



**2024-2025**

# **Parent/Athlete Handbook**

## **Important Phone Numbers:**

**Coach Joe Eddie Terribilini (Cell) 619-895-2880**

**Rancho Bernardo High School Main Office 858-485-4800**

**Coach Tracy Stowe, Athletic Director 858-485-4808**

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**Check out Rancho Bernardo Wrestling's website:**

**[www.rbwrestling.org](http://www.rbwrestling.org)**

**This site always has valuable information!**

# Table of Contents

TEN COMMANDMENTS OF WRESTLING .....	
COACHING STAFF .....	
Why Wrestle.....	
PRACTICE GUIDELINES .....	
Tournament/Meet Guidelines and Procedures.....	
ACADEMICS .....	
WEIGHT MANAGEMENT.....	
OFF SEASON .....	
CAMPS .....	
PARENT SUPPORT/SELF ADOVOCACY .....	
Spirit packs.....	
Fundraising Buy out/ Fare share.....	
BOOSTER CLUB.....	
Wrestling Yearly program Budget snap shot.....	
Lettering Criteria/Team Standards.....	
RB Wrestling Core Covenants.....	
BASIC WRESTLING FACTS .....	
2024-2025 Season Schedule.....	
2024-2025 Anticipated Hotel list for Varsity.....	

# **Ten Commandments of Wrestling**

- 1. Thou shall not make excuses**
- 2. Thou shall listen to coaching staff**
- 3. Thou shall not miss practice**
- 4. Thou shall not do other activities to risk injury during wrestling season.**
- 5. Thou shall have team leadership**
- 6. Thou shall not miss weight**
- 7. Thou shall not have poor sportsmanship**
- 8. Thou shall not quit**
- 9. Thou shall not be intimidated**
- 10. Thou shall not forget what parents have done**

# Coaching Staff

## High School

### ***Joe Eddie Terribilini***

Head Coach/Program Director, 22nd Year  
619-895-2880 [Jterribilini@powayusd.com](mailto:Jterribilini@powayusd.com)

### ***Dave Williams***

Head Assistant Varsity Coach, 20<sup>th</sup> Year with the program  
619-368-8700

### ***Wilfred Charbono***

Varsity Assistant Coach RB Wrestling Alumni, 7th year with the program

### ***Sam Choi***

Varsity Assistant Coach 6th year with the program, RB Youth Head Coach 3rd year

### ***Brandon Jasmund***

Head JV Coach/ Varsity Assistant Coach 4th year with the program

### ***Alex Martini***

Varsity Assistant Coach 16<sup>th</sup> year with the program

### ***Rodney Dimalanta***

Assistant Coach, 3rd year with the program

### ***Jason Kameya***

Freshman Coach, Assistant Coach, 10th Year with the program

### ***Shane Macedo***

Assistant Coach, RB Alumni 1<sup>st</sup> year with the program

### ***Micha Leininger***

Assistant Coach, RB Alumni 1st year with Program

### ***Adrian Lozano***

Assistant Coach, 1<sup>st</sup> year with the Program

### ***Tevita Taufa***

Assistant Coach, 1<sup>st</sup> year with the program

## YOUTH COACHES

Justin Mann- 4<sup>th</sup> year

Cade Johnson- 3<sup>rd</sup> year

Glenn Miller- 3<sup>rd</sup> year

Joe Difrancisco 2<sup>nd</sup> year

Rafa Ancona- 2<sup>nd</sup> year

Anthony Mchpherson- 2<sup>nd</sup> year

Matt Lambert- 1<sup>st</sup> year

# Why wrestle?

Wrestling is the toughest sport there is Period. So why wrestle? The sport of wrestling is the greatest preparation there is for competing in the game of life. A wrestler is the one athlete who must meet their opponent and do battle completely on their own. No one can substitute for you, and time outs are not possible. There is no one to check, screen, block, or assist you in any way. There is no one to pass the ball to, and there is no one to blame for your mistakes but you. When you win, you are expected to display quiet pride and modesty; when you lose, the responsibility is all yours.

Wrestling is a special sport. In other sports, when contact is made, the whistle is blown and the action stops; in wrestling when contact is made, you're just getting started!

No other sport requires more dedication, sacrifice, or self-discipline than wrestling does. Through self denial, the individual wrestler feeds and nurtures his/her character more so than can ever be explained in this handbook. It is something you will carry with you throughout your entire life -- through every trial, test, and tribulation. Wrestling . . . truly teaches life skills and values.

## **Practice Guidelines**

**The Wrestling Room:** This is OUR Room. Take Care of it. Keep it clean for our use and not spread germs that may spread sickness or infections synonymous with wrestling (staph, impetigo, and ringworm). Sweep up the mats and use disinfectant regularly. Don't leave behind trash and pick up random trash.

Have the room ready when practice is scheduled to start and maximize the time with each other and the Coaches.

-Stay busy, don't sit around and wonder what to do (this develops bad habits).

**Practice Times:** Freshman practice will be daily from 4:00 p.m. to 5:45 p.m. in the wrestling room, which is located behind the gymnasium. Varsity/Varsity-B/Junior Varsity will practice daily from 4:00 p.m. to Completion (Usually 6) in the same location. (Note: Morning practice we will leave open to possibility in the future. There will be additional practices held on the first two Saturdays of the season, November 9<sup>th</sup>, and 16<sup>th</sup> From 8:00 a.m. to 10 or 11:30 a.m. (Ranging)

**Practice Dress:** Wrestlers are required to wear a long-sleeve shirt (tucked in), shorts (No pockets), and wrestling shoes to practice. Practice shirts and Shorts are in the spirit pack. Wrestlers are expected to wear practice shirts and black shorts to every practice. (These will be the Spirit pack ones or other of a solid color. **WASH YOUR WORKOUT CLOTHES DAILY -- HAVE CLEAN WORKOUT CLOTHES EVERY DAY!** Once the head gear is issued it must be worn during all wrestling activities: stretching, live wrestling, and drilling.

