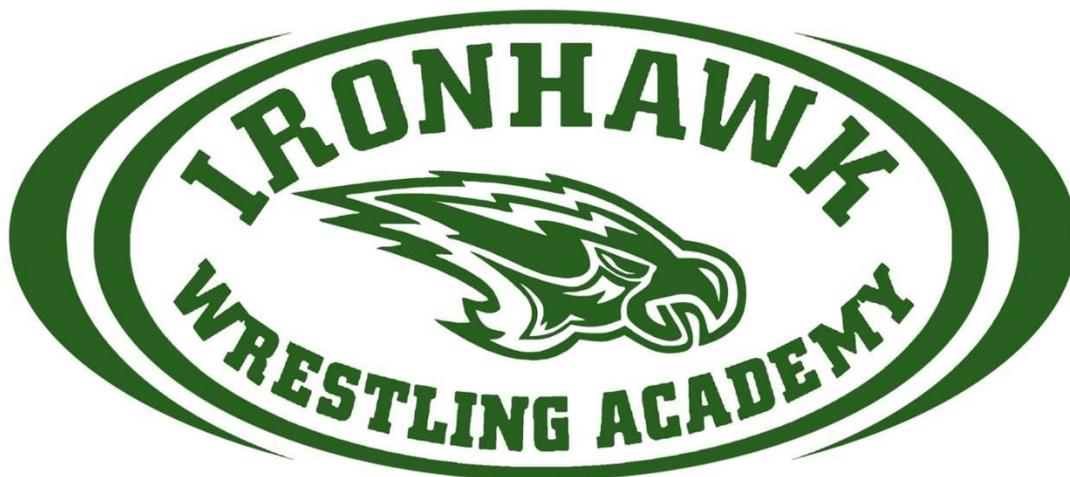


**IRONHAWK WRESTLING
ACADEMY
Handbook**



IRONHAWK WRESTLING



ACADEMY



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Coaches Comments:

Welcome to Ironhawk Wrestling Academy. If you have participated in our program previously, I hope you found it to be a rewarding experience. If you're new to Ironhawk, or you're thinking about enrolling, I'm confident that you will find it to be one of the best Wrestling Development programs in the Midwest.

Ironhawk Academy's success did not happen by accident. This Academy is a unique program that gets results for several reasons including:

- ✓ **Success/Tradition** – *Skutt Catholic High School has enjoyed a strong tradition and highly successful wrestling program. Our program is arguably the best program in the state, having won a record-setting 13 consecutive state championships, which is a Nebraska All Sports record. Add to that, Skutt Catholic has also captured all 3 of the state dual championships. Many of the techniques, skills, and training practices employed at the High School level are also being incorporated into Ironhawk Academy.*
- ✓ **Coaches** – *Due to the history of success at Skutt Catholic, and the wrestlers that competed there, many of the Ironhawk coaches are former SC wrestlers. These wrestlers know how to win with most/all coaches achieving multiple state championships themselves. Many/most have competed at the College level and several are All-Americans and National Champions. These coaches know what it takes. They know how to do it. They know how to teach it, and they know how to develop it. They also know that it's important to have fun, which is why most practices include activities designed to lessen the intensity but increase the enjoyment.*
- ✓ **Facilities** – *Hildebrandt/Nebe Wrestling facility is home to Ironhawk, and enjoys one of the largest and most well-equipped facilities in the state. This not only allows for more enjoyable and productive training sessions, it also enhances the safety of the wrestlers who are competing.*
- ✓ **Parents/Support** – *As with the wrestlers, Ironhawk enjoys having hard-working, dedicated parents who are committed to their son's progress, development, and well-being.*

✓ **Wrestlers** – *Participating in a program that's highly successful and attracts talented athletes brings out the best in everyone. Expectations and standards are high, and these priorities help raise the bar for all participants. When you practice and compete with good wrestlers, your skills improve and you become better yourself. This program breeds hard-working and talented wrestlers.*

In closing, I hope you're part of the Ironhawk Academy experience. If you are, I promise to help you maximize your skills, enhance your development, and be the best that you can be. Thank you, and I hope to see you on the mats in the near future.

