



NORTH HALL WRESTLING



2016-2017 PROGRAM GUIDE

A NEW STANDARD IN EXCELLENCE



Organizational Staff

Coaching Staff

Varsity Head Coach- David Nichols

Assistant Coach- Pat Holcomb

Assistant Coach- Cason Thurman

Head Middle School Coach- Matt Mepham

Director of Youth Operations- Matt Whitmire

Head Youth Coach- Mike Welch

Takedown Club Board of Directors

Executive Director- Matt Whitmire

Head Wrestling Coach- David Nichols

Vice President- Jeff Battle

Treasurer- Deenah Carlton

Secretary- Deenah Carlton

How you can stay informed on North Hall Wrestling

David Nichols

(706) 974-3731

david.nichols@hallco.org

Official Website: www.northhallwrestling.com

On Facebook at: North Hall Wrestling

On Snapchat at: theolematcoach



Dear Parent,

My name is David Nichols and I am the varsity head wrestling coach at North Hall High School. I am very passionate about the sport of wrestling, and very thankful for the opportunity to positively influence the lives of young people each day.

North Hall wrestling is Pride! The efforts of many people have yielded a program full of success, and I am very grateful to be a part of such a great organization. It is my desire to continue to grow this great tradition, and create a new standard of excellence within the North Hall wrestling program.

Although I do not believe that winning is everything, I firmly believe that giving your absolute best effort in the pursuit of victory is everything. While many believe that doing the right thing and winning do not always go hand in hand, I firmly believe that to consistently win over time and end your legacy with dignity and pride, you must do the right thing all the time. While there are certainly some unethical choices that will lead to success in the short term, one cannot sustain a high level of achievement over long periods of time without following the natural laws of positive human interaction. Long term success requires a strong-persistent work ethic, combined with the ability to empathize and treat other people fairly.

Establishing a culture of excellence within our program will not be an easy task and will require the very best effort of all involved. However, I assure you that the special memories your child will make, and the person they will become, is well worth the effort. I look forward to working with each of you as we establish a new standard in excellence through the North Hall Wrestling Program.

David Nichols
Head Varsity Wrestling Coach
North Hall High School



Guiding Principles for Success

North Hall Wrestling Mission Statement

The mission of the coaches, parents, and boosters is to support our kids in their pursuit of the perfect effort.

Guiding Principles for Pursuing a Perfect Effort

1. Set high expectations
2. Be committed to action
3. Respond positively to adversity

Setting High Expectations

1. Individual Excellence: State and National Championships
2. Team Excellence: State and Ironman Championships

Be Committed to Action

We will take advantage of every opportunity afforded to us to reach the expectations we set for our Program.

Respond Positively to Adversity

When we encounter obstacles to achieving our expectations, we will respond in only ways that continue to move us forward. This is the most difficult of the three guiding principles, and our ability to remain positive in the face of adversity will ultimately determine the future of our program.

If we apply these principles to all aspects of our program, there is no limit to what we can achieve together!



Setting High Expectations

Expectations of the Head Coach

1. Bring tremendous energy and passion to the program.
2. Promote the academic and social success of athletes and managers.
3. Maintain a strong knowledge of the skills, techniques, drills, and match strategies necessary to win at the highest levels.
4. Craft organized and rigorous practice schedules.
5. Communicate important dates and times in a prompt and professional manner.
6. Actively participate in fundraising efforts, including the hosting of events.
7. Keep accurate and complete statistics.
8. Be innovative in promoting the team and team events
9. Manage and update the practice and competition facilities.
10. Manage all required paperwork, and adhere to all GHSA guidelines.

Expectations of Assistant Coaches

1. Build positive relationships with athletes
2. Assist the head coach with any tasks that is delegated to them
3. Maintain a strong knowledge of the skills, techniques, drills, and match strategies necessary to win at the highest levels.
4. Bring tremendous energy and focus into the practice room each day.

Expectations of Parents

1. Ensure that your child attends and is on time for all team functions.
2. Communicate with the head coach about any concerns you have over your child's grades, classroom performance, or discipline at home.
3. Be as involved as possible in the Takedown Club.

Expectations of Wrestlers

1. Give your very best effort on any task given to you by your parents, teachers, and coaches.
2. Wrestlers who consistently fail to meet the expectations and cause others to fail in meeting the expectation will be dismissed from the team.



Miscellaneous Information

Weight Management

- The GHSA guidelines for weight management will be enforced at all times.
- No athlete is encouraged to sacrifice training and development for the sake of weight loss.

Injury Identification and Treatment

- Anyone suspecting an injury must let Coach Nichols know as soon as possible.
- The coach will schedule an appointment with our in house trainer ASAP.

*This policy only relates to joint, ligament, and muscle injury. Any athlete with a medical emergency should consult a healthcare professional ASAP.

Starting Line Ups

- Starting Line-up for dual events will be determined by the coach as per GHSA Optimal Performance guidelines
- Starting line-up for traditional tournaments will be determined through wrestle off challenges.
- Wrestlers must communicate what weight they are planning on going for the Traditional State Championships one week prior to the dual state championships.

SAT and ACT

- Please make every attempt to take the SAT and ACT before wrestling season begins.

Lettering Policy

- Represent the team at the Area Traditional Tournament
- Wrestle one Match at the State Duals in Macon
- Compete in 15 total Varsity Level Matches
- 100% Attendance for Practice and Competition



2016-2017 TRAINING SCHEDULE

APR 11-MAY 28	OFF-SEASON STRENGTH AND CONDITIONING AND FREESTYLE WRESTLING
MAY 31-JUNE 25	SUMMER COMPETITION SCHEDULE
JULY 11-OCT 28	PRE-SEASON STRENGTH AND CONDITIONING AND 2 ON 1 PRACTICES

2016-2017 COMPETITION SCHEDULE

NOV 23	@ MOUNTAIN VIEW W/ROCKDALE/KENNESAW MT
NOV 26	ARCHER THANKSGIVING DUALS
DEC 2-3	MOUNTAIN VIEW DUALS
DEC 09-10	HALL COUNTY CHAMPIONSHIPS
DEC 13	EAST JACKSON (SENIOR/YOUTH/ALUMNI NIGHT)
DEC 17	BIG RED RUMBLE (GAINESVILLE HIGH)
DEC 20	GRANITE CITY DUALS (ELBERT COUNTY HIGH)
DEC 22-23	SMOKEY MOUNTAIN DUALS (PIGEON FORGE, TN)
DEC 29-30	LAMBERT HOOKEM (LAMBERT HIGH SCHOOL)
JAN 07	AREA DUALS
JAN 12-14	STATE DUALS
JAN 21	ARCHER INVITE
JAN 24	@ LUMPKIN
JAN 28	TRADITIONAL AREA CHAMPIONSHIPS
FEB 3-4	TRADITIONAL SECTIONAL CHAMPIONSHIPS
FEB 9-11	TRADITIONAL STATE CHAMPIONSHIPS