**Practice Attitude:** All team members are not only expected to demonstrate superior character on the mat but off the mat as well. The following behaviors will not be tolerated: foul language, horseplay, pranks, bullying or childish stunts which include, but are not limited to, hazing. During demonstrations and discussions, you may take a knee or remain standing. However, upon completion of the demonstration or discussion, you will get right back to work. Once wrestling begins, there is no sitting down. Expect there to be "stance days," in which all wrestlers will stay in their stance for the entirety of the practice.

**Contagious Skin Rashes (Ringworm):** Ringworm is a contagious fungus infection that is very common among high school athletes and which spreads quickly. Despite its name, it has nothing to do with worms. The name comes from the flat, red ring or patch that appears on the skin. Fortunately, there are a few simple things that you can do to prevent contracting it: shower immediately after every practice; wear clean, long-sleeved workout shirts to practice; do **not** share towels, clothing, brushes, or any other personal items; Should you develop any kind of skin rash, bring it to the attention of the coaches and your parents immediately. If you do contract ringworm, you will be required to have a form signed by your physician stating that you are free of the disease before being allowed to compete again. Covering the rash is **NOT** acceptable for competition. (Practicing will be at coaches Discretion)

**Team Equipment:** You are responsible for all equipment issued to you. This also applies to all wrestlers who quit. If you quit the team on a Thursday, the equipment must be returned on Friday. You will be expected to pay for all lost equipment.

**GEAR:** Shoes, knee pads, headgear, mouthpiece, practice clothes with RB logos, etc. Gone are the days of going to a store and something being in stock. Talk to other kids about what size items they wear and order the appropriate size. For example, if your son/daughter wears Adidas size 9, Asics shoes run small and might have to order a 9.5. The majority of the wrestling shoes out there on the market are, Adidas, Asics, Nike, and Rudis. Head Gear can be ordered online.

**Practice Absences:** If you are going to be absent from a practice, Contact Coach Terribilini (jterribilini@powayusd.com) before practice begins. After first practice missed a Parent must contact. He checks his messages before every practice so that when practice begins, all wrestlers are accounted for if in or not in attendance. A call from your parent does not automatically excuse your absence as a miss is a miss and has accountability and never punishment. Absences Accountability will be take care of according to the coaching staff's discretion. Several unexcused absences may result in dismissal from the team.

**Pre-arranged Absences:** If you know you will miss a practice for an appointment or family function, have your parent contact me in advance. The practice **MUST** be made up in advance to the missed practice if possible. Meet with me to discuss how the missed practice will be made up. For every one practice that you miss, Individual workouts must be completed. Exceptions to this rule will be made on an individual basis.

**Injury Policy:** Injuries and sports go hand-in-hand. Wrestling actually incurs far less injuries than many sports. If you become injured, I still expect you to attend practice. Come dressed for practice and do what you can within your limitations (learn moves, drills, conditioning, observe). If you feel your injury is so severe that you cannot participate, contact me. I can use your help running errands and helping out with the other wrestlers. RBHS's trainer, Robbie Bowers, is on staff to see any student with a sports injury. Stop in to see Robbie in the Athletics Office during your lunch break or before wrestling practice. He will give you a time-stamped note with information for me to review. If Robbie is not in his office, do not wait for him. Come to practice, and we will make arrangements for you to see him.

### **Tournament and Meet Guidelines (Basic Procedures)**

We are a team, and you must always cheer on your teammates. After every match that you wrestle, you must not show any emotion. **WIN OR LOSE**. After your match is finished, shake the opposing coach's hand, run off the mat, and go outside and jump rope or do sprints for 10 minutes. This both allows to keep adrenaline under control and to cool down properly in-order to get in the best shape possible.

### **Dual Meets:**

Dual Meet Attire: When in dual meet attire, you are representing the Rancho Bernardo Wrestling Program. On all dual meet days, whether home or away, wear your blue button-up team shirt with a tie, slacks, belt, and nice shoes. Keep this attire on all day until weigh-ins. This should be a source of great pride for you. This is your weekly Job interview!

Home Dual Meets: You are expected to be present at all home dual meets from start to finish. All wrestlers are needed to move the mats to and from the wrestling room, set up the mats, and wash them. Therefore, report to the wrestling room no later than 4:00 p.m.

We will hold a pre-weigh-in meeting and a light practice. The actual weigh-in will be about one hour before the dual meet begins, usually 4:00 p.m. to 5:00 p.m. After weigh-ins, change into your singlet and warm ups. Shoes may be put on right before warm-ups.

**Away Dual Meets:** ALL WRESTLERS MUST ARRIVE AND LEAVE WITH THE TEAM. Unless we leave before schools ends, we will meet right after school in the wrestling room to check weight before leaving. Official weigh-in takes place upon arrival at the away site. Shoes may be put on right before warm-ups.

**Food:** You will not have time to go out for food, fast food or any other kind, so bring a small cooler filled with nutritious snacks – sandwich, juice pack, fresh fruit, cheese, granola bar – but absolutely no junk food as this is not conducive to elite level performance!

### **Tournaments:**

**Tournament Attire:** You are expected to wear to school your RB Wrestling polo shirt every Friday prior to a Saturday tournament as well as to all Saturday tournaments. After weigh-ins, change into your singlet and warm-ups and remain in this for the remainder of the day. You may take your singlet off after you are done wrestling. As stated numerous times, all wrestlers must arrive and leave with the team.

**Home Tournament:** Each year we host a tournament called the RB Takedown Scrimmage in the RBHS gymnasium. It is held each year in November, which this year will be on November 23rd. We also host a little kids' tournament/(s). This year the little kids tournaments will be November 24th. Help will be required from all wrestlers and parents at these events. Parents will get credit towards Fundraising Fare share. The tournament director is Coach Terribilini for the High School Tournament and All kid's club tournaments.

**Away Tournaments:** ALL WRESTLERS MUST ARRIVE AND LEAVE WITH THE TEAM. During one-day tournaments on Saturdays, we meet between 4:30 a.m. and 6:30 a.m. in the circle (exact meeting times will be communicated through e-mail and the Athletes). Wrestling tournaments last through the mornings and into the afternoons. We compete in tournaments almost every weekend throughout wrestling season.

**Weigh-ins:** Weigh-ins will take place as soon as we arrive at the tournament site.

**Awards:** All wrestlers who place at a tournament must stay for the awards ceremony and wear the team warm-ups to the platform. Always shake the hands of the other award recipients.

**Line-up Determinations:** The varsity line-up is determined by wrestle offs/Coaches discretion/Performance at tournaments. Wrestle-off eligibility is determined by the coaching staff. Wrestle offs are held between 3 and 5 times per year. A varsity spot is determined by a wrestle off only if needed. Tournament performance holds higher weight.

**Lettering Criteria:** In order to receive a varsity letter, you must earn 10 varsity points. For each varsity tournament you compete in, you earn 2 points, and for each varsity dual meet you compete in, you earn 1 point.



## Academics

All wrestlers are student athletes! Academics always come first. However, missing practice so that you can do your homework is not acceptable. Wrestlers must learn to balance both the school workload and the athletic workload simultaneously.

**Academic Eligibility:** You must maintain a minimum 2.0 GPA and be passing at least half of classes attempted.

If you are having any difficulties let the coaching staff know, and we will find a wrestler to tutor you. All grades are checked often. RB Wrestling takes great pride in Academics. Our Team GPA has been over 3.6 for the last 8 years for 45+ Athletes.

## Weight Management

In past years, wrestling has gotten the reputation for excessive weight reduction. Because of that, a body-fat testing program has been implemented. Before you can be allowed to compete in your first meet, you are tested for body fat percentage, and your lowest weight class is determined. A wrestler's body fat percentage cannot go below 7%, and a wrestler can only lose weight at 1.5% per week.

Some kids will be naturally under 7%. If your body fat percentage is below 7%, you must get a note from the doctor.

**Dieting:** Keeping the right weight is important. Keep in mind I will never make a kid cut weight. You choose to go to that weight class (within my parameters). It is your responsibility to make the weight.

**Wrestling Weight Classes BOYS:** 98 (freshman and JV only), 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, HVY (max 285).

**GIRLS:** 100, 105, 110, 115, 125, 125, 130, 135, 140, 145, 155, 170, 190 and 235 pounds. All weight classes except 98 get a 2-pound growth allowance after the New year.

## Off Season

The off season wrestlers by far tend to have more success during the season. These opportunities are the building blocks of the inner character that your son/daughter will set a foundation for many of their future successes in life. Consistent training mentally and physically will help them endure for the long run.

When the regular season ends, we take about a month off. After that, we move right into our Freestyle/Greco Roman offseason practices (Spring season) which will run from April to June, Then camp Season (Summer season) for July-August and pre-season practices which run from August to November (Fall season).<sup>\*</sup> Practices are two night a week nights from evening times TBD. Except when the team attends summer wrestling camps and during blackout periods. This is all ran through the Rancho Bernardo Wrestling club (RBWC) Regular attendance by all members of the team at these off-season and pre-season practices is imperative if we are to reach our goal of becoming a top-caliber wrestling program. In addition to practices, we attend tournaments and summer league meets during this time. (Exact dates and times will be communicated through e-mails.)

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<sup>\*</sup> Subject to change.

The Frosh-Soph State Meet is usually held in early March. This event is a great opportunity for our freshmen and sophomores to wrestle at state level. (This is generally our first off-season tournament of the year.

### **Camps**

As stated above, the team attends several camps together during the summer. Additionally, all wrestlers are encouraged to attend individual camps. Information on summer camps and fundraising opportunities is presented at the end-of-year banquet.

### **Parent Support/Self Advocacy**

We need all the parent support we can get! Parent involvement is necessary for our elite level program. There are many opportunities throughout the season for parents to help, for example: driving to tournaments, fundraising, assisting at home dual meets and at the RB Invitational, and membership in the Booster Club, which decides how to raise funds for away tournaments, gear and other necessary items. Please e-mail me right away and let me know your interest level in helping. [Jterribilini@powayusd.com](mailto:Jterribilini@powayusd.com)

### **Self Advocacy:**

- At this stage in a young man or ladies lives, it's important to self advocate. Express where you need help. It is NOT a sign of weakness to ask for help or ask a question. However, there is a fine line between self advocacy and figuring something out for yourself if you can. Figuring out the answer is much more fulfilling than asking for the answer.
- The Coaches are here to help, but you need to be willing to help yourself.

### **Spirit Packs**

Each year the program does the same athletic spirit pack. This is so the athletes only ideally need the items one time in their high school career. The spirit pack clothing items include. Long Sleeve button-up shirt (Worn on Dual meet days), Nike Polo (Worn to tournaments), 2 sets of shorts. (1 for practice and on that serves as tournament/Dual warm-up bottoms), 2 Long sleeve practice shirts, Crew neck sweat shirt (Serves as tournament/Dual warm-up top). Travel Sweats (Varsity only) In this we also ask for a \$140 Donation to the program. This covers all bus transportation, Van transportation and off-sets coaches' stipends and tournament entry fees.

# RANCHO BERNARDO WRESTLING

## Varsity SPIRIT PACK

WRESTLERS NAME: \_\_\_\_\_

- Note: Items are the same every year. (Can be purchased once if taken care of)

ITEM:	CIRCLE APPROPRIATE SIZE					
PORT AUTHORITY L/S BUTTON-UP	S	M	L	XL	XXL	\$30
NIKE POLO	S	M	L	XL	XXL	\$35
SHORTS (2) Black and White	S	M	L	XL	XXL	\$30
L/S PRACTICE SHIRTS (2)	S	M	L	XL	XXL	\$55
Warm-up Sweat shirt	S	M	L	XL	XXL	\$25
<b>Travel Sweats Nike Top and Bottom</b> <u>(New Item)</u>	S	M	L	XL	XXL	\$75

-all sizes are adult sizes

Covers Voluntary Donation for Transportation fair share, tournament fees,  
Coaches Stipends \$150

**TOTAL** **\$400**

Make checks payable to: *Rancho Bernardo Wrestling*

*Online Option: Coming soon*

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*Contact Information:*

*Wrestlers name:* \_\_\_\_\_ *Year in School:* \_\_\_\_\_

*Cell:* \_\_\_\_\_

*Email:* \_\_\_\_\_

*Father/Guardians Name:* \_\_\_\_\_ *Mothers/Guardians name:* \_\_\_\_\_

*Phone/Cell:* \_\_\_\_\_

*Phone/Cell:* \_\_\_\_\_

*Email:* \_\_\_\_\_

*Email:* \_\_\_\_\_

**Wrestling 101 for the Moms: 11/13**  
**WRESTLING Parent SOCIAL: 11/18**

# RANCHO BERNARDO WRESTLING

## Women's Wrestling SPIRIT PACK

WRESTLERS NAME: \_\_\_\_\_

- Note: Items are the same every year. (Can be purchased once if taken care of)

ITEM:	CIRCLE APPROPRIATE SIZE						
NIKE POLO	S	M	L	XL	XXL		\$35
SHORTS (2) Black and White	S	M	L	XL	XXL		\$30
L/S PRACTICE SHIRTS (2)	S	M	L	XL	XXL		\$55
Warm-up Sweat shirt	S	M	L	XL	XXL		\$25
<b>Travel Sweats Nike Top and Bottom</b> <u>(New Item)</u>	S	M	L	XL	XXL		<b>\$75</b>

-all sizes are adult sizes

Covers Voluntary Donation for Transportation fair share, tournament fees,  
Coaches Stipends \$150

**TOTAL** **\$370**

Make checks payable to: *Rancho Bernardo Wrestling*

*Online Option:*

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*Contact Information: (If filled out on then this form is not needed)*

Wrestlers name: \_\_\_\_\_ Year in School: \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Father/Guardians Name: \_\_\_\_\_ Mothers/Guardians name: \_\_\_\_\_

Phone/Cell: \_\_\_\_\_

Phone/Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Email: \_\_\_\_\_

*Wrestling 101 for the Moms: November 13<sup>th</sup> 6:30pm @ Koi Zen Winery*  
*WRESTLING Parent SOCIAL: November 18<sup>th</sup> 6:30 PM @ Tony Pepperoni*

# RANCHO BERNARDO WRESTLING

## JV/Freshman SPIRIT PACK

WRESTLERS NAME: \_\_\_\_\_

- Note: Items are the same every year. (Can be purchased once if taken care of)

ITEM:	CIRCLE APPROPRIATE SIZE					
PORT AUTHORITY L/S BUTTON-UP	S	M	L	XL	XXL	\$30
NIKE POLO	S	M	L	XL	XXL	\$35
SHORTS (2) Black and White	S	M	L	XL	XXL	\$30
L/S PRACTICE SHIRTS (2)	S	M	L	XL	XXL	\$55
Warm-up Sweat shirt <u>-all sizes are adult sizes</u>	S	M	L	XL	XXL	\$25

Covers Voluntary Donation for Transportation fair share, tournament fees,  
Coaches Stipends

\$150

**TOTAL**

**\$325**

Make checks payable to: *Rancho Bernardo Wrestling*

*Online Option:*

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*Contact Information: (If filled out on Sportsengine this form is not needed)*

*Wrestlers name:* \_\_\_\_\_ *Year in School:* \_\_\_\_\_

*Cell:* \_\_\_\_\_

*Email:* \_\_\_\_\_

*Fathers/Guardians Name:* \_\_\_\_\_

*Phone/Cell:* \_\_\_\_\_

*Email:* \_\_\_\_\_

*Mothers/Guardians name:* \_\_\_\_\_

*Phone/Cell:* \_\_\_\_\_

*Email:* \_\_\_\_\_

**Wrestling 101 for the Moms: November 13<sup>th</sup> 6:30pm @ Koi Zen Winery**  
**WRESTLING Parent SOCIAL: November 18<sup>th</sup> 6:30 PM @ Tony Pepperoni**

## **Fundraising /buy out/Fare share**

The program requires a significant number of funds to perform as the level it does. With limited school funding we must bring this money in through fundraising. We understand fundraising is not ideal for anyone. So we have some options. Every kid we ask two things:

- 1: The spirit pack and the voluntary \$140 donation
2. To fundraise (\$300 if on a lower level team and \$600 if on varsity traveling team)

Fundraisers used: Our biggest fundraiser is our snap raise. The amount brought will be subtracted from the fundraise amount asked. (There will be other options)

- Buy-out option: If a family does not want to fundraise they can option to be buy out all or a portion of what's asked.
- Volunteer option: Every time a parent volunteers we subtract \$25 from the Fundraising fare share number. Every time a kid volunteers for our Junior Program \$25 will be subtracted from the fundraising fare share.
- Running something that bring in money counts towards this as well. Items for this must be approved and ran by the person with the idea.

Fundraising and Financial requests Season

Varsity

Junior Varsity/ Freshman

<p><u>Spirit Pack</u></p> <p>ITEMs:</p> <p>L/S BUTTON-UP NIKE POLO SHORTS (2) L/S PRACTICE SHIRTS (2) WARM-UP SWEATSHIRT TRAVEL SWEATS</p> <p><b>Total: \$260</b></p> <p>Note: Items are the same every year. (Can be purchased once if taken care of)</p> <p><u>Family Asking Contribution:</u></p> <p>Covers Transportation fair share, tournament fees, Coaches Stipends <b>\$140</b></p> <p><b>TOTAL \$400</b></p>	<p><u>Spirit Pack</u></p> <p>ITEMs:</p> <p>L/S BUTTON-UP NIKE POLO SHORTS (2) L/S PRACTICE SHIRTS (2) WARM-UP SWEATSHIRT</p> <p><b>Total: \$210</b></p> <p>Note: Items are the same every year. (Can be purchased once if taken care of)</p> <p><u>Family Asking Contribution:</u></p> <p>Covers Transportation fair share, tournament fees, Coaches Stipends <b>\$140</b></p> <p><b>TOTAL \$350</b></p>
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<p><i>Fundraising Ask for Athletes: \$600</i></p> <p><i>Fundraising Options/Opportunities</i></p> <ul style="list-style-type: none"> <li>• <i>SnapRaise Fundraiser</i></li> <li>• <i>Parent Volunteer/Item for snack bar donation (\$25/ Hour or Item)</i> <ul style="list-style-type: none"> <li>○ <i>Note: Limited opportunities</i></li> </ul> </li> <li>• <i>Wrestler Volunteers to help Junior Wrestling Program (\$25/ Practice)</i> <i>** Note: Must be consistent and pre-approved. (Monday/Wednesday 6-8pm)</i></li> <li>• <i>Lead a Fundraiser that brings in amount listed above</i> <ul style="list-style-type: none"> <li>• <i>Leave me alone buy-out</i></li> </ul> </li> </ul>	<p><i>Fundraising Ask for Athletes: \$300</i></p> <p><i>Fundraising Options/Opportunities</i></p> <ul style="list-style-type: none"> <li>• <i>SnapRaise Fundraiser</i></li> <li>• <i>Parent Volunteer/Item for snack bar donation (\$25/ Hour or Item)</i> <ul style="list-style-type: none"> <li>○ <i>Note: Limited opportunities</i></li> </ul> </li> <li>• <i>Wrestler Volunteers to help Junior Wrestling Program (\$25/ Practice)</i> <i>** Note: Must be consistent and pre-approved. (Monday/Wednesday 6-8pm)</i></li> <li>• <i>Lead a Fundraiser that brings in amount listed above</i> <ul style="list-style-type: none"> <li>• <i>Leave me alone buy-out</i></li> </ul> </li> </ul>
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<p><i>Items by line:</i></p> <p><i>Spirit pack: \$260</i></p> <p><i>Family Asking Contribution: \$140</i></p> <p><i>Fundraising Goal: \$600</i></p> <p><b><i>Total: \$1000</i></b></p>	<p><i>Items by line:</i></p> <p><i>Spirit pack: \$210</i></p> <p><i>Family Asking Contribution: \$140</i></p> <p><i>Fundraising Goal: \$300</i></p> <p><b><i>Total: \$650</i></b></p>
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## Booster Club

It is the goal of Rancho Bernardo Wrestling's Booster Club to see that the financial needs of all of our wrestling programs (RBWC, RB-Xtreme (RBX), the junior program (COLTS), middle school program (BHMS) and high school program (RBHS) are met. We are always looking for motivated individuals to serve in positions on the Boosters. PLEASE CONSIDER GIVING OF YOUR TIME AND TALENTS TO SUPPORT YOUR KIDS. Remember -- this is for the youth!

### Wrestling Program Yearly Budget Snapshot

<b><u>Estimated Expenses</u></b>	
<b><u>Tournament Entry Fees</u></b>	<b><u>\$6000</u></b>
<b><u>Wrestling Gear and Spirit packs</u></b>	<b><u>\$12000</u></b>
<b><u>Coaches Stipends (6 Total)</u></b>	<b><u>\$12000</u></b>
<b><u>Tournament Travel</u></b>	<b><u>\$11000</u></b>
<b><u>Other Items:</u></b>	<b><u>\$4000</u></b>
<b><u>Total needed:</u></b>	<b><u>\$45000</u></b>

<b><u>Estimated Income/Goals:</u></b>	
<b><u>Spirit packs/Voluntary Donation</u></b>	<b><u>Have Averaged \$6000 last 3 years</u></b>
<b><u>Snap Raise</u></b>	<b><u>Have Averaged \$9500 Last 3 years</u></b>
<b><u>Kids Club Program</u></b>	<b><u>Have Averaged \$9000 last 3 years</u></b>
<b><u>Merchandise Sales</u></b>	<b><u>Have Averaged \$2500 last 3 years</u></b>
<b><u>Snack Bar and Dine-out nights</u></b>	<b><u>Have Averaged \$3500 Last 3 years</u></b>
<b><u>Other events (Independent donations)</u></b>	<b><u>Have Averaged \$4500 last 3 years</u></b>
<b><u>Fundraising Fareshare/Buy out/Other Donations</u></b>	<b><u>Anticipated \$10000</u></b>
<b><u>Total Anticipated:</u></b>	<b><u>\$45000</u></b>



## Lettering Criteria

- Varsity Starters are selected via wrestle offs and/or Coaches Discretion
  - All Letter winners must complete the Varsity Season in good standing.
    - The Varsity season is considered thru the state tournament
      - (Discretion may be made for athletes playing a spring sport)
  - To earn a varsity letter Athletes must earn 10 Varsity points
    - Points are earned the following ways:
      - Entry into a Varsity Tournament (2 pts)
      - Entry into a Varsity Dual (1 Pt)
      - Placement at a Varsity Tournament (1 Pt)
      - Making the Post-season line-up (3 Pts)
  - Wrestler must stay in good academic and behavior standing for the entire season
  - Note: All athletes are subject to coaches discretion on earning a varsity wrestler
- 

## **Expectations / Standards Defined**

1. As a member of the wrestling team, you must be eligible according to the Rancho Bernardo High School Athletic Code and PUSD Academic eligibility requirements.
2. If you are in school you are expected to be at practice. If you need to miss a practice or will be late for practice, you must inform Coach Terribilini ahead of time. Leave a message on my cell phone listed in the phone numbers section. Wrestlers with temporary injuries are still expected to be at practice.
3. No physical contact without a coach present.
4. Please shower everyday after practice. Wash your practice gear, including headgear daily, and never wear your wrestling shoes outside of the wrestling room.
5. Injuries occur when athletes are involved in “horseplay.” To protect yourself from injury, do not initiate or become involved in any “horseplay” at any time.
6. Report all injuries to a coach at any time, no matter how minor the injury may be.
7. You will be a role model in the classroom, around school, at all events, and in the community. Being a Bronco Wrestler gives you the responsibility of representing it with pride. Your actions reflect your team.
8. All team, practice, bus, and school rules will be followed at all times.
9. Unwholesome activities will not be tolerated. Use of tobacco, drugs, alcohol, and profanity has no place in our sport. Non-compliance will be dealt with harshly.
10. You must wear appropriate attire when we travel to away meets. See meet guidelines page in handbook.
11. Most matches are won in the practice room. Practice how you would like to compete!
12. You must be within 5 pounds of your desired weight to challenge for that spot. Only #1 JV can challenge for Varsity.
13. Coaches reserve the right to wrestle anyone in any spot at any time regardless of who is Varsity and who is JV. Sometimes we “bump” the line up in order to win matches.
14. Have a current Doctor’s note for any non-contagious skin lesion or what may appear to be a skin lesion.

**I fully understand the lettering criteria and the team rules above.**

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_\_  
**Athlete Signature**

# RB Wrestling Core Covenants!

## What we are about and what it looks like!



Rancho Bernardo Wrestling's Core Covenants.



PROGRAM MOTTO		WE Can...We Will...We Must...BE		
Covenant: an agreement, usually formal, between two or more persons to do or not do something specified.		<i>Mentally Tough</i>	<i>Pride</i>	<i>Confident</i>
<b>BOTTOM LINE: DON'T LET YOUR TEAMMATES DOWN!</b>		<i>A Rancho Bernardo Wrestler is Mentally tough at (a)....By...</i>	<i>A Rancho Bernardo Wrestler has pride in the program at (a)....By...</i>	<i>A Rancho Bernardo Wrestler shows confidence at (a)....By...</i>
<b>What it looks like at:</b>	<b>Practice</b>	<ol style="list-style-type: none"> <li>Never letting set backs effect a perfect practice. (I.E being on time)</li> <li>Always staying positive when practice get tough.</li> <li>Avoiding the "easy" way. Always working hard and consistent. EVERYTIME</li> </ol>	<ol style="list-style-type: none"> <li>Always Maintaining the room to the standard of the program.</li> <li>Encouraging teammates to always do the right thing in practice.(Positive Encouragement)</li> <li>DOING EVERYTHING THE RIGHT WAY THE FIRST TIME.</li> </ol>	<ol style="list-style-type: none"> <li>Never settling for less then the best outcome possible in a practice.</li> <li>never backing down or 'Going easy' on teammates.</li> <li>Never settle for being taken down or beaten. ALWAYS BATTLING!</li> </ol>
	<b>Dual Meet</b>	<ol style="list-style-type: none"> <li>Always being in the right uniform, or weight and at the right spot at the right time.</li> <li>WINNING EVERY 3rd Period</li> <li>Not showing any emotion win or lose.</li> </ol>	<ol style="list-style-type: none"> <li>Always maintaining the good of the team. The team outcome is all that matters!!</li> <li>Staying in school gear and with the team for the entirety of the dual.</li> <li>Never being 'palms-up-guy' and taking on all challenges with Bronco Wrestling Pride.</li> </ol>	<ol style="list-style-type: none"> <li>Taken on any Opponent and never letting down or not performing.</li> <li>Doing all warm-ups and drill to the standards of the team.</li> <li>Always knowing that the team can overcome any obstacle. Beat anyone with RB Pride.</li> </ol>
	<b>Tournament</b>	<ol style="list-style-type: none"> <li>Being on weight the night before and not settling for last minute cutting of weight.</li> <li>Keeping the team together with the goal of winning everything we set foot inside.</li> <li>Staying in the tournament even when it may have not gone your way! SUPPORT THE TEAM</li> </ol>	<ol style="list-style-type: none"> <li>Always supporting teammates and making sure every action is in the best interest of the team.</li> <li>Wearing the uniform of the tournament for its entirety.</li> <li>Representing the program on the mat off the mat, in staging and in warm ups.</li> </ol>	<ol style="list-style-type: none"> <li>Always knowing that you can overcome any obstacle. (I.e Conso Bracket, down in a match)</li> <li>Supporting teammates in any situation. Team is always FIRST!</li> <li>Believing and showing that one can get bonus in every match.</li> </ol>
	<b>Home</b>	<ol style="list-style-type: none"> <li>Avoiding conflict at home that may effect the season.</li> <li>Completing all items needed right away. (I.e Homework, Chores)</li> <li>Making the right food choices inorder to create the machine of a champion.</li> </ol>	<ol style="list-style-type: none"> <li>Washing the uniform after every tournament so it maintains the perfect appearance.</li> <li>getting the appropriate sleep at night inorder to show your team pride at practice and in a match.</li> <li>Keeping your social media sites to only emulate a person of pride for the program.</li> </ol>	<ol style="list-style-type: none"> <li>Talking only in a positive tone when around parents and family.</li> <li>Trustful that teammates are always doing the right thing and you are the example.</li> <li>Knowing of the plan and how personal time effect the ultimate goal.</li> </ol>
	<b>School</b>	<ol style="list-style-type: none"> <li>Always being on time in the right seat and doing the right thing. (NO EXCUSES)</li> <li>Avoiding hanging out with the people that have the bad reputation.</li> <li>By giving all teachers the respect is deserved by what they do for you! Yes sir...Yes Ma'am..</li> </ol>	<ol style="list-style-type: none"> <li>Keeping the campus clean of the trash you might drop and the trash others do drop.</li> <li>Taking pride in Team GPA. Not only your own but helping teammates to bring up their grades.</li> <li>Gathering the school to come support the team at all matches.</li> </ol>	<ol style="list-style-type: none"> <li>Making the standard on grades of a B's or A's! Nothing less.</li> <li>Being a positive role model for all to emulate.</li> <li>Being able to help others do the right thing. Even if it's a friend.</li> </ol>
	<b>Community</b>	<ol style="list-style-type: none"> <li>No letting peer pressure lead one into bad decisions.</li> <li>By going above and beyond to make the community a better place for all.</li> <li>Remembering perception is reality and not letting any bad perceptions be made of you or the program.</li> </ol>	<ol style="list-style-type: none"> <li>Understanding that the Team's name Starts with RB. So take pride in the community</li> <li>Always wearing the wrestling teams gear in the a positive manner.</li> <li>By sharing positive experiences in the program with people in the community.</li> </ol>	<ol style="list-style-type: none"> <li>Being able to do the right thing even when peers are not!</li> <li>Appreciating the community and all of it amenities.</li> <li>That no matter where you are that every teammate will be doing the right thing all the time!!</li> </ol>

## **Basic Wrestling Facts**

There are five ways to score points in a wrestling match:

- 1) **Takedown** (3 points): You score two points for taking your opponent down to the mat and controlling him/her.
- 2) **Escape** (1 point): You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.
- 3) **Reversal** (2 points): You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.
- 4) **Near Fall** (back points) (2,3 or 4 points): You get near fall points when you almost but not quite get your opponent pinned. A near fall (near pin) is when both shoulders are held for two seconds within four inches of the mat, or one shoulder touches the mat and the other shoulder is at a 45 degree angle coming down to the mat, or the wrestler is held in a high bridge or back on both elbows.
- 5) **Penalty Points** (1 or 2 points): Your opponent is awarded points if you commit the following infractions:
  - a) **Illegal Holds**: There are several holds that the referee will penalize you for without warning. (There are other holds called “potentially dangerous holds,” which the referee might make you let go of but will not penalize you for.)
  - b) **Technical Violations**:
    - i) Going off the mat to avoid wrestling (“fleeing the mat”).
    - ii) Grabbing clothing, the mat, or the headgear.
    - iii) Incorrect starting position or false start (you get two cautions before points are awarded).
    - iv) Locked or overlapped hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent’s body or both legs unless you have your opponent in a near pin, or your opponent stands up and has all his/her weight on two feet.
    - v) Leaving the mat during the match without the referee’s permission.
    - vi) Figure 4 head scissors from the neutral position.
    - vii) Unnecessary roughness.
    - viii) Unsportsmanlike conduct.
    - ix) Flagrant misconduct: ejection, the match is over.
    - x) Stalling: you get one warning before you are penalized and points are awarded.

The first and second time you are penalized, your opponent is awarded one point. The third time you are penalized, your opponent is awarded two points. The fourth time you are penalized, you are disqualified (except for illegal starting position or false start – you are cautioned twice, then one point awarded for each infraction, but you will not be disqualified).

These rules apply to the type of wrestling done in the United States in college, high school, middle school, and most youth wrestling. This type of wrestling is often referred to as “folkstyle” wrestling. The rules for “freestyle” and “Greco-Roman” wrestling, as is done in the Olympics and internationally, are a little different.

Dual Meet Team Scoring:

- 1) **Fall, Forfeit, Default, and Disqualification**: 6 team points.
- 2) **Technical Fall** (getting ahead of your opponent by 15 points ends the match): 5 team points.
- 3) **Major Decision** (winning the match by 8 to 14 points): 4 team points.
- 4) **Decision** (winning the match by fewer than 8 points): 3 team point

# BRONCO ATHLETICS

RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL



## VARSITY WRESTLING 2024-25

<b>Date</b>	<b>Day</b>	<b>Opponent</b>	<b>Location</b>	<b>Time</b>
Nov 23	Saturday	RB Takedown Tournament	RBHS	8am
Dec 4	Wednesday	Valhalla Dual	VHS	7pm
Dec 6-7	Fri-Sat	Liberty Invitational	LHS	9am
Dec 13-14	Fri-Sat	Hamada Classic	LCCHS	9am
Dec 18	Wed	Brawley Dual	BHS	TBD
Dec 20-21	Fri-Sat	El Cajon invitational	CCHS	9am
Dec 27-28	Fri-Sat	Sierra Nevada Classic	Reno	9am
Jan 4	Saturday	Mission Hills Tournament	MHHS	9am
Jan 9	Thursday	Poway Dual	PHS	7pm
Jan 11	Saturday	Londos Tournament	OGHS	9am
Jan 16	Thursday	San Marcos Dual (Youth Night)	RBHS	7pm
Jan 17-18	Fri-Sat	5 Counties Invitational	FVHS	9am
Jan 18	Saturday	San Pasqual Invitational	SPHS	9am
Jan 22	Wednesday	Granite Hills Dual (Alumni Night)	RBHS	7pm
Jan 23	Thursday	Escondido Dual	EHS	7pm
Jan 30	Thursday	Mt. Carmel Dual	MCHS	7pm
Jan 31-Feb 1	Fri-Sat	Holtville Invitational	HHS	TBD
Feb 6	Thursday	Mission Hills Dual (Senior Night)	RBHS	7pm
Feb 15	Saturday	CIF	TBD	9am
Feb 21-22	Fri-Sat	Masters	TBD	9am
Feb 27-Mar 1	Thurs-Sat	California State Championships	Bakersfield	TBD

VARSITY COACH  
Asst. Head Coach

*Joe Eddie Terribilini*  
*Dave Williams*

Asst. Coaches: *Wilfred Charbono, Sam Choi, Adrian Lozano, Tevita Taufa,, Alex Martini, Brandon Jasmund, Jason Kameya, Rodney Dimalanta, Shane Macedo, Micha Leininger*

**SCHEDULE SUBJECT TO CHANGE**



# BRONCO ATHLETICS

RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL



## Varsity B and JV WRESTLING 2024-2025

DATE	DAY	OPPONENT	LOCATION	TIME
Nov 23	Saturday	RB Takedown Tournament	RBHS	830am
Dec 4	Wednesday	Valhalla Dual	VHS	530pm
Dec 7	Saturday	Valhalla Tournament (JV)	VHS	9am
Dec 14	Saturday	Hilltop Duals (JV/F)	HHS	9am
Dec 18	Weds	Brawley Dual	BHS	TBD
Dec 21	Saturday	Helix Duals (JV/F)	HHS	9am
Dec 27-28	Fri-Sat	Sierra Nevada Classic (B)	Reno	9am
Jan 4	Saturday	Mission Hills (B)	MHHS	9am
Jan 9	Thursday	Poway Dual	PHS	530pm
Jan 11	Saturday	John Bright Tournament (JV)	PHS	9am
Jan 16	Thursday	San Marcos Dual	RBHS	530pm
Jan 18	Saturday	San Pasqual Varsity (B)	SPHS	9am
Jan 18	Saturday	Monte Vista (JV)	MVHS	9am
Jan 22	Wednesday	Granite Hills Dual	RBHS	530pm
Jan 23	Thursday	Escondido Dual	EHS	530pm
Jan 25	Saturday	San Pasqual JV Duals (JV)	SPHS	9am
Jan 30	Thursday	Mt. Carmel Dual	MCHS	530pm
Jan31- Feb 1	Fri-Sat	<i>Holtville Invitational (B)</i>	<i>HHS</i>	9am
Feb 6	Thursday	<i>Mission Hills Dual</i>	<i>RBHS</i>	530pm
Feb 8	Saturday	<i>JV Counties (JV)</i>	<i>MCHS</i>	9am