Warm Personal Regards, Coaching Staff

Coaching Philosophy

"Believe in yourself and believe in the Program"



Wrestling is not an easy sport! That being said, those individuals that participate and are committed will find that wrestling can be one of the most rewarding experiences of their lives. They will develop qualities and life lessons that will enrich their lives forever.

At Ironhawk Academy, we have a strong belief in the need to focus on the fundamentals. Wrestling stats collected from a study of the Olympics and World Championships from 2000-2014, showed that more than 90% of scoring centered around 4-5 basic concepts. The best and most successful wrestlers at all levels understand and know how to flawlessly execute basic fundamental wrestling skills. At Ironhawk, we reinforce this point as well.

In addition to focusing on fundamentals, it's also important to focus on what we can control. No matter what we do or strive to achieve, a strong focus on the things that are within our control will greatly enhance our chances for success. Unfortunately, many individuals and teams waste time and energy worrying about things we can't control, and therefore, have little impact on the end result or outcome. When we focus on what we can control, we know what we did, we know the results (positive or negative), we know why the outcome occurred, and we understand why we were successful, or what we need to do to improve. This practice is healthy, it's motivational, and it leads to success.

Lastly, wrestling is both an individual and a team sport with very little subjectivity in determining the winners and the losers. For this reason, three main qualities are the driving force behind success and failure. These qualities include: 1) *Attitude*, 2) *Ability* and 3) *Effort*. Ability is God-given, and while we can enhance our technique and skills, our ability, for the most part, is out of our control. What we can control is the attitude we choose to have, and the effort we wish to put forth. We decide to be positive or negative in what we say and how we act. We also choose to focus, work hard, and give it our best, or we decide not to. When an individual has God-given ability, maintains a good attitude, and puts forth great effort, this combination almost always guarantees success. Additionally, a strong focus on our effort and our attitude can make up for gaps in skill or ability.

In summary, our job as coaches at Ironhawk Academy is to ensure that we focus on the flawless execution of fundamentals, and we remain focused on what we can control. We will do everything possible to motivate, instruct, and develop your wrestler's skills & abilities so he/she can be the best that they can be, both on the mat and off. I will put them in situations that are challenging, and I'll also provide him/her with opportunities to do well and experience success. In turn, I expect our wrestlers to have a good attitude, demonstrate exceptional effort, and have fun. Our wrestlers must believe in themselves, believe in the team, and "buy in" to the program. When we all do our jobs and do what is expected, the Ironhawk experience will be an outstanding one for coaches, wrestlers and parents.

Ironhawk Wrestling Academy

Mission and Values Statements



Ironhawk Mission

The MISSION of Ironhawk Wrestling Academy is to provide all participants with a positive wrestling experience in a fun and competitive environment. We strive to teach and ingrain in our wrestlers valuable skills and qualities that will serve them well on and off the mats including, but not limited to, good sportsmanship, teamwork, discipline, work ethic, self-motivation, and confidence, which are all necessary components to building a person of character. We are committed to enhancing the overall fitness level and skill development of each participant by providing opportunities for success, and always focusing on each wrestler's well-being.

Ironhawk Values

The Ironhawk Academy VALUES to be incorporated by all participants and staff members include the following:

1. Encourage and expect good sportsmanship and pride in our TEAM!
2. Positively influence character development by emphasizing good habits and attitudes.
3. Provide qualified adult leadership and a safe and healthy environment for all our team members.
4. Foster a sense of personal accomplishment by helping wrestlers develop goals and understand standards for success in order maximize their potential.
5. Provide a fun environment that also challenges our wrestlers to be the best that they can be in whatever they do.

