Marina High School Wrestling Team

Handbook

2025-2026

PRACTICE TIMES: AN ACTIVE CALENDAR IS ALWAYS POSTED ON CANVAS AND AT WWW.MARINA-WRESTLING.COM.

PRACTICE GEAR: All wrestlers should come dressed for and have running shoes, wrestling shoes. Headgear can be worn in practice to prevent cauliflower ear. It is not mandatory for headgear to be worn in practice.

PRACTICE ABSENCE PROCEDURES: If a wrestler is going to be absent from practice on any occasion, you must contact Coach Rasmussen via email cerasmussen@hbuhsd.edu explaining why before the practice begins. Practice is essential to any team. If you are not consistent with your attendance, you are missing valuable technique and conditioning workouts necessary for wrestling! Excessive absence will result in an F for the class. If you miss practice during the season you are at risk of not competing that week. You should never miss practice during the season! Much knowledge can be gathered by just watching even if you are injured or otherwise unable to practice.

PRE-ARRANGED ABSENCES/VACATIONS: Again, practice is essential to your success as an athlete. I understand that vacations happen but please keep in mind that we conduct practices during Thanksgiving and Winter Breaks. If you are a starter at any level and miss these practices, there is no guarantee that your spot will be there for you when you return.

INJURY POLICY:

1. If you are injured you are still required to attend practice, dress for practice, and do what you can after meeting with the trainer concerning your injury. You can still learn a lot by watching practice. And although you cannot physically participate, you can help the team in other ways on a daily basis.
2. If you need to be taped, please see the trainer **before** practice. That way, you do not miss any valuable practice time. **Contagious skin rashes:** If a wrestler has any kind of skin rash, he must bring it to the attention of the coach. Before a wrestler is eligible for competition, he needs to show a doctor's note to the referee (if visible) granting him permission for competition. Covering the rash is NOT acceptable for competition. There is a form that needs to be picked up from the coach to take to the doctor to clear them for competition. This is why showering after practice and clean clothes are so important. Please be a good teammate and follow this rule.

MEET GUIDELINES

BASIC PROCEDURES: All team members will attend both home and away dual meets. Wrestlers will not be allowed to leave dual meets until the meet has ended.

HOME MEETS (Dual): Every wrestler will attend the dual from start to finish. We will need everyone to move the mat into/out of the gym. We do everything as a team.

Dual-Day Attire: Wrestlers will wear their "same" Marina Wrestling attire to school on the day of meets. During the actual meets all team members will have the "same" team uniform.

Weigh-in: All wrestlers will weigh-in at each league dual meet. No exceptions! For home meets all wrestlers will need to be in the wrestling room at the given time assigned by the coach.

Food: Wrestlers will have time to eat after weigh-ins. Bring healthy food for that time. Always bring your own healthy food to eat after weigh-ins. We will never leave to go get food!

AWAY MEETS (Duals): Make sure you are on time for away meets. The coach will tell you the meeting time prior to leaving for any event. Check your gear to make sure you have all the necessary equipment to wrestle that night. If you come on the bus you must leave with the bus. Some exceptions are made on an individual basis. If you are late for the bus, you will cost us that opportunity; you may be left behind! Always bring your own healthy food to eat after weigh-ins. Once again we will never leave to go get food!

TOURNAMENTS: We compete in tournaments almost every weekend during the season. The bus will pick us up in front of the wrestling room. Bring food, money for food, pillow, and anything else you may need to entertain yourself between matches. Wrestling tournaments will usually last for most of the day. Once again, always bring your own healthy food to eat throughout the day. Once again (notice a common theme here) we will never leave to go get food! This includes when we travel significant distances for varsity meets. Bring plenty of healthy food for the entire weekend.

Tournament Day Attire: Please make sure that you have all of your gear! Make sure to pack your bags appropriately the night before the tournament.

LINEUP DETERMINATION: Wrestle offs are held to determine what wrestlers have earned varsity spots for the week, but it is up to the coaches to decide the final line-up. We will always set the line-up so that it gives the team the best possible chance to win as a team.

OTHER GUIDELINES

ACADEMICS: You are a student athlete! Notice that the student comes first. You must be able to balance your social life, school, and wrestling. This makes you a very special person. Take accountability in your actions; plan appropriately, and give yourself enough time to complete any assigned work. Missing practice for homework is unacceptable; if you have to, this most likely means that you did not plan appropriately, thus your attendance grade will reflect this.

ELIGIBILITY: Wrestlers must maintain a 2.0 GPA at the time of each report card. Because we are a winter sport, your eligibility can be affected after the first semester. This in turn can affect the team and our hopes in winning a league title or your individual goal of continuing on in the second half of the season.

WEIGHT MANAGEMENT: The state of CA and CIF require a hydration test to make the sport safe for all wrestlers. There will be an assessor that will conduct the test for a fee of $15. The results of the test will determine the lowest eligible weight class for each individual wrestler. LOSING WEIGHT IS NOT MANDATORY FOR SUCCESS IN WRESTLING! Our Coaches do not encourage weight cutting and try to discourage it at all times.

Varsity Boys Weight Classes: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Female Weight Classes: 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235

OUR HYDRATION TEST DATE IS 10/15/25

PRE-SEASON/OFF-SEASON: The state of CA is one of the top wrestling states in the country. If you have hopes of competing at the highest level (i.e. State Meet, Nationals, etc.) you must train year round. There are plenty of opportunities to wrestle outside of our winter sport. Take advantage of those times to get better for yourself and your team! Every MHS wrestler will be provided a USA card for competition throughout the year. Find a local club and join it!

CAMPS: Attending camps on your own in the summer is highly recommended. We (Marina HS Wrestling) plan on hosting a wrestling camp each summer and all returning wrestlers are required to attend this camp. This camp generally runs the month of July.

Fundraising

We will be conducting the following fundraisers.

- Hosting dual meets and tournaments (snack bar help will be needed).
- eTeamsponsor.com (Online Campaign) STARTS 10/8/25

****Fundraisers do not replace any other financial obligations without prior approval from the booster club. Please do not contact any coaches regarding this. ****

HOME TOURNAMENT DATES

Volunteer Help Will We Required!

12/12 & 12/13/25- Varsity Boys Tournament
12/20/25- Freshman Boys and JV Girls
2/13 & 2/14/25- CIF Individual Girl's Tournament
(Digital sign up coming soon)

SNACK BAR DONATIONS

DUE DATE-12/4/25 (Drinks and packaged goods)

- Perishables due week of tournament
- Donation request being sent home soon

Wrestling Financial Obligations:

Total Cost to Wrestle is $600

If you need to make payments:

Due Dates
9/23/25- $300
10/31/25- $300

Payments can be made Via:

- **Zelle: marinahsvikingwrestling@gmail.com**
- **Venmo: @marinawrestling-boosters**
  Last 4 Digits: 4207

(Please indicate your wrestler's name if possible)

- **Check Payable to Marina Wrestling Boosters**
- **If paying cash, please make sure to get a receipt from boosters or Coach Rasmussen**

Non Profit Tax ID# 81-075-4605

What does the $600 pay for?

- Spirit Pack ($22,678)
- Coaches Pay (School Pays for 4, We have 7-IN SEASON ONLY) $12,000 from boosters
- Banquet (Wrestler's Entry is Included) (Appx $5000)
- All Awards ($400)
- Tournaments ($8145)
- Trainer (for our home tournaments) ($966 for 1 day)
- Supervision for Home Tournament ($450)
- Home Tournament Officials and Director ($2,600)
- Home Tournament Awards/Medals ($700) Total Tournament Cost Appx- $5,000
- Transportation (if we have an overage) (Last year cost was $4,500)
- Clinicians ($3200 for summer camp)
- CIF Travel (State Hotels are $10,000)
- Cleaning Supplies ($315)
- Equipment (New Mat Purchased Last Year $12,000)(Mat Tape $750)

- Weight Room (Coach is $2,700 a year)
- Wrestling Room (Wall of Fame and Banners $5,000+ Last Season)

It takes roughly $80,000 to run this program. Last year MHS provided $3,100 for tournaments and $800 for hotels.

A link for Clothing Packages will be sent by the end of next week.

If you have any financial questions please contact Coach Rasmussen
cerasmussen@hbuhsd.edu

Important Dates

- 10/17/25- Final Clearance Date
- 10/31/25- All Booster Contributions Due Date
- 12/12/25-12/13/25- MHS Varsity Tournament. All Wrestlers Must Be Present
- 12/19/25-12/20/25- MHS Lower Level Tournament. All Wrestlers Must Be Present
- 2/12/25-2/14/25- CIF Girls Individual Tournament. All Wrestlers Must Be Present

IF YOU ARE NOT ALREADY USING THE REMIND APP FOR WRESTLING UPDATES AND INFORMATION PLEASE DOWNLOAD THE APP AND SEARCH **cggahe** OR TEXT **@cggahe to 81010**
I will also be sending out messages via Parentsquare and Email.

Clearance Process

1. Complete online information today at www.athleticclearance.com
2. Students must complete a concussion baseline test. Info is on CANVAS in announcements.
3. Complete an athletic physical ASAP! The form can be found at the bottom of this page Athletics Physicals I also have hard copies if needed
4. Fees to be paid in room 301 to MARINA HIGH SCHOOL By 10/17/25
    a. ASB Card: $70 ($190 for Super Viking)
    b. Trainer: $25
    c. Transportation: $100

    All can be paid by check or online at Marina Web Store. Create a login first. Transportation can be found under "winter sports clearance".

Booster/Volunteer Sign-up

Marina Wrestling Competition Schedule 2025-2026

Date	Location	Level	Format	Bus
11/15	Capo Valley	Girls Varsity & JV	Individual	6:00 AM
11/22	Capo Valley	Boys Varsity & Frosh/Soph	Individual	6:00 AM
11/22	Western	Girls JV	Individual	VANS
12/4	Westminster	Boys & Girls Freshmen	Quad Dual Meet	2:00 PM
12/5-12/6	Westminster	Boys Varsity	Individual	VANS
12/6	Santa Ana	Girls Varsity	Individual	VANS
12/6	Yorba Linda	Boys Frosh/Soph	Individual	6:30 AM
12/6	Valencia	Girls JV	Individual	6:30 AM
12/10	Huntington Beach @ Marina	All Levels	League Dual Meet	HOME
12/12-12/13	Marina	Boys Varsity	Individual	HOME
12/13	Mater Dei	Girls Varsity	Individual	VANS
12/17	Marina, Los Alamitos @ Corona Del Mar	All Levels	League Dual Meet	1:15 PM
12/19-12/20	Reno TOC	Girls Varsity	Individual	TBD
12/20	Marina	Boys Freshman/ Girls JV	Individual	HOME
12/29-12/30	Corona	Girls Varsity	Individual	VANS
1/9-1/10	CIT Morro Bay	Girls Varsity	Individual	TBD
1/10	Irvine	Boys Varsity	Individual	VANS
1/10	Westminster	Boys Freshmen & JV	Individual	NO VANS/MEET AT WESTMINSTER
1/14	Edison, Fountain Valley @ Marina	All Levels	League Dual Meet	HOME
1/16-1/17	Fountain Valley	Boys Varsity	Individual	VANS
1/16-1/17	Big Kahuna @ Cerritos College	Girls Varsity	Individual	VANS
1/17	Aliso Niguel	Boys Frosh/Soph	Dual Tournament	7:00 AM
1/24	Esperanza	Varsity Boys/Girls	Individual	VANS

1/25	Lower Level League Finals @ Fountain Valley	All Lower Levels	Individual	6:30 AM
1/31	CIF Duals TBD	Varsity Boys/Girls	Duals	TBD
2/7	Varsity League Finals @ Fountain Valley	Varsity Boys/Girls	Individual	TBD
2/13-2/14	CIF Individuals Girls @ Marina Boys @ Fountain Valley	Varsity Boys/Girls	Individual	TBD
2/20-2/21	Masters Meet @ Sonora	Varsity Boys/Girls	Individual	TBD
2/26-2/28	State Meet @ Bakersfield	Varsity Boys/Girls	Individual	TBD