**JV COACH: Brandon Jasmund**

**Asst. Coaches: Micha Leininger, Adrian Lozano**



**SCHEDULE SUBJECT TO CHANGE**

# BRONCO ATHLETICS

RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL



## FRESHMAN WRESTLING 2024-25

DATE	DAY	OPPONENT	LOCATION	TIME
Nov 23	Saturday	RB Takedown Tournament	RBHS	830am
Dec 4	Wednesday	Valhalla Dual	VHS	530pm
Dec 6	Friday	Freshman Kick off (F)	Escondido HS	230pm
Dec 14	Saturday	Hilltop Duals (JV/F)	HHS	9am
Dec 18	Wed	Brawley Dual	BHS	530pm
Dec 21	Saturday	Helix Duals (JV/F)	HHS	9am
Jan 9	Thursday	Poway Dual	PHS	530pm
Jan 11	Sat	John Bright Tournament	PHS	9am
Jan 16	Thursday	San Marcos Dual	RBHS	530 pm
Jan 18	Sat	Monte Vista JV	MVHS	9am
Jan 22	Wednesday	Granite Hills Dual	RBHS	530pm
Jan 23	Thursday	Escondido Dual	EHS	530pm
Jan 25	Sat	So Cal Freshman Championships	LCCHS	9am
Jan 30	Thursday	Mt. Carmel Dual	MCHS	530pm
Feb 1	Sat	Freshman County Championships	MCHS	9am
Feb 6	Thursday	Mission Hills Dual	RBHS	530pm

**HEAD COACH: Rodney Dimalanta**  
**Asst. Coaches: Jason Kameya, Shane Macedo**



# BRONCO ATHLETICS

RANCHO ■ BERNARDO ■ HIGH ■ SCHOOL



## Women's Wrestling 2024-25

Date	Date	Date	Date	Date
Nov 23	Saturday	RB Takedown Tournament	RBHS	830am
		NCC Cluster #1		
Dec 4	Wednesday	Valhalla Dual	VHS	530pm
Dec 7	Saturday	Goddess of Victoria	UCHS	9:00
Dec 14	Saturday	Queen of the Beach (Tent)	MVHS	9:00
Dec 18	Weds	Brawley Dual	BHS	530pm
Dec 20-21	Fri-Sat	Goddess of Olympia	OHS	9am
Dec 27-28	Fri-Sat	Sierra Nevada Classic	Reno Nv	9am
Jan 4	Sat	South Bay Classic	EHS	9am
Jan 16	Thursday	San Marcos Dual	RBHS	530pm
Jan 18	Sat	Queen of the Realm	SMHS	9am
Jan 22	Wednesday	Granite Hills Dual	RBHS	530pm
Jan 23	Thursday	Escondido Dual	EHS	530pm
Jan 30	Thursday	Mt. Carmel Dual	MCHS	530pm
Feb 6	Thursday	Mission Hills Dual	RBHS	530pm
Feb 8	Saturday	CIF	TBD	9am
Feb 21-22	Fri-Sat	Masters	TBD	9am
Feb 27-Mar 1	Thurs-Sat	California State Championships	Bakersfield	TBD

**HEAD COACH: Joe Eddie Terribilini**

**Asst. Coaches: Brandon Jasmund, Sam Choi, Dave Williams**

**SCHEDULE SUBJECT TO CHANGE**





**VARSDTY 2024-2025 HOTELS (Subject to change)**  
**This is a list of Hotels we have stayed at every year...**

DATE	Tourney DAY	OPPONENT	LOCATION	
Dec 6-7	Fri-Sat	Liberty Duals	Peoria AZ	
<b>Comfort Suites Peoria Sports Complex 8473 West Paradise Ln Peoria, AZ 85382 623-334-3993</b> <b>Dates: Team Checks in Dec 5 and Checks out December 8th (Total of 3 nights)</b> <a href="https://www.choicehotels.com/arizona/peoria/comfort-suites-hotels/az125?hotel=AZ125&amp;sid=5u0dg.2egVfJ6Gf9.4">https://www.choicehotels.com/arizona/peoria/comfort-suites-hotels/az125?hotel=AZ125&amp;sid=5u0dg.2egVfJ6Gf9.4</a>				
Dec 27-28th	Fri-sat	Sierra Nevada Classic	Reno Nv.	
<b>Silver Legacy Resort &amp; Casino 407 N. Virginia Street Reno, NV 89501 775-325-7401</b> <b>Dates: Check in Sunday December 26<sup>th</sup> and Check out Thursday December 29<sup>th</sup>. (3 Nights Total)</b> <a href="http://www.silverlegacynv.com/">http://www.silverlegacynv.com/</a>				
Jan 17-18	Fri-Sat	5 Counties Invitational (A)	FVHS	
<b>Comfort suites 16301 Beach Blvd. Huntington Beach ca 714-841-1812</b> <b>Dates: Check in Thursday Jan 16<sup>th</sup>, Check out Saturday Jan 18<sup>th</sup> (Total of 2 nights)</b> <a href="http://www.comfortsuiteshuntingtonbeach.com/">http://www.comfortsuiteshuntingtonbeach.com/</a>				
Jan 31-Feb 1	Fri-Sat	Holtville Tournament (A)	HHS	
<b>TBD</b> <b>Dates: Check in Friday Jan 31<sup>st</sup> and Check out Saturday Feb st. (Total of 1 night) (Note: Kids are housed with Families) (Hotel Subject to change)</b>				
Feb 17-18	Fri-Sat	Masters	TBD	
<b>TBD</b>				
February -27 <sup>th</sup> . March 1	Thurs-Sat	State	Rabobank, Bakersfield	
<b>Comfort inn and Suites</b> <b>Team checks in Wednesday Feb 26 and Checks out Sunday March 2<sup>nd</sup> (4 Nights)</b>				
TBD		Grade State		
<b>All up in the Air</b>				