6. Enhance the overall fitness levels of our youth by developing their strength, agility, balance, flexibility, and wrestling skills.
7. Prepare our wrestlers to become more competitive as they mature, and provide them with the skills to succeed on the local, state, and national level.
8. Enable the wrestlers an opportunity to work with coaches who have been successful at a state, national, and collegiate level.
9. Provide an atmosphere that encourages parent/family involvement in the club.
10. Be Champions in all that we do!

“We are what we repeatedly do. Excellence then is not an act, but a habit”



~Aristotle

Ironhawk Wrestling Academy

Personnel



Coaches and Staff

- | | |
|-------------------|----------------------------------|
| ● Chas DeVetter | <i>President/Coach</i> |
| ● Ron Higdon | <i>Tournament Director/Coach</i> |
| ● Dylan Wheaton | <i>Assistant Coach</i> |
| ● Brett Lutmer | <i>Assistant Coach</i> |
| ● Jimmy Ball | <i>Assistant Coach</i> |
| ● Scott Nordstrom | <i>Assistant Coach</i> |

Advisory Board

- | | |
|-------------------------------|---|
| ● Chas DeVetter | <i>President/Coach</i> |
| ● Ron Higdon | <i>Tournament Director/Director of Coaching Development</i> |
| ● <i>Jason Johnson's Wife</i> | <i>Finances</i> |
| ● Phil Peters | <i>Communication</i> |
| ● Rachel Karmazin | <i>Apparel Coordinator</i> |

- **Doug and Teri VanDyke** Social Media
- **Dwayne Ourada** *Tournament Entry Coordinator*
- **Jason Johnson** *IronHawk Tournament*
- *IronHawk Tournament*

Ironhawk Wrestling Academy

Meet the “Core” Coaches – Biographies



Chas DeVetter: Chas is the head wrestling coach for the Skutt SkyHawks along with coaching for the IronHawks. As a wrestler for the SkyHawks Chas was able to be a part of the first 3 State Championships of the SkyHawks Historic run. Chas wrestled for the University of Iowa and transferred back to Omaha to finish his academic and athletic Career as a UNO Maverick. He was able to be apart of 2 National Championship Teams with the Mavericks. As a coach Chas was an assistant at Skutt for nearly 5 years, a head coach for Creighton Prep for 5 years and has been the head coach at Skutt for the last 2 years. He was the head coach for the SkyHawks 19th (out of the last 20) Team State Championship.

Ron Higdon: Formerly the wrestling coach at the University of Nebraska Omaha (UNO) for 19 years (15 as an assistant and 4 as the Associate Head Coach). In his coaching tenure at UNO, they won 6 NCAA II wrestling team titles (2004, 2005, 2006, 2009, 2010 & 2011). During his coaching career, 123 UNO wrestlers earned NCAA II All-American honors, including 24 National Champions. In 2005 the UNO wrestling team won the team title as well as the academic team title, which is the team with the highest combined GPA (3.28 GPA). Ron is currently an Assistant Director for the Nebraska School Activities Association (NSAA). He is the state administrator for wrestling, boys & girls soccer, as well as the liaison for the NSAA Sports Medicine Advisory Committee. Ron oversees the assigning of medical personnel for all NSAA Championships. He served on the NFHS Wrestling Rules Committee as well as the NFHS Spirit of Sport and Heart of Heart Committees. Originally from Amarillo, Texas, he moved to Omaha in 1987 to wrestle at UNO. He was a 2-time collegiate All-American in wrestling prior to coaching. Ron is married to Sandy Derby-Higdon and proud parent of Kalee and Ryder.

Dylan Wheaton - Dylan started wrestling at the age of 4. He began competition nationally in the kids division where he placed at nationals in all styles and winning freestyle. While wrestling for Skutt Catholic he was a four time state placer and won two state individual titles, while helping capture four team state championships. He then continued his wrestling career at the collegiate level wrestling for the University NO. He is excited to be back a part of a program that did so much for him and looking forward to helping kids reach and exceed their goals.

Brett Lutmer - Brett was a multiple time placer for the SkyHawks. He continued his wrestling career at Augustana University.

