



Coaching Staff

Head Coach-Christopher Duenas

(Duenas@ogschool.org)

Assistant Coach- Jerrod Collier

Assistant Coach- Dan Hill

Oak Grove Wrestling 2016-2017

Opening Day of Wrestling Season: Nov. 28th

Regional Tournament: Feb 25th

Sectionals Tournament: March 4th

State Tournament: March 10,11th

@= AWAY

VS=HOME

*Approx-4:15-4:30pm start time

- **@ Gurnee Vikings- DEC 21st**
 - 4460 Old Grand Ave, Gurnee, IL 60031

-----DECEMBER 23-JAN 8 WINTER BREAK-----

- **@ Sheperd JAN 12th**
 - 440 Grove Pl, Deerfield, IL 60015
- **(Team Tournament) @ Hawthorn South Invitational JAN 14**
 - 600 N Aspen Dr, Vernon Hills, IL 60061
- **@ Millburn JAN 17 th**
 - 640 Freedom Way, Lindenhurst, IL 60046
- **VS Woodland/ West Oak JAN 19 th**
- **(Tournament) Matthews Wrestling Tournament JAN 21st**
 - 3500 Darrell Rd, Island Lake, IL 60042
- **@ Woodlawn JAN 28th**
 - 6362 Gilmer Rd, Long Grove, IL 60047
- **VS Daniel Wright JAN 31st**
- **VS Carl Sandburg/Northwood FEB 2nd**
- **@ Deer Path Feb 8th**
 - 95 W Deerpath Rd, Lake Forest, IL 60045
- **@ Highland “Crosstown Classic FEB 9th**
 - Libertyville High School
- **(Tournament) Deer Path Invitational FEB 11th**
 - 95 W Deerpath Rd, Lake Forest, IL 60045
- **@ Fox Lake Stanton Feb 14th**
 - 101 Hawthorne Ln, Fox Lake, IL 60020
- **VS Hawthorn South & Palumbi FEB 16th**
- **REGIONALS FEB 25th**
 - TBA
- **SECTIONALS MARCH 4th**
 - TBA
- **STATE MARCH 10th-11th**
 - Northern Illinois University

Things to know for the Season

What does my wrestler need this season?

- ★ Water Bottle 24 oz. (All Competitions & Practices)
- ★ Wrestling Shoes (All Competitions & Practices)
 - 3 Main Brands
 - Asics, Nike, Adidas
 - Can be found at DICK's Sporting Goods, Rogan's
 - Online(Amazon, Eastbay)
 - Visit a retailer to size and look online for better price
- ★ Head Gear (All Competitions & Practices)
 - Any wrestling headgear is fine
- ★ Gym Clothes (All Practices)
 - No Jeans, Cargo shorts, button down shirts, etc
 - No jewelry will be allowed at practice and competitions
- ★ Mouthguard (All Competitions & Practices)
 - Required: if wrestler has braces
 - Orthodontist may be able to provide one for braces
 - Optional: if wrestler does NOT have braces
- ★ Singlet (All competitions)
 - Will be provided by the Oak Grove School
- ★ Physical on file (Must go through March 2017)
 - Talk to Coach Chris to verify
 - Talk to a School Nurse to verify

What documents do the parents need to sign?

- Signed Oak Grove Athletic Waiver
 - **November 28th Deadline**
- Make student athletic payment on RevTrak
 - **December 14th Deadline**
- Signed IESA Concussion Information Sheet
 - **December 14th Deadline**

When is Practice?

- Practice will be Monday through Friday
 - Monday through Thursday
 - 3:30pm-6pm
 - Friday
 - 3:30pm-5pm
- First practice will be November 28th

Spirit Wear

- Customized Garb-I will be working on new options

ATHLETIC HANDBOOK

Oak Grove School District 68
1700 S. O'Plaine Rd. Green Oaks, IL 60048
847.367.4120

I. Statement of Philosophy

The philosophy of the Athletic Department, interscholastic and intramural programs is in direct correlation to the overall philosophy, aims and objectives of the Oak Grove School District 68. We believe that athletics are an important part of the educational process and to that end; we encourage all students to participate. We view coaches as teachers first, providing instruction in the skills and strategies of their activity. In addition, the goals of the Athletic Department are:

- To foster the development of good sportsmanship and teamwork
- To develop the necessary basic sport specific skill set
- To stress the necessity for maintenance of academic proficiency
- To instill a sense of personal discipline and pride
- To establish an increased level of academic and personal accountability

II. Athletic Eligibility

a) In order to tryout and participate an athlete **MUST** have a current physical examination by a physician on file in the nurse's office. Fall athlete's physical must be current from Aug 1 to October 31. Winter athlete's physicals must be current from November 1 through March 31. Spring athlete's physicals must be current from April 1 through June 31. Physicals are good for 395 days as explained by the Principal Health Consultant from ISBE. Please contact the nurse's office with any questions or concerns.

b) Coaches will establish and communicate specific rules that govern their team prior to the beginning of the season. Coaches will also communicate a practice schedule.

c) The student must attend school for at least half the day in order to participate in games or practices. A half-day consists of four (4) classes not including lunch.

d) An athlete may not practice or participate in any contest while suspended from school, including an in-school suspension.

e) Weekly academic evaluations will be sent to all of the student's teachers for their input on the student-athlete's progress. A student must remain eligible according to the District 68 academic achievement policy in section III. Academic achievement will correlate directly to students IEP goals.

f) Athletes are to exhibit good sportsmanship at all home and away contests. Behavior, which is detrimental to the reputation of Oak Grove School, will not be tolerated.

g) Athletes are responsible for any equipment issued to them while participating in athletics. Failure to return equipment in acceptable condition will result in replacement, at the athlete's cost, of damaged or lost articles by the student.

h) Failure to comply with ANY of the guidelines set forth in this handbook, or by the individual coach may result in athletic ineligibility or dismissal from the team. The coach may, at any time he/she deems necessary, remove an athlete from the team for disciplinary reasons. Coaches will inform the administration and parents of any situations that are occurring that may be detrimental to the athletic program.

i) Each student is eligible to play on only one Oak Grove team per sport season.

III. Eligibility for Interscholastic Competition

a) Academic Achievement - If a student athlete is receiving below a C average in any two classes during a given week, they will be placed on academic probation for the following week, and will remain eligible to participate in extracurricular athletics. If after the second week the student continues to have below a C average in any two classes, they will be ineligible for the following week.

b) Behavior - If a student athlete receives two or more Oak Grove Discipline Notices in a one-week period, that student will be declared ineligible for a period of one week. If the student receives a third detention during the season, they are then declared ineligible for the following week. A fourth detention during the season will result in ineligibility for the remainder of the season.

c) General – Participants are expected to attend all games and practices. An unexcused absence may result in suspension from the team for a minimum of one (1) game. Any student receiving an academic accountability notice will be expected to serve on the assigned day whether or not it is a practice or game day. Students need to make necessary arrangements to attend that practice or game. It will be up to the individual coach how this will affect the athlete's playing time. Please sign and return the following:

My child _____ has my permission to participate (Please print child's name) in Interscholastic Athletics at Oak Grove School.

_____ Parent Signature _____ Date

_____ Student Signature _____ Date

FEES: \$50 one time fee for all sports. Based on past year's participation, this will cover approximately 10% of the cost of athletic and club programs. Scholarships will be available to those unable to pay. We are proud of the large numbers of students who participate in all of the Oak Grove School extracurricular and co-curricular activities. Please remit your payment online at www.ogschool.org. Online payments through RevTrak are preferred. Checks should be made out to Oak Grove School.