



**Vista Ridge
High School**

Colorado Springs, Colorado



2022 - 2023 SEASON

Wolfpack Wrestling Ways

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2022 - 2023 SEASON

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**Wolfpack
Wrestling
Ways**

Coaching Philosophy

Eric Everard & Cory Carter

Our philosophy prioritizes the mental health and physical safety of each person-athlete we coach.

We focus on developing mutual respect and trust throughout our program to help the person-athlete realize the best in which they are capable.

We believe everyone should be treated with dignity and deserves respect, regardless of feelings.

We believe in being honest with integrity and respectful to all teammates, teachers, referees, administrators and coaches at all times.

We believe participation in extracurricular activities is a privilege, not a legal right, and will honor the choices of each student-athlete to participate within our program or not.

We believe in transformational coaching methodologies that are person-athlete focused.

We believe every student-athlete should be allowed to compete without fear of the outcome.

We believe in creating a challenging environment for youth to safely struggle and develop their resiliency skills, self-confidence, and courage.

We believe in risking over-communication and being transparent with key stakeholders.

We believe a student-athlete will be available to attend, participate and compete in team events.

We believe each individual is responsible and accountable for maintaining their eligibility per SafeSport, NFHS, CHSAA, District 49, and Vista Ridge High School rules, regulations and policies.

We believe each person-athlete is capable of striving to become 1% better everyday.

Our wrestling program is a no tryout and no-cut sport that provides each person-athlete the opportunity to hold themselves accountable throughout their high school journey.

We believe our wrestling program should be a free service to our community and we welcome anyone interested in promoting our philosophy.



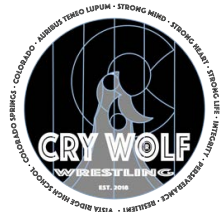
We believe in providing a reliable, dependable and consistent experience that our past, current and future person-student-athletes are proud of.

We believe in lifelong coach education, adopting current sports science and evolving with the sport.

We are committed to the personal development, educational enhancement, and well-being of all who choose to participate in Cry Wolf Wrestling® and Vista Ridge Boys/Girls Wrestling Programs.

“When people feel the process is fair, they don’t care about whether the result is equal.”
- Coleman Hughes, Joe Rogan Podcast Episode #1781

STRONG MIND. STRONG HEART. STRONG LIFE.



OUR HISTORY



Cry Wolf Wrestling® & Vista Ridge High School

Vista Ridge High School was founded in 2008 and our Boys Wrestling Program legacy began with the 2009-2010 CHSAA Season. From this initial season through 2016, eight (8) years, the Vista Ridge Wolves produced 20 State Qualifiers and three (3) State Placers. In October 2016, the coaching staff had a 100% changeover. Since then, Vista Ridge Wrestling has had 16 State Qualifiers, 9 State Placers and the first Boys Wrestling State Champion in school history (Max Coddington).

The 2016-2017 Season also had their first girl to complete a wrestling season at Vista Ridge High School. Each of the following five (5) seasons experienced a growth in our Girls Wrestling Program, producing 17 State Qualifiers, 11 State Placers and the first Girls Wrestling State Champion in the school, District 49 or the Pikes Peak Region history (Bella Mitchell). To learn more, please read [Colorado Girls Wrestling History](#).

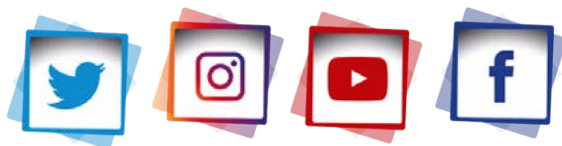
Cry Wolf Wrestling® is a 501(c)(3) incorporated non-profit, established on April 16, 2018, that believes the LIFE LESSONS taught through the sport of wrestling should be FREE TO LEARN. We provide a free K-12 USA Wrestling® chartered wrestling club with access to high level coaching through partnerships with USA Wrestling® and Wrestling Like A Girl®. We also provide a Pack Leader Development Academy, consisting of three (3) progressive courses, that allows any wrestler to earn "Team Captain" by their senior season.

AURIBUS TENEO LUPUM

Our Program's Motto translates as "holding a wolf by the ears." It is a Latin Proverb to describe a problem with no perfect solution. When you grab a Wolf by their ears, with both hands, you have both the difficulty of hanging on and a different challenge if you let go. This motto is how we want our opponents to feel. After shaking hands and hearing the whistle, they have a Wolf who is willing to compete without fear.

Our Pack Leader Council Academy & Resiliency Challenges consists of three (3) progressive leadership courses and two (2) resiliency challenges that wrestlers can choose to complete throughout their high school quad cycle. To learn more, please view our [Cry Wolf Wrestling® Pack Leader Council Academy](#).