Jimmy Ball- Was a 3 time letter winner in college for the UNO Mavericks. In High School he was a 3 time placer and 1 time state champion for Blue Valley in Overland Park Kansas.

Numerous Parent Volunteers: Special thanks to the numerous volunteer coaches that have consistently coached and given of their time, treasure and talents. Many of these outstanding volunteers have been alumni wrestlers of powerhouse Skutt High School, while others are devoted fathers and parents to IronHawk wrestlers.



Ironhawk Wrestling Academy

Coaches' Code of Conduct

All of our Ironhawk coaches are dedicated and caring individuals that have a wealth of experience and love for the sport of wrestling. We are committed to exemplifying the club's mission and values and ensuring that good sportsmanship, pride, honor, and concern for the well being of our TEAM is our top priority. Ironhawk coaches recognize the privilege of coaching our fine young wrestlers and the influence they can have on these athletes. You have our commitment that our coaches will:

- *Serve as positive role models to our wrestlers and hold themselves to the same high standards of conduct as we do our wrestlers. This sets a good example for wrestlers, parents and spectators to follow.*
- *Model appropriate conduct by refraining from profanity, disrespectful conduct, and the use of alcohol or tobacco in front of our wrestlers or other situations where our conduct could undermine our positive impact as a role model.*
- *Promote safe competition by putting safety and health considerations above the desire to win; never permit our wrestlers to intentionally injure any person or engage in reckless behavior that might cause injury to themselves or others.*
- *Plan each practice based on the "Ironhawk Skill Progression" outline, and come prepared and organized for each clinic.*
- *Seek out competitive opportunities for our wrestlers consistent with their abilities.*
- *Teach, coach, push and encourage all of our wrestlers to achieve their potential and bring out the champion in each wrestler.*
- *Put winning in its proper perspective, as we teach to be humble in victory and respectful in defeat.*
- *Treat all people with respect, including **officials**, coaches, opponents, spectators, and others at all times.*
- *Use positive coaching methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for our sport. Refrain from physical or psychological intimidation, verbal abuse, and conduct that is demeaning to student-athletes or others.*
- *Encourage our wrestlers to pursue victory with honor, to support our TEAM, to do their best and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the final outcome of the match, and more emphasis on effort, improvement, teamwork,*

and winning or losing with character.

- *Leave personal/work issues at the door; stay focused & motivated in order to provide the best instruction possible. Remember, this is about the kids, not about you. Plan to check your ego at the door.*
- *Promote a Caring Environment by consistently demonstrating concern for our wrestlers as individuals and encourage them to look out for one another and think and act as a TEAM!*
- *Proper conduct is an expectation for Ironhawk coaches. Alleged misconduct by a coach will be reviewed by the Advisory Board to determine the appropriate disciplinary action, if any.*

In summary, all Ironhawk coaches thank you for the confidence you have bestowed on us to coach and teach your sons. We appreciate this privilege and consider it an honor. We promise to follow our golden rule. *Do what's right!*

Ironhawk Wrestling Academy

Expectations



Wrestlers

1. **ARRIVE ON TIME** – Vince Lombardi once said “If you’re not five minutes early, you’re late.”
2. **BE PREPARED** – Make sure you have the proper equipment. If you need to change shoes/shirts, do it before practice starts. We want to start on time and end on time.
3. **PLEASE** wear the issued Ironhawk practice shirt
4. **STAY FOCUSED** – Once practice starts, be attentive and concentrate on learning, and execution.
5. **ATTITUDE** – Commit to maintaining a positive attitude and putting forth complete effort.
6. **GIVE A GOOD EFFORT/ PRACTICE HARD** – You wrestle like you practice.
7. **LEAD, FOLLOW OR GET OUT OF THE WAY** – Not everyone can be a leader. If you cannot be an effective leader, be an effective follower.
8. **DEMONSTRATE GOOD SPORTSMANSHIP** – Everyone loses at some time. Don’t behave in an unsportsmanlike manner.
9. **SET A GOOD EXAMPLE; BE A ROLE MODEL** – It’s especially important that varsity wrestlers set good examples for the younger or novice wrestlers, who are the future of the team. Wrestlers can set a good example for athletes in other sports as well.
10. **MAKE NO EXCUSES** – Take responsibility for your actions. Be accountable and don’t blame others for your decisions.
11. **BE A TEAM PLAYER; FOCUS ON TEAMWORK** – When needed, help others. Try your best to fit in and help others fit in. A team player doesn’t cause dissension or disruption.
12. **BE RESPECTFUL** – Avoid talking when coaches are instructing. Making eye contact shows respect. Be thankful and respectful to your coaches, your team members, and especially your parents.
13. **WORK HARD, HAVE FUN, BE A GOOD SPORT.**

