.
- To **respect** the coaches, teammates, and opponents
- To become better athletes and individual people.
- To **WIN THE STATE CHAMPIONSHIP!!!**

## Our QO COACHING STAFF

### HEAD COACH:

**Chris Tao** Coach Tao is a 4th year head coach at Quince Orchard. He has compiled a 32-10 dual meet record while at Quince Orchard. Coach Tao has had 7 County Champions, 7 Region Champions, and 1 State Champion while the head coach at Quince Orchard. He served as an assistant for two years at Blake HS and 1 year at Churchill. Coach Tao wrestled for Wheaton HS, qualifying for the state tournament in 1996.

### ASSISTANT COACHES:

**Tim Tao** 4th year as a QO High School coach, Tim comes from a 2 year stint at Blake HS and time at Wheaton and Churchill High Schools as a volunteer. Coach Tao wrestled for the University of Maryland until injuries sidelined his career. He wrestled at Wheaton HS, where he was a 2 time state qualifier.

**Barry Scott** Coach Scott has been coaching at QOHS since 1998. He also coached at Seneca Valley with Coach Hawkins. This will be Coach Scott's 12<sup>th</sup> season at QO.

**Rob Wolf** Coach Wolf wrestled at Robert E. Peary HS in Rockville as well as four years at the U.S. Merchant Marine Academy in Kings Point, NY where he was co-captain. This is his 4th year as a volunteer with the Cougars. His daughter is a 2008 QO grad and his son is currently a senior swimmer.

## INSURANCE AND INJURIES

During the course of the season, there will be many bumps and bruises. It is important that your son report to the coach any injuries sustained during practice or a match. This should be reported immediately following a match, a tournament, or during practice that treatment can begin or a medical referral made if needed.

In addition, skin infections such as ringworm can occur and spread very rapidly. Please help support us in insuring that your sons take showers immediately after every practice with anti bacterial soap and shampoo and they change and wash their practice clothes daily! The coaches have more information on skin infections should you need it. Singlets need to be machine washed immediately after each match. They can be air or machine dried, but **must always** be laundered every time they are used.

## EQUIPMENT PROVIDED

Each athlete will be provided with the latest and the best quality equipment available. The following items are issued to each wrestler to be used during the wrestling season:

1. Team Singlet
2. Headgear
3. Equipment Bag (Varsity only)
4. Warm Up Jacket
5. Jump Rope (optional)

All the above will need to be *returned in good, clean condition* at the end of the season. We expect you to take care of your team equipment.

## REQUIRED EXPENSES

Your daily practice clothes will consist of your own t-shirts, gym shorts, socks, athletic supporter, and wrestling shoes. There are additional expenses. The approximate costs are listed below:

Annual Physical (Mandatory)	\$10 - \$50 (acquired <u>on your own</u> , prior to starting season)
Wrestling Shoes	\$25 - \$129 (acquired <u>on your own</u> )
"Spirit Pack" clothes	\$53 (pd by JV & Varsity Wrestlers)
Pre-Game Meal Bags	~\$65 (pd by Varsity Only)
Hotels @ Tournaments	TBD (pd by Varsity Only @ ea tournament)
Meals at Tournaments	\$30 (approximate cost @ ea tournament)
End-of-Year Spring Banquet	TBD -approx. \$30-\$35/family (covers food, trophies and awards)

Varsity and JV team members will be given a match day uniform called "Spirit Packs" that they are required to wear and will become the personal property of the student-athlete. The package includes an Under Armour team T-shirt and shorts with our school team logo. The payment for this uniform is due by November 17<sup>th</sup> through an online website. The clothes will be delivered **3 weeks after** the web store closes on the 17<sup>th</sup>. The Pre-Game meal bag is chosen for appropriate pre-game nutrition (Attachment 1) and will be provided after weigh-ins at every match to the varsity wrestlers. The one-time fee for this will be due at the beginning of the season for all varsity wrestlers. The school does not provide funding for the snack bags or the spirit pack uniforms. Each wrestler is obligated for these fees and your prompt payment is needed. In addition, the team will be selling pies as the school-required fundraiser to help off-set the costs of team singlets, warm-ups, all equipment, upkeep, travel, and other expenses. More information will follow later in the season.

## PRACTICE SCHEDULE

### Dates:

- November 15, 2010 – February 19, 2010. ALL varsity wrestlers qualify for the county tournament. Qualifiers for the post-season tournaments: Regional and State, will continue to practice from February 22nd – March 5th. We hope to have many!

### Approximate Practice Times:

- 3:15 – 5:30 p.m. Monday through Friday
- 9:00 – 11:30 a.m. Saturdays and possible PM practices as well

Consistent attendance at practice is very important to our success; please have your sons attend regularly. **PRACTICE IS NEVER CANCELLED EXCEPT FOR SCHOOL CANCELLATIONS.** Missing practices due to BASIC doctor's appointments, not associated with any immediate injuries or sicknesses, **ARE NOT EXCUSED.** Unless there is an extreme emergency, **NO PRACTICES CAN BE MISSED. DO NOT RELY ON TEAMMATES TO RELAY ABSENCES TO THE COACHING STAFF.** Unexcused absences will be dealt with accordingly and excess absences will result in termination from the team. **Please contact any one of the coaches if an emergency should arise at the coaches' office (301) 840-4581 or C. Tao's cell phone: 240-447-4361 or T. Tao's cell phone: 240-401-9785.** Please be advised that during practice times and on match days, the coaches are extremely engaged in the program and can only take your calls for true emergencies.

## QO WRESTLING STUDENT ELIGIBILITY, REQUIREMENTS, AND TEAM STANDARDS

### QUINCE ORCHARD HIGH SCHOOL ATHLETIC DEPARTMENT

**Philosophy** - The interscholastic sports program is designed to support the academic mission of the high school and to assist students in their personal growth and development. Among other things, athletics can assist in promoting the importance of teamwork and team unity; the importance of hard work, loyalty, and dedication to a task; the importance of establishing goals and working toward their achievement and the development of principles relating to sportsmanship and fair play. Winning and losing become secondary issues when compared to the manner that athletes conduct themselves on the mat, exhibiting dignity and grace in the face of adversity. Winning is secondary as well when compared to the extent of the effort put forth by the student athlete in whatever endeavor he undertakes. All athletes do not perform at the same level, but **maximum effort, commitment and a winning attitude** are requisite expectations for any wrestler and team member.

**Attendance** - The following regulations regarding class attendance applies to all student-athletes. To participate in or attend any athletic or non-athletic event, students are expected to be in all of their scheduled classes on the day of the event. **With prior approval** of the principal or athletic director, a student may be excused for prescheduled appointments. Students who are absent on the day of an athletic event or practice may not attend or be involved in the activity for the day. An unexcused absence will result in a loss of participation in and /or attendance at the next contest or event. Students with repeated unexcused absences or tardiness may be

removed from the team. Tardiness to school because of illness is an excused absence for attendance purposes, but still prohibits athletic participation for that day. Remember, it is your responsibility to inform the coach if you are absent or tardy from class or school for any reason.

**Use of alcohol and drugs** - The use of these substances (including steroids) is an extremely serious health issue. Not only is the quality of life for the student athlete in jeopardy, but it is a problem for other team members and coaches who depend on each other to be mentally and physically prepared to give their best effort all day. This cannot happen if the student athlete does not adhere to training rules. The use of alcohol or drugs is prohibited at all times during the sports season as well as school related or school sponsored events, including field trips. If it is verified that a student has used alcohol or illegal drugs, he/she will not be permitted to attend or participate in the school-related athletic or non-athletic extracurricular activities for the next two contests or the duration of the suspension. A suspension or possible expulsion will be processed for the possession or use of alcohol or illegal drugs at school-sponsored events, according to MCPS rules. The student will be required to be involved with a health care professional, which may include a meeting with our school nurse. This meeting will be confidential and subject only to verification of an initial meeting. A second offense is cumulative at any time during the school year. A second offense for all students will result in a loss of participation in and attendance at all extracurricular events for the duration of time equal to the remaining length of a season or a nine week quarter. A second meeting with a health-care professional will be required. Offenses at school-related activities are subject to suspension and expulsion rules.

**Use of tobacco** - The use of tobacco continues to be a serious health issue and a violation of school rules. For all students, the use of tobacco in any form will be dealt with detentions, leading to a suspension for multiple offenses. A police referral may follow. Concurrent with training rules, if it is verified that a student athlete has used tobacco in any form, he/she will be suspended from the team for the next contest. If a second violation occurs, he/she will be removed from the team for the remainder of the sports season. We expect our wrestlers to maintain healthy living practices!

### TEAM PHILOSOPHY:

Through their participation in the wrestling program at Quince Orchard High School, athletes are provided the opportunities to develop self-esteem, self-discipline, and a cooperative team attitude.

We believe that the self-esteem gained through hard work and dedication will inspire them to strive for excellence, not only in athletics, but also in their academic lives. We are very committed to supporting and encouraging the efforts of our scholar athletes to be successful in the classroom and on the mat.

We believe that the self-discipline attained through the continuing management of their physical and mental well-being will carry over into efficient organizational and time management skills to be used as they grow in an ever changing world.

We believe that through emphasizing the individual accomplishment within the confines of team pursuits, our athletes will develop a cooperative attitude, which will lead to their success on the mat and in lifetime endeavors.

It is through the development of the qualities of self-esteem, self-discipline, and cooperative attitudes that the Cougar Wrestler will strive to achieve the standards that have become the hallmark of Quince Orchard High School and the community that supports them.

## TEAM STANDARDS:

1. Maintain a good academic standing and scholastic eligibility according to MCPS policies. Keep in close contact with your teachers, parents and your coaches as needed to meet this requirement.
2. Display behaviors that will add to the good reputation of the Quince Orchard Wrestling Team.
3. Attend all practices, meetings, and matches unless ill or given prior to permission to be absent by the coach.
4. Maintain good community and school relationships.
5. Comply with all school rules and policies.
6. Display good sportsmanship at all times.
7. Work hard.

The use of drugs, alcohol, or tobacco products will lead to a disciplinary enforcement and possible dismissal from the team.

1. Unexcused absences or chronic tardiness to class or team practice will be sufficient reason to declare a student ineligible at any time.
2. To participate in any athletic event or practice, athletes must be in all scheduled classes the day of the event. Note that the principal may excuse an athlete for prescheduled activities such as a court appearance, medical appointment, or unforeseen emergencies. A student who has been absent for reasons other than stated above will be ineligible to practice or compete on the day of the absence.
3. If you are going to be late, or need to leave school early, PRIOR PERMISSION MUST BE GIVEN BY THE ATHLETIC DIRECTOR.

\* FAILURE TO COMPLY WITH THE ABOVE GUIDELINES WILL RESULT IN SUSPENSION OR DISMISSAL FROM THE TEAM UPON AGREEMENT WITH THE COACHING STAFF, SCHOOL PRINCIPAL, AND ATHLETIC DIRECTOR.

CRITERIA FOR EARNING A VARSITY  
LETTER/AWARD:

1. A wrestler must successfully complete the season.
2. A wrestler must participate in at least 8 of the varsity matches (There are 17 total contests including tournaments), having **wrestled** in at least 5 of those matches.
3. A wrestler must attend practice everyday. Any missed practice must be excused by the coaches.
4. The Quince Orchard HS coaching staff reserves the right to make a decision based on merit, injuries, and other outside circumstances.

## Tips on How to Be a SUCCESSFUL STUDENT-ATHLETE

1. Set realistic Athletic and Academic goals and follow a feasible plan of action to achieve these goals. There are various resources available for support; utilize these resources as needed.
2. Follow through on your goals by making your plan of action become a habit.
3. Workout one other time a day (4 or 5 times a week) in addition to our normal wrestling practices.
4. Always practice as hard as you can and learn all you can about the sport of wrestling
5. Strive to be on good terms with teammates, students and faculty.
6. Believe in yourself, have faith, and maintain close ties with your family. You will need all the help you can get through the exciting and challenging days ahead.
7. Stay in contact with your coaches. They are there to support you.

## YOUR STUDY SCHEDULE

### Conditions for Effective Study

1. Work where there are as few distractions as possible.
2. Find a place most conducive to good study, a not too comfortable chair, and a slightly cool room.
3. Keep your study place free from extraneous and unnecessary material but have necessary equipment. (i.e. pencils, paper, etc.)

### The Study Session

1. Set a time to start and stick to it.
2. Stick to the task at hand.
3. Forget personal problems during study time.
4. Know when to seek help.

## Our 2010-11 Varsity WRESTLING SEASON

### SCHEDULE:

Mascot: Cougar

School Colors:

Red & Black

Event	Date	Day
<a href="#"><u>Mad Mats @ Magruder HS</u></a>	12/10-12/11	Fri & Sat
<a href="#"><u>Quince Orchard @ Watkins Mill 6 pm</u></a>	12/14/2010	Tuesday
<a href="#"><u>Quince Orchard @ Clarksburg 6 pm</u></a>	12/21/2010	Tuesday
<a href="#"><u>Quince Orchard vs Gaithersburg 3:30 pm</u></a>	12/23/2010	Thursday
<a href="#"><u>Damascus Holiday Tournament (VARSITY)</u></a>	12/28-12/29	Tue/Weds
<a href="#"><u>Whitman JV Invitational (JV ONLY)</u></a>	12/28/2010	Tuesday
<a href="#"><u>Quince Orchard @ Poolesville 6 pm</u></a>	1/5/2011	Wednesday
<a href="#"><u>Quince Orchard vs Walter Johnson 6 pm</u></a>	1/12/2011	Wednesday
<a href="#"><u>Quince Orchard vs Damascus &amp; Seneca Valley 1 pm</u></a>	1/15/2011	Saturday
<a href="#"><u>Quince Orchard @ Kennedy 2:30 pm</u></a>	1/22/2011	Saturday
<a href="#"><u>Quince Orchard vs Einstein 6 pm</u></a>	1/25/2011	Tuesday
<a href="#"><u>Quince Orchard &amp; Springbrook @ Magruder 1 pm</u></a>	1/29/2011	Saturday
<a href="#"><u>**Quince Orchard vs Whitman 6 pm**</u></a>	2/2/2011	Wednesday
<a href="#"><u>Quince Orchard &amp; Wooton @ Northwest 1 pm</u></a>	2/5/2011	Saturday

*\*\*Senior Day*

## PARENT HANDBOOK

MCPS will provide transportation to all away dual meets and tri-meets. All Varsity and JV team members **must** ride on the team bus to **and** from the matches. For tournaments, we will require parents only to drive and/or carpool.

## TOURNAMENTS

### VARSITY TOURNAMENTS:

1. MAD MATS INVITATIONAL, MAGRUDER HS, FRIDAY 12/11/09 and SATURDAY 12/10/10
2. DAMASCUS HOLIDAY TOURNAMENT, DAMASCUS HS, MONDAY 12/28/09 and TUESDAY 12/28/10
3. HUB CUP, N. HAGERSTOWN HS, FRIDAY 1/7/10 and SAT. 1/8/10 (overnight)

REGIONAL DUALS: Feb. 9

STATE DUALS: Feb. 12

MONTGOMERY COUNTY CHAMPIONSHIPS: Feb. 18 and 19 @ Blair HS

3A/4A REGIONAL CHAMPIONSHIPS: Feb. 24 and 25 @ Sherwood HS

MARYLAND STATE CHAMPIONSHIPS: March 4 and 5 @ UMD Cole Field House

### JV TOURNAMENTS

WHITMAN HOLIDAY JV TOURNAMENT Dec. 28 Madison Heights

GAITHERSBURG JV INVITATIONAL CHAMPIONSHIPS-Feb. 12

(Directions to the tournaments & hotels will be made available during the season.)

WRESTLING IS:

Both Offense and Defense at the same time,  
Intense, Physical, Powerful,  
Strength, Flexibility and Balance,  
Quick Reflexes, Quick Thinking,  
Endurance, Action-packed,  
Determination and Commitment  
Team and Individual

WRESTLING IS NOT:

Special Teams,  
Time outs,  
Special Padding, Special Equipment  
Half-time shows,  
Assists, or  
Instant Replays

**GO COUGARS!**

## Nutrition (Attachment 1)

Elite athletes such as wrestlers demand a lot from their bodies. They must pay special attention to essential nutritional needs. Varsity-level wrestlers have weight guidelines to adhere to. On match day, water and electrolytes are needed as well as a carefully chosen snack of readily available carbohydrates that will help keep energy and blood sugar levels stable. The proper amount of light protein must be provided by a snack-meal that won't make the wrestler feel bloated during his match, so blood is available to pump to the muscles, not in the stomach during competition. Once the wrestler has weighed in, this pre-match food should be eaten 30-90 minutes before the match.

(from article on [wrestlinggear.com](http://wrestlinggear.com), provided by Jon McGovern)

For more information on nutrition for wrestlers, see [www.mcps.k12.md.us/departments/athletics](http://www.mcps.k12.md.us/departments/athletics)

At QOHS, our wrestling program recognizes the need for a pre-match meal that will best meet the high performance requirements of our athletes. Therefore, after weighing in, our varsity wrestlers are given a snack-bag with the foods and fluids that our coaches have selected to best help the athlete recover without negatively affecting performance. During the high school wrestling season, our wrestlers will have 19 events, including regular season matches and tournaments. The varsity team has 14 spots plus alternates and coaches. We provide nearly 380 meal bags during the season.