Please visit our website at crywolfwrestling.org and @crywolfwrstling across social media for more history





Program Overview

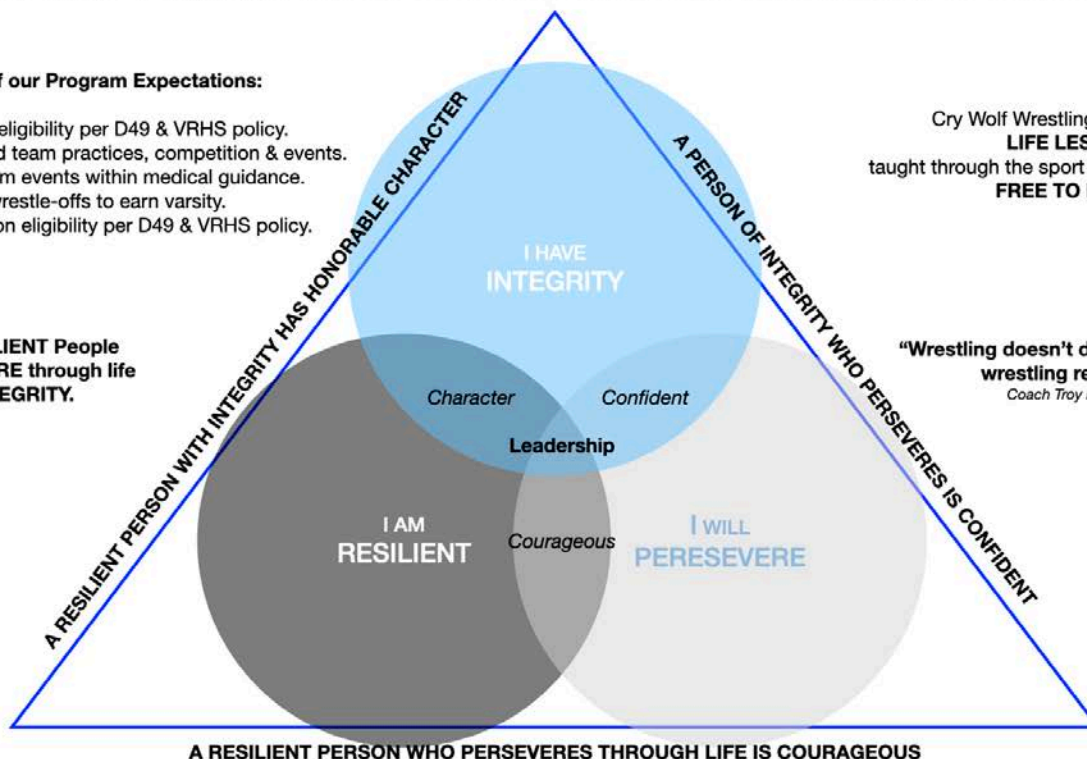
Vista Ridge High School & Cry Wolf Wrestling®

Our Vista Ridge Wrestling Program's purpose is "To develop **RESILIENT** People who **PERSEVERE** through life with **INTEGRITY**."

The APC's of our Program Expectations:

1. Maintain academic eligibility per D49 & VRHS policy.
2. Attend all scheduled team practices, competition & events.
3. Participate in all team events within medical guidance.
4. Compete and win wrestle-offs to earn varsity.
5. Maintain participation eligibility per D49 & VRHS policy.