Parents

1. Commit to ensuring that your son is at all practices whenever possible.
2. Please be on time for the start and end of practices and allow time for your son(s) to change shoes.
3. Parents must turn in all necessary forms promptly, and ensure clinic fees are paid on time.

4. Feel free to provide input or bring issues to the coach's attention, but plan to do so away from the wrestlers.
5. Parents must equip their wrestler properly so they can participate in all practices & matches. Wrestlers should not wear street shoes on the mats, and should not wear wrestling shoes on the street.
6. Encourage your sons to participate, work hard, and pay attention. Your reinforcement helps to maximize his focus and learning.
7. Allow the coaches to do what they do best, which is coach.
8. Parents should try to be available to assist in the Wrestling Program and team functions as requested.
9. Encourage good sportsmanship through your actions, by demonstrating positive support for all wrestlers.
10. Support and encourage the wrestlers to always give their best effort.
11. Provide support for coaches and officials working with the wrestlers to provide a positive experience for all.

Ironhawk Wrestling Academy

Rules & Policies



1. Practice Facility:
 - Hildebrandt/Nebe Wrestling facility is one of the premier wrestling facilities in the state. Through your actions, all wrestlers, coaches, and guests shall respect the property, equipment, and mats.
 - All guests are limited to utilizing the mat area and rest rooms. All other areas and/or equipment are prohibited including offices, locker area, exercise equipment and school facilities.
 - All trash and materials brought into the wrestling facility must to be discarded and/or removed at the conclusion of each practice.
2. Guests/Children - Any non-participating children in attendance during practices must be under the constant supervision of a nonparticipating adult. Parents who are not coaching are not allowed to watch the practices, except for at the mini hawk level.
3. Emergency Contact Information - Coaches will have your emergency contact number in case we need to contact you during a practice.
4. Tobacco/Alcohol – All tobacco and alcohol use is prohibited in wrestling facility or on facility grounds.
5. Wrestling Attire/Clothing – During practice, we ask that all wrestlers were the issued Ironhawk practice shirts when on the mats and preparing for practice. No “street” shoes should ever be worn when on the mats and no wrestling shoes should be worn outside. As a reminder, wrestling clothing should not have zippers or abrasive material. Workout pants are okay as long as they are appropriate.
6. Special Equipment – Mouth guards are highly recommended for any wrestlers with braces. This is a national high school rule, and it’s for the protection of their teeth, and other wrestlers.



Health & Hygiene Guidelines

In recent years, contact sports have experienced outbreaks of skin infections and disease, and are generally borne from hot, humid or damp, surface conditions. Locker rooms and wrestling mats are just two examples of ideal breeding grounds for these conditions. Because skin diseases are contagious, all states mandate skin checks of wrestlers before competing.

The good news is that an ounce of prevention is worth a pound of cure. Good sanitary practices such as showering immediately after practice, laundering practice clothes, wearing clean shoes and clean clothes on the mats, maintaining good body hygiene, and ensuring mats are disinfected before and after practice goes a long way to prevent any potential skin or infectious conditions. Ironhawk Academy takes skin hygiene and mat safety very seriously.

Ironhawk Academy and the Skutt Catholic Wrestling facility take every precaution to minimize the risk of skin infections for our athletes. Mats are cleaned on a regular basis with a disinfectant/sanitizer that is formulated to kill organisms that cause skin infections. Keeping our wrestlers healthy by avoiding skin infections needs to be a shared responsibility of every coach, parent, and athlete. More specific to wrestling, the following practices are some of the keys to minimizing the risk of skin infections:

Wear clean shoes on the mats. Ironhawk requires wrestling shoes while on the mats in order to ensure the safety of our wrestlers. Prior to the wrestlers entering the wrestling room for practices, their shoe soles need to be clean. The easiest way to accomplish this is by bringing a different pair of shoes to be worn on the wrestling mat. Street shoes or tennis shoes worn outside should not be worn on the mat, and wrestling shoes should not be worn on the street. As a matter of safety to all our wrestlers and to protect the mats, we will not allow wrestlers to practice with shoes worn outside, or with bare feet or socks only.

Wash your hands, Wash your hands, Wash your hands! Research has shown that one of the most effective ways to prevent the spread of infections is to WASH YOUR HANDS. Clean hands often with soap and water. Use alcohol hand rub if soap is not available. When taking a break to use the bathroom, all wrestlers need to wash their hands before returning to the mats. This should also be done before and after practice.

Keep cuts and scrapes, no matter how small, clean and covered. If your child has cuts or scrapes, please be sure they are clean and covered prior to coming to practice.

Keep Fingernails Clipped. Long fingernails can cause cuts and abrasions. Many infections begin when bacteria and viruses gain access to our body through small openings or cuts in the skin. Keep fingernails clipped short to prevent scratching other wrestlers.

Showers should be taken immediately following all practices and competitions. Taking a shower must be the first thing an athlete does when he gets home. Use of a shower mesh or washcloth in conjunction with an antibacterial soap/cleanser is strongly recommended.

Wear clean clothes and equipment and keep them clean. Please ensure wrestlers come to practice with clean clothes and equipment. Clothes that have been worn outside playing in the grass, dirt, etc., can bring soil-borne organisms, such as ringworm, onto the mats. Clothes and towels taken home for laundering should be placed in disposable plastic bags,

never directly into a gym bag. This helps prevent germs from being transferred to the inside of the gym bag. Headgear should be wiped off with an alcohol wipe after each practice, and knee pads should be washed after every use. Towels should never be shared.

You and/or your wrestler should perform regular skin checks. If you notice a lesion, sore, or rash on the skin, especially if it is red, swollen, or draining fluid, notify one of our coaches, and contact your healthcare provider immediately for diagnosis and treatment. Note that we will do periodic skin and fingernail checks of all our wrestlers, just as officials do for wrestling competitions.

Ironhawk Wrestling Academy



Following A Proud Tradition and History of Success



Skutt Catholic High School

NEBRASKA CLASS B STATE CHAMPIONS

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2012, 2013,
2014, 2015, 2016, 2017

RIVER CITIES CONFERENCE CHAMPIONS

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012

142-22 DUAL MEET RECORD 1997-2009

152 STATE QUALIFIERS

97 STATE MEDALISTS

62 STATE CHAMPIONS

THIRTEEN USA WRESTLING CADET AND JUNIOR FREESTYLE/GRECO ALL-AMERICAN HONORS

FOUR WRESTLERS CURRENTLY WRESTLING AT DIVISION I, II & III SCHOOLS

SIX NHSCA HIGH SCHOOL ALL AMERICANS
TEN NCAA/NAIA ALL AMERICAN HONORS
NINE NCAA ACADEMIC ALL AMERICAN HONORS DIVISION I & II
One World Team Member
One World Team Placer (2nd Place)

STATE-OF-THE-ART WRESTLING ROOM BUILT IN 1998



IRONHAWK WRESTLING ACADEMY

*“Once you’ve wrestled, everything else
in life seems easy”*