

FULSHEAR

Wrestling

2024-2025



Coach Arch- Head Coach

Coach Perez- Assistant Coach

Coach Kowalski- Assistant Coach

Jim Tucker- Sports Rep

Suzanne Box- Sports Rep

#DADIRTY **F**



MEET THE TEAM

Head Coach:

COACH ARCH

adam.archibeque@lcisd.org

Sports Rep:

JIM TUCKER

281.330.8554

fulshearchargerwrestling@gmail.com

SUZANNE BOX

832.656.7856

fulshearchargerwrestling@gmail.com

YOUR STUDENT SHOULD BE THE ONE COMMUNICATING WITH THE COACH IF THEY WILL BE ABSENT- SEND HIM A TEXT.

Assistant Coaches:

COACH PEREZ

david.perez@lcisd.org

COACH KOWALSKI

micah.kowalski@lcisd.org

DOWNLOAD MASCOT MEDIA.



2024 District Champs

SIGNED WRESTLER CONTRACT

- 1. Participating in athletics takes time. It is important for me to budget my time wisely. I will make every attempt to meet household and family responsibilities as well as my academic and athletic assignments.**
- 2. I understand that academics are a priority. I will be on time to class, stay on task and respect my teachers. All of my assignments will be turned in on time and I will let my teachers know in advance when I will be absent for athletic purposes. I will attend tutorials at times that do not conflict with practices or tournaments/matches.**
- 3. I will not use alcohol, illegal drugs or tobacco, and will not be in the presence of these substances. If I find myself in a bad situation, I will remove myself immediately. I understand that if I use these substances or allow myself to be in the presence of others who do, I will be required to complete the sprint workout and discuss further consequences with my coaches and administration.**
- 4. I understand that I am a representation of Fulshear High School and the Fulshear Wrestling Program. My actions, words and social media pages will reflect this. I will not post inappropriate pictures or words of any kind and understand that there will be consequences for doing so.**
- 5. I will be on time and properly equipped for every practice. I will have consequences for arriving late or wearing the wrong equipment. I will inform the coach if I will be absent from practice or a match well ahead of time. I will not wear jewelry of any kind during practice or matches.**
- 6. If I miss a practice for any reason, I will see my coach and make arrangements to make up practice before I can compete in the next match. Failure to attend practice will result in loss of mat time.**
- 7. I will be respectful of all equipment and uniforms assigned to me. I will turn in all required equipment to my coaches in a timely manner and understand that I am responsible for keeping equipment in good shape, if equipment is lost or ruined, I'm responsible for replacing it.**
- 8. I will support my fellow players on and off the mat. I understand that a negative attitude, even at home, will affect my mat time and the success of my team. I will make efforts to remedy situations before they turn into conflict for my team and myself.**
- 9. If I need clarification, extra instruction or just need to talk, I will schedule a meeting with my coaches. If my questions are not answered, my coaches, my parents and I will have a conference to find a remedy for the situation.**
- 10. I understand that suggestions and corrections made to me by a coach are not to be taken personally but should be accepted in a way to improve my team and myself.**
- 11. If I suspect any skin condition, i.e. staph, ringworm, impetigo, etc... I will alert my coach IMMEDIATELY, and follow proper protocol. I will NOT wrestle until cleared by a medical professional. .**

equipment

HEADGEAR



- white
- black
- purple
- grey

Academy
Rudis
Dicks
Amazon*

WRESTLING SHOES



Academy*
Rudis
Dicks
Amazon

MOUTH PIECE



They make them for with braces and without.

Academy
Dicks
Amazon
Walmart*

*least expensive option

SINGLET CARE



- Wash after **EVERY** tournament- no excuses
- Wash by itself on **COLD**
- **HANG TO DRY**
- if you have questions or forget- **ASK**
before washing!

WEIGHT CERTIFICATION

DATE: TBD
LOCATION: TBD

What are the components?

- Hydration Assessment
- Alpha Weight Determination
- Skin Fold Measurement
- Establishing Minimum Weight
- Establishing Descent Calendar
- Appeals

What is the testing process?

- Athlete Check In
 - For the weight certification process, all athletes (male and female) shall wear a wrestling singlet. Student athletes appearing for certification and not wearing a wrestling singlet will be refused assessment.
- Hydration Assessment
 - Give athlete a specimen cup. Tell them to go to the bathroom, and they may go into a stall but should keep the door open. Supervisor will be in the bathroom but will not visually inspect urine collection. For security purposes, monitors may want to mark the specimen cup with a ring made by a dry erase marker around the lip of the cup. Supervisor checks pass or fail on both forms. Proceed to weigh if pass
- Alpha Weight Determination
 - Weigh the athlete, record the weight, and have them proceed to skinfold station.
- Skin Fold Measurement
 - Take required skinfolds on each athlete. Record on both forms. Sign both forms. •
 - Give the athlete the bottom form and have them give it to their coach
- Data Entry
 - Enter data as soon as possible (maximum 3 days) so that coaches and athletes have the chance to appeal if need be. • Keep forms for at least 1 month



SCAN HERE FOR MORE
INFORMATION



WEIGHT CERTIFICATION

Date: TBD
Location: TBD

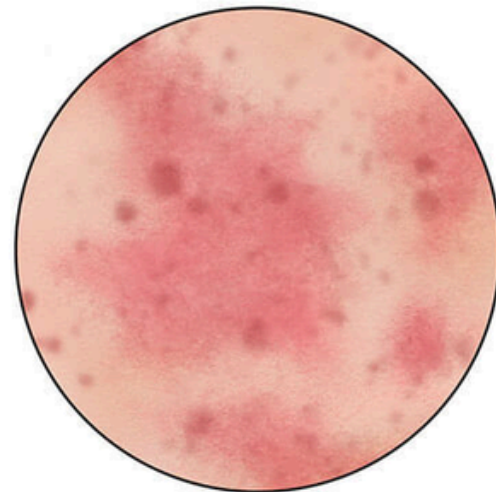
Program Regulations

- For varsity wrestlers, minimum wrestling weight and minimum weight class will be determined by predicted body weight at 7% body fat for males and 12% body fat for females.
- A 2% variance will be applied to each student's Minimum Wrestling Weight as calculated by the TrackWrestling system.
 - Hydration level of less than or equal to 1.025 is required at time of assessment.
- There will be monitored weight loss on the descent. A maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established. A wrestler who loses more than 1.5% of their alpha body weight in a week is ineligible to compete in the weight class to which they are descending.
- All UIL wrestling schools will be required to utilize the Optimal Performance Calculator for this program on the TrackWrestling website.
 - In accordance with NFHS Rule 2-4-2, scales shall be certified annually.



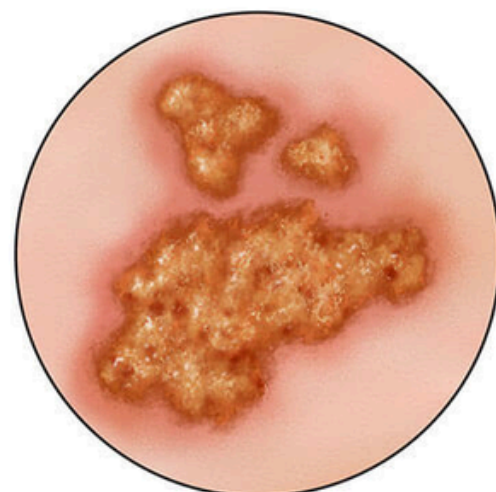
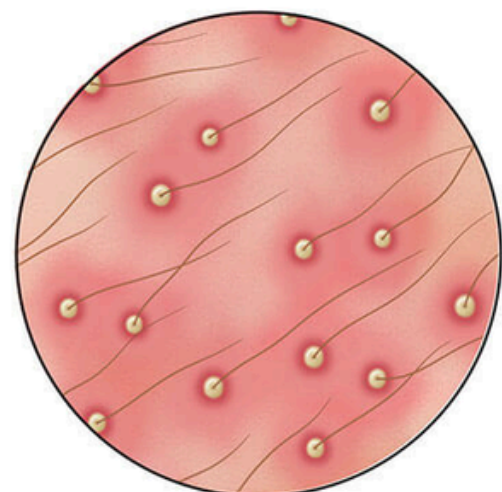
SKIN

Staph infection



Abcesses and boils

Cellulitis



Folliculitis

Impetigo

SKIN

THINGS TO DO EVERY DAY

- Shower **IMMEDIATELY** after practice or a tournament
 - use antiseptic wipes in between matches
- Use Antibacterial Body Wash with **EVERY** shower
- **WASH** all clothing **IMMEDIATELY**- do **NOT** let it sit.
- Spray car seats down with lysol after sitting on them after a practice/match
- Clean headgear with alcohol wipes or a 1:10 bleach water solution
- **CHECK YOUR SKIN- DO NOT WRESTLE WITH ANYTHING THAT COULD BE STAPH/INFECTION. ASK COACH ARCH IMMEDIATELY.**





SKIN

Skin care for wrestlers

Maggie Bentley NP.



CFHS WRESTLING HOSPITALITY ROOM

PARENT VOLUNTEERS

What is a hospitality room?

A hospitality room is a room where coaches/officials can go to get some food, a drink, or take a breather. We want the coaches/officials traveling to Fulshear High School for duals/tris/quads or tournaments to feel welcomed and leave with a full belly, and hopefully second place behind our kids 😊

In order for us to accomplish this we need YOU as parents of our amazing wrestlers to volunteer to run this room. We will also be asking for potluck foods for these events as well. Coach Arch/Wrestling will supply the main dish.

Scan to sign up to help!



SCHEDULE

Please take a schedule hand out.

Schedule is subject to change! Please be flexible.

Leave times will be announced by coach the week of the tournament. If wrestlers are worried about their weight, they should show up early in case they need to run. If wrestlers are late, they will be left.

Wrestlers will ride to the tournaments together and ride home together. We are a team, and we travel as a team.

IF there are extenuating circumstances and you need to take your wrestler home personally, you will need to fill out the travel form 48 hours prior to the tournament and turn it in to Coach Arch.

FULSHEAR

Wrestling

2024 - 2025

BOYS

| | | |
|------------|-------------|---------------------------------|
| 11/13/24 | WED 5PM | ATASCOCITA HIGH SCHOOL |
| 11/16/24 | SAT 8AM | CLEAR FALLS HIGH SCHOOL |
| 11/20/24 | WED 5PM | CFHS (JV ONLY) |
| 11/21/24 | THU 5PM | WESTSIDE HIGH SCHOOL |
| 11/23/24 | SAT 8AM | CLEAR CREEK HIGH SCHOOL |
| 11/25/24 | MON 9AM | KLEIN CAIN HIGH SCHOOL |
| 11/26/24 | TUE 9AM | CLEAR LAKE HIGH SCHOOL |
| 12/4/24 | WED 5PM | CFHS-TEACHER APPRECIATION |
| 12/6/24 | FRI 8AM S | MORTON RANDCH (VARSITY ONLY) |
| 12/7/24 | AT 8AM | MORTON RANCH (VARSITY ONLY) |
| 12/7/24 | SAT 8AM | BAY AREA HIGH SCHOOL (JV ONLY) |
| 12/11/24 | WED 5PM | CY RANCH HIGH SCHOOL |
| 12/13/24 | FRI 5PM | CY PARK HIGH SCHOOL |
| 12/14/24 | SAT 8AM | JORDAN HIGH SCHOOL (VARSITY) |
| 12/14/24 | SAT 8AM | BRYAN HIGH SCHOOL (JV ONLY) |
| 12/18/24 | WED 5PM | CFHS- SENIOR NIGHT |
| 12/20/24 | FRI 1PM | CINCO RANCH HIGH SCHOOL |
| 12/21/24 | SAT 8AM | CFHS-THE CHARGER CHALLENGE |
| 1/3-1/4/25 | FRI-SAT 8AM | BERRY CENTER (VARSITY ONLY) |
| 1/8/25 | WED 5PM | KLEIN OAK HIGH SCHOOL |
| 1/10/25 | FRI 5PM | CHICKEN WING DUAL (VARSITY) |
| 1/11/25 | SAT 8AM | CHICKEN WING WESTSIDE (VARSITY) |
| 1/11/25 | SAT 8AM | GATOR ROLL KLEIN OAK (JV ONLY) |
| 1/15/25 | WED 5PM | BRIDGELAND HIGH SCHOOL |
| 1/16/25 | THU 4PM | CFHS (JV ONLY) |
| 1/22/25 | WED 5PM | CLEAR LAKE HIGH SCHOOL |
| 1/24/25 | FRI 5PM | WILLIS HIGH SCHOOL |
| 1/29-1/31 | | DISTRICT TOURNAMENT |

GIRLS

| | | |
|------------|-------------|---------------------------------|
| 11/13/24 | WED 5PM | ATASCOCITA HIGH SCHOOL |
| 11/16/24 | SAT 8AM | CLEAR FALLS HIGH SCHOOL |
| 11/20/24 | WED 5PM | CFHS (JV ONLY) |
| 11/21/24 | THU 5PM | WESTSIDE HIGH SCHOOL |
| 11/23/24 | SAT 8AM | CLEAR CREEK HIGH SCHOOL |
| 11/25/24 | MON 9AM | KLEIN CAIN HIGH SCHOOL |
| 11/26/24 | TUE 9AM | CLEAR LAKE HIGH SCHOOL |
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| 1/29-1/31 | | DISTRICT TOURNAMENT |

BOOST THE *Mat*

Instructions were sent to your wrestler's e-mail address.

1st place- Pie Coach Arch

2nd place- Pie Coach Perez

3rd place- Pie either Mr. or Mrs. Tucker

We are trying to raise money to buy all new travel suits/backpacks(for varsity), practice gear and equipment! Our kids are CHAMPIONS- lets dress them like it!



WRESTLING MAT MADNESS

November 11 @ 10 AM in the Gym

Arch will have live demonstration to go over scoring

Free entry with a case of water or \$5 donation. Invite your friends and family to come out!



Erin Tucker
@etucker1218



venmo

Scan this code to pay



WRESTLING MAT MADNESS

Takedown Throwdown

- People can pledge to donate a certain amount per takedown in a 60 second timeframe
- People can just donate a lump sum

PIN FOR \$10

Pay \$10 to get on the mat with your wrestler for 30 seconds

- or you can choose 2 people to get on the mat for 30 seconds

Free entry with a case of water

\$5 entry fee with no water (money will go towards purchasing water for tournaments)

Want to help?



FAN APPAREL

ORDER BY
SEPTEMBER
23

FULSHEAR HIGH SCHOOL CHURCHILL FULSHEAR HS WRESTLING 2024

COMING SOON



\$39.99 Nike Men's Team Legend Short Sleeve Tee
Available in 1 other color.



\$39.99 Nike Women's Team Legend Short Sleeve Tee



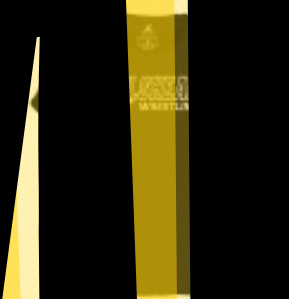
\$38.99 Nike Women's Team Legend Short Sleeve Tee



\$23.99 Nike Men's Team Legend Long Sleeve Tee
Available in 1 other color.



\$23.99 Nike Women's Team Legend Long Sleeve Tee



\$25.99 Nike Men's Team Legend Long Sleeve Tee
Available in 1 other color.



\$23.99 Nike Women's Team Legend Long Sleeve Tee



\$39.99 Nike Men's Team Legend Long Sleeve Tee
Available in 1 other color.



\$41.99 Nike Men's Team Legend Long Sleeve Tee



\$41.99 Nike Women's Team Legend Long Sleeve Tee

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BSNSPORTS

MTS Customer Support - ref # 12183270
1-800-749-3813 | myteamshop@bsnsports.com
Team Coordinator James Tucker james.tucker@lcsd.org



Access Code

FEFTXdvrZY

www.bsnteamssports.com



Click Here To

SHOP NOW

Order 9/10 to 9/23

No orders will be accepted after the deadline.