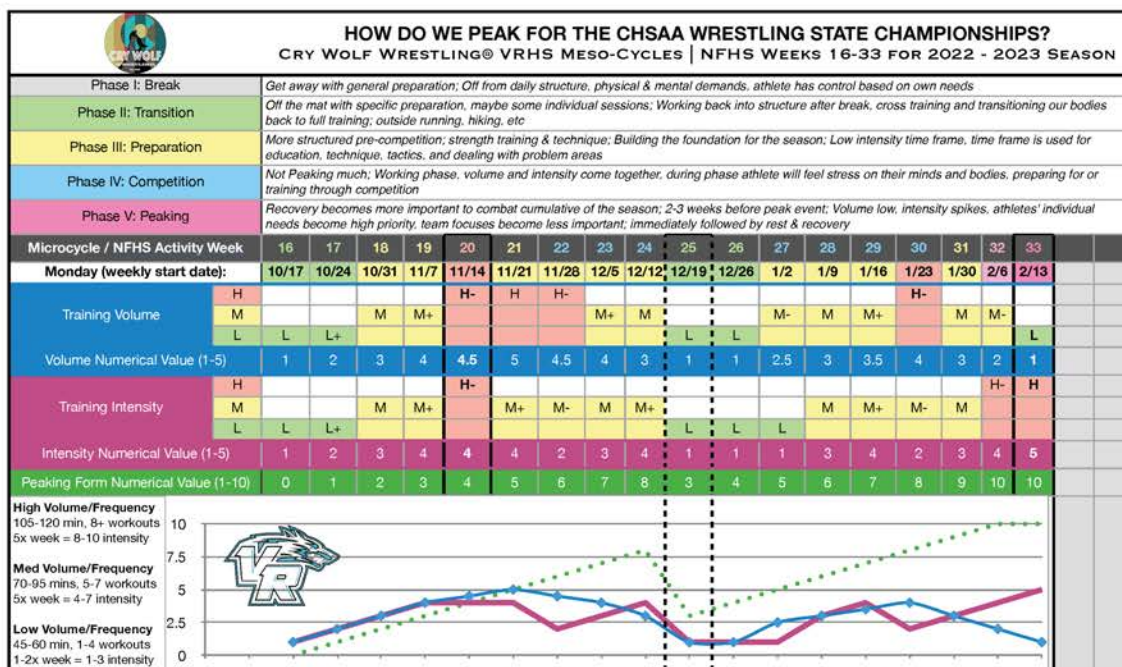
We are **RESILIENT** People who **PERSEVERE** through life with **INTEGRITY**.



Cry Wolf Wrestling® believes the **LIFE LESSONS** taught through the sport of wrestling should be **FREE TO LEARN**.

"Wrestling doesn't develop character; wrestling reveals it."
Coach Troy Bonewell

Our Cry Wolf Wrestling® Pack Leader Council Academy's purpose is "To Coach **Confident** and **Courageous** Leaders of **Honorable Character**."





Coaching Staff

2022 - 2023 Season

Cory Carter, Head Coach (Boys)

Colorado School of Mines

6th Season Coaching (2nd as Head Coach)

2017-Present: Vista Ridge High School

BS in Biomechanical Engineering

Scott Cleve, Assistant Coach

Adams State University

2021-Present: Vista Ridge High School

Pro MMA Fighter & Coach (11 years)

2006 NCAA DII All-American

3x NCAA DII National Qualifier

Chris Hale, Assistant Coach

Southwest Minnesota State University

2022-Present: Vista Ridge High School

2021-Present: Skyview Middle School

MA in Systematic Theology

BS in Sports Management

Keenan Willits, Volunteer Coach

Colorado School of Mines

Mines Team Captain & RMAC Team Title

2x Colorado State Placer (4th & 2nd)

BS in Mechanical Engineering

Eric Everard, Head Coach (Girls)

UW-Whitewater & U.S. Army

16th Season Coaching in D49 (21st overall)

2016-Present: Vista Ridge High School

2005-2014: Sand Creek High School

USA Wrestling Gold Coach Certified

MBA, MA in Leadership, EMT Certified

Whitney Conder, Assistant Coach

U.S. Army World Class Athlete Program (WCAP)

2017-Present: Vista Ridge High School

2016 Olympic Team Alternate

Pan-American Games Champion

5x World Team Member

6x National Champion

Military Games and Worlds Silver Medalist

Troy Bonewell, Assistant Coach

Adams State University

19th Season Coaching in D49 (25th overall)

2016-Present: Vista Ridge High School

2001-2014: Sand Creek High School

NCAA DII National Team Champions

MA in Ed Admin, BA in History

Todd Cofer, M.S. CSCS

Strength & Conditioning Coach (10 years)

Our Legacy Coaches



Tori Adams (2018-2022)

Donnie Liles (2018-2022)

Justin Loudon (2018-2022)

Nolan Baker (2021-2022)

Jason Lloyd (2016-2021)

Cam Kelly (2019-2021)

Kohl Knutson (2019-2020)

Bailey Gambrell (2018-2019)

Brian Galetta (2017-2018)

Ron Salazar (2017-2018)

Logan Malouff (Volunteer)

Anthony Meyer (Volunteer)



Health & Safety

Our Cry Wolf Wrestling® Recipe

There are numerous approaches for coaching and competing within the sport of wrestling. Our systematic approach to apply transformational coaching methodologies have proven to create and maintain a team culture that aligns with our values, while preparing student-athletes to accomplish their goals at all levels of the sport. The objective of any good recipe is consistency. The goal of our recipe is to consistently replicate success for learned skills to not only work in competition, but in life.

Wrestling is an extremely personal sport that involves high-level problem solving with physical and emotional consequences. Wrestling does not build character, but it does reveal character over reputation. The resiliency skills that wrestling teaches are life serving, especially when learned during a teenager's formative years. In addition to technique, the knowledge required to coach successfully includes sports psychology, nutrition, strength and conditioning, sports medicine, and periodization planning across multiple styles.

