

# Spartan Wrestling 2025 – 2026

Dear Parents,

I hope that the information included in this parents' packet will help you and your student-athlete have a smooth, productive and enjoyable wrestling season this year. Keep this information handy to answer questions as the season progresses. Please feel free to contact me at home, on e-mail, or in person after practice or during events. I take calls at all hours. Your question or concern is important to me.

Wrestling is a very difficult sport. It requires a huge commitment of time and effort during the season as well as in the off-season. It has repeatedly proven that it is one of the most physically, emotionally, and mentally challenging sports in the history of human existence. No athlete is too small, too short, too weak, too slow, or too inexperienced. I have never cut an athlete from my team, and I never will. I can fix most athletic deficiencies and help your wrestler find success. **The only athletes that I can't help are those that quit. Trust in the process and encourage your student-athlete to stick it out.** Building Champions is what we do here, but we can't build if the student-athletes don't stick around to develop. It takes time. All of our successful wrestlers with their pictures and/or names up on the wall started at the bottom, stuck it out, and developed over time.

As I expect full commitment from your athlete, I promise my full attention to you, your athlete individually and the team as a whole during the season.

**Anything worth doing is worth doing well.**

The following list of contact information should be helpful to you.

Coach Demarchi Office/Classroom	281-237-2864
Coach Demarchi Mobile	281-989-2748
Coach Demarchi Email	<a href="mailto:michaeldemarchi@katyisd.org">michaeldemarchi@katyisd.org</a>
Team Website	<a href="#">Seven Lakes Wrestling (SLHS ABC)</a>

Sincerely,

Mike Demarchi  
Head Wrestling Coach  
Seven Lakes High School

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## Practice

- Practices are after school on most every weekday that we are not competing. A long term calendar is released on our website and we will email out a Schedule of the Week that will include smaller details and any changes. There are several important things that must be done after practice every day, including weigh-outs, team meetings, individual instruction, clean up and showering which will result in your athlete most likely not being ready for pick up until at least 20 minutes after practice concludes.
- Most new wrestlers will be on the Navy Team and most returners will be on the Orange Team. Wrestlers will be assigned to their team ahead of time. Some wrestlers that show promise may be moved up to the Orange Team during the course of the year.
- If your athlete is injured, they are **REQUIRED** to attend practice, dress out, and be a part of the team.
- Studying for tests, meeting for a group project, visiting family, caring for younger siblings, or having homework to complete are **NOT** acceptable reasons to miss practice. If your student-athlete has too many other commitments and/or cannot manage their time properly in order to do well in school, be a contributing member of their family, and attend practice, then they cannot be on the team. Learning to sacrifice free time and manage time efficiently is a major skill that we are attempting to develop with our student-athletes.
- Athletes **are allowed** to be late to practice for club meetings, test and quiz make up, and tutorials with an on-campus teacher.
- **Your athlete must contact Coach Demarchi electronically before they will be late to practice or miss practice.**
- Unexcused absences from practice, excessive excused absences from practice, and/or not communicating electronically with Coach Demarchi in advance of being late or missing practice could result in a parent, coach, and athlete conference and possible dismissal from the team.
- All practices are open to parents without prior approval, but all team meetings are closed to everyone but the athletes, coaches and managers.

## Travel

- The district provides all travel.
- We will meet at Seven Lakes H.S. and leave on the bus to the event.
- For all weekday events, the entire team will return on the bus.
- For weekend tournaments, a **legal guardian** may sign a sub-varsity athlete out with a SLHS Wrestling Coach in writing after they have finished competing, but we would prefer that all wrestlers stay together as a team.
- Varsity wrestlers are required to make check in on time, ride with the team, warm up as a team, and be there all days of a multiple day tournament even if they are not competing anymore. Being a part of the varsity team is a special privilege and we will support each other.

## Competition Levels and Events

- There is no set Varsity, Junior Varsity or Freshman teams for wrestling. Which means that competition levels and line-ups will change week to week dependent upon performance of each individual student-athlete in practice and previous competitions as well as the type of competition we will be attending. Be in good standing with the team and keep challenging and you will find varsity time.
- Make sure that your athlete has food and money for weekend tournaments, since we will usually be there for the better part of the day.

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## Seven Lakes H.S. Wrestling Varsity Letter Award Criteria

In order to earn a varsity letter in Wrestling at Seven Lakes High School, you must meet both requirements below in the course of a single season:

1. Be eligible for post season wrestling.
- AND**
2. Earn 60 Varsity points or be a Senior that has completed the entire season in good standing.

## Starting Varsity Line Up Procedures for Seven Lakes Wrestling

The Head Coach always makes the final decision on the line up according to what he thinks will be best for the team and each individual involved.

- The decision-making process will be tailored to fit each individual wrestler and weight class. The process will not always be the same from situation to situation.
- When time allows, an attempt will be made to make each wrestler involved in the process aware of how the decision-making process will be set for their individual situation, but it is possible that a last second decision must be made without prior notice.
- Usually in January, we will begin to close out challenges for certain varsity weight classes based upon a wrestler's success at that weight class. It is rare that we will be holding Varsity wrestle offs the week of districts.

## Starting Varsity Line Up, Awards, Leadership Positions, & Other Subjective Coaches' Decisions

Subjective decisions are difficult to make. No decisions made by the SLHS Wrestling staff will ever be made without considerable thought and discussion within the staff. The process for subjective decisions made by the coaching staff will not be discussed with anyone outside of the coaching staff for any reason.

## Missed Competition

- Varsity wrestlers that miss competition will likely forfeit their spot for at least the next competition and possibly more.
- JV wrestlers are expected to compete in every scheduled opportunity. Wrestlers that choose not to compete regularly, will likely be removed from the team.

## Tryouts, Cuts, and Quitting

- There is no tryout for the wrestling team. Everyone is welcome to come and try wrestling. Come and work hard every day and you will be a Spartan Wrestler!
- Anyone that meets team standards of academics, maintains proper behavior, and comes to practice regularly will have a place on this team. **Lack of performance or ability does not matter.**
- Athletes are expected to be in the wrestling athletic period or another sport athletic period during the day that we can share workout time with.
- If an athlete is not meeting standards at home, in the community, or in the classroom, that athlete may be required to complete punishments, may be removed from participation in practice, may be removed from competitions, and/or may be removed from the team.
- If an athlete has suffered an injury that will require extensive rehabilitation and/or surgery, that athlete is highly encouraged to remain on the team and attend practices and competitions. There is always something for an injured athlete to do that will contribute to the team; and there is also much they can benefit from by being around the team. Please don't quit because of an injury.
- If a student-athlete wishes to quit the team, the coaching staff requires a meeting with them to discuss the situation. Wrestling may not be for everyone, but as coaches, we would like the opportunity to solve the problem and discover if the athlete really does not want to continue

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wrestling or if there is a minor adjustment that can be made to make the student-athlete more comfortable. **Just disappearing from practices or the athletic period is not acceptable.**

- **If an athlete quits the team for any reason, that student-athlete may not be given a second chance to wrestle with the Spartans.** If a wrestler is given a second chance, there will be a probationary period with a list of stipulations set by the coaching staff at a coach, student, and parent meeting before that wrestler can be fully reinstated to the team.

## Punctuality

- Wrestling is a sport of discipline. All members of the team as well as all support staff need to be punctual for all team events.
- Anyone late for meetings, check-ins, or competition may be suspended from competition or receive other appropriate discipline action to be determined by the coaching staff.
- One second late is still late. The coaching staff recommends that everyone make a legitimate effort to show up 15 minutes early to avoid any negative consequences.
- If you are going to be late make sure you are in communication with the coaching staff to minimize the stress and consequences of being late.

## Weight Management

- Because wrestling is a sport where the competitors are divided up by weight classes, proper weight management is essential.
- Wrestling at a weight class lower than your natural body weight is usually the norm. There is a safe way to maintain that lower weight, but it does not involve severe dehydration or not eating. We encourage proper and regular eating and extra workouts in order to make a chosen weight class.
- Wild swings in weight is not safe and will always negatively affect your wrestling, so we do all we can to encourage hard work and clean eating (being healthy).
  - If a wrestler starts the competition week over weight by a significant amount, they very well might be removed from the varsity line up until such time that they can get their weight under control.
  - If a wrestler cannot maintain their weight class through proper diet, extra work and sacrifice, then that weight class is not appropriate for them. They will need to move up to a weight they can maintain regularly and safely.

## More Detailed Information

This Parents' Packet contains our main team rules that must be followed for a student-athlete to remain on the team, but this packet is not all-inclusive.

**The best resources and the best ways to know ahead of time are:**

1. Make sure you are on Coach Demarchi's email list. This is the list where the detailed schedule of the week is sent out. It is also the main line of communication between the head coach and the parents. Make sure you are getting them and that you read them. If you are not receiving them, please email Coach Demarchi to be added [michaeldemarchi@katyisd.org](mailto:michaeldemarchi@katyisd.org)
2. Familiarize yourself with the team website. There are tons of handouts, schedules, and things you need. <https://www.sevenlakesabc.com/sport/wrestling/boys/>
3. Please read the Wrestlers' Handbook on the team website. This is a long document, but it spells out in more detail many of our philosophies and goals. Read it once all the way through before the season starts and then refer to it as time goes on. There is a table of contents so the information

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you are looking for should be easy to find. It makes sense for you and your student-athlete to read it together.

4. Consider attending our Mat Chat sessions where we have informal information distribution and open question and answer opportunities.
5. Contact Coach Demarchi with any of your questions. Email is typically the quickest response time. Please utilize phone calls are for emergencies. If there is an issue that you feel will require a face-to-face individual meeting, be aware that setting a meeting may take up to a week to get scheduled as my time is scheduled rather tightly during the school year and even tighter during the wrestling season.

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| a. Coach Demarchi Email            | <a href="mailto:michaeldemarchi@katyisd.org">michaeldemarchi@katyisd.org</a> |
| b. Coach Demarchi Mobile           | 281-989-2748   |
| c. Coach Demarchi Office/Classroom | 281-237-2864   |