1ST ANNUAL
THE CHARGER CHALLENGE
HOSTED BY:
FULSHEAR WRESTLING



Divisions:
Varsity Boys Dual
JV Boys
Varsity Girls Dual



Entry fee:
Varsity Boys- \$300 per team
JV Boys- \$200 per team
Varsity Girls- \$300 per team

Make checks payable to: **FABC (memo- Wrestling)**
Send to: **Erin Tucker**
Fulshear High School
9302 Charger Way
Fulshear, TX 77441

Times:
Weigh In- 7am-8am
Coaches meeting- 8:15am
Wrestling starts: 9:00 am

Head Coach- Coach Arch- 979.709.3913
adam.archibeque@lcisd.org

General Information:
Concession Stands are available
Trainers will be present
Hospitality suite for coaches/refs
Apparel sales will be available



Concession Stand- Work and Bring food
Tables/Mat Workers- ALL WRESTLERS REQUIRED
Hospitality room- Work and Bring food
Set Up/Tear Down- ALL WRESTLERS REQUIRED
Merchandise Table

sportsYou



You've been invited to join

Fulshear Athletic Booster Club

Use your **unique access code** below and follow the instructions.

Access Code

KHQ8-QL7A

Join via Website

New Users

1. From your computer, phone, or tablet, visit sportsyou.com
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to sportsyou.com and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

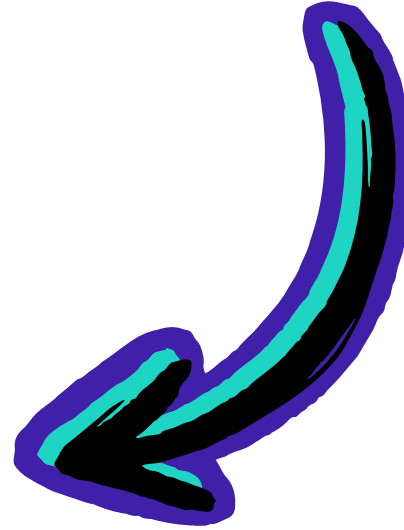
Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**

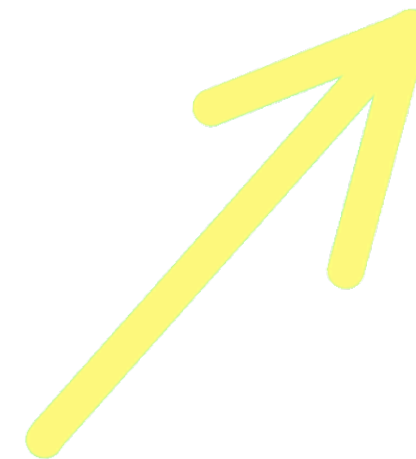
visit us at www.sportsyou.com or in the app stores



BOOSTER SPORTSYOU



Join the Booster Club



WHO WE ARE:

The Fulshear Athletic Booster Club (FABC) is a non-profit organization that supports ALL athletes and coaches through annual sponsorships, memberships, merch sales, and community donations.

FBAC is a volunteer-run organization and we'd love to have you out at any of our booster events! Be on the lookout for opportunities to get involved as the year progresses. #ChargedUp

HOW IT WORKS:

We rely on YOU through:

- Parent and student FABC memberships
- Corporate sponsorships
- Annual "Chips for Chargers Casino Night" fundraiser
- Concession stand sales
- Charger merchandise sales

WHERE IT GOES:

- Academic College Scholarships for Seniors; 15 awarded last year
- District Away game meals for athletes
- Team equipment and supplies
- Team banquets and celebrations



HOW YOU CAN HELP:

1 BECOME A MEMBER

FABC membership directly impacts Charger athletes at Fulshear HS. Every athlete should have a membership!



2 SPONSOR

Sponsorship funds are distributed to ALL and are used for the following items:

- Meals and banquets when memberships can not cover the expenses
- Scholarships
- Equipment and supplies



You will also receive public recognition and since we are a 501C organization, sponsorship can be used a write-off. WIN-WIN!

3 SHOP MERCHANDISE

Check out the latest Charger swag at sporting events **or** shop at our online store. There is something for Charger fans and students of all ages!



4 VOLUNTEER

FBAC is volunteer-run and we'd love to have you out at any of our booster events are easy and get #ChargedUp!

Be on the lookout for opportunities during the year.

5 GET #CHARGEDUP!

- Come out and support our student athletes
- Spread the word about the mission of FABC

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