Student-Athletes who join wrestling are expected to proactively embrace the technique process, be on-time to participate in all practices, manage their weight through proper nutrition and hydration, include sleep as a requirement of their recovery plan, and strengthen a growth mindset. Consistent discipline and dedication to these actions reveal a student-athlete's integrity and character.

Each wrestler will maintain a hydrated body at all times. This is not a request, but a requirement of our program to safely manage a healthy weight loss when needed. A hydrated developing teenage brain, combined with a neck, shoulder and back strength program, may help to reduce the risk of concussion.

1. HYDRATION

and the role that sodium plays in the health, safety and performance of a wrestler cannot be overstated.

2. NUTRITION

is about managing a healthy relationship with food and drink throughout the year to consistently live a healthy lifestyle.

3. SPORTS PSYCHOLOGY

enables a growth mindset, combats a fixed mindset and proactively prevents unhealthy behaviors.

4. STRENGTH & CONDITIONING

compliments our Periodization Plan to help student-athletes achieve an intentional peak performance.

5. FLEXIBILITY

reduces risk of injury and promotes recovery. NeuroAthlete and Reflexive Performance Reset are two approaches we utilize.

6. TECHNIQUE

builds daily and we will establish a foundation of disciplined wrestling fundamentals before advanced skills.

7. REST & RECOVERY

are crucial components to injury prevention, along with enough restorative sleep to allow for brain and body systems repair.

Communication

We Follow SafeSport

We are available to maintain open and honest communication. It is important for student-athletes to practice safe communication and learn how to advocate for themselves. Please guide, encourage and allow your student-athlete to communicate.

Within our Wrestling Family, communication will flow through the Head Coach and Student-Athlete.

CORY CARTER

Head Coach, Boys Wrestling
(719) 368-0132
carter.c.cory@gmail.com

ERIC EVERARD

Head Coach, Girls Wrestling
(719) 290-8725
vrhswrestling@d49.org

We will also communicate through:

Boy's & Girl's Team Google Calendar

Website at <https://crywolfwrestling.org/>

VRHS Boys at <https://www.d49.org/Page/1966>

VRHS Girls at <https://www.d49.org/Page/8242>

Telegram Application (Coaches & Wrestlers)

Messenger Application (Coaches & Parents)

[Cry Wolf Wrestling Facebook Page](#)

[Cry Wolf Wrestling Instagram Page](#)

Additional References & Resources

Colorado High Schools Activities Association (CHSAA) at <https://chsaanow.com/sports/wrestling>

National Federation of State High School Associations (NFHS) at <https://www.nfhs.org/>

SafeSport at <https://uscenterforsafesport.org/>

SafeSport Training Website (FREE) at <https://safesporttrained.org/#/public-dashboard>

USA Wrestling Membership at <https://www.usawmembership.com/login>



I HAVE
Integrity

I AM
Resilient

I WILL
Persevere



Season Schedule

November 14, 2022 thru February 18, 2023

Please refer to the Boys or Girls Season Calendar (Google) for the most current information

We submitted a bus transportation request, but reliability of transportation is questionable week-to-week

Boys Season Calendar (Google) (click title for app use) or <https://calendar.google.com/calendar/u/0?cid=Y19vaHlyMTdvYWZlZnZFWWtqZ2p2MmNxc2x2MEBncm91cC5jYWxlbmRhci5nb29nbGUuY29t>

Girls Season Calendar (Google) (click title for app use) or <https://calendar.google.com/calendar/u/0?cid=dnJoc3dyZXN0bGluZ0BkNDkub3Jn>

Colorado Springs Metro League Calendar at <https://www.csmleague.org/public/genie/429/school/7099/date/2022-08-01/view/month/>



Boys & Girls Wrestling Schedule

VISTA RIDGE HIGH SCHOOL, COLORADO SPRINGS, COLORADO



@crywolfwrestling

Nov 30, 2022	Wed	5:00 pm	Girls Dual vs DCC	Home (Vista Ridge HS)
Dec 2, 2022	Fri	6:30 am (All Day)	Boys JV Tournament	at Pueblo Central HS
Dec 3, 2022	Sat	6:30 am (All Day)	Boys Varsity Tournament	at Windsor HS
Dec 3, 2022	Sat	6:30 am (All Day)	Girls Tournament	at Arapahoe HS
Dec 7, 2022	Wed	5:00 pm	Boys Dual vs Rampart	at Rampart HS
Dec 8, 2022	Thu	5:00 pm	Girls Dual vs Douglas County	at Douglas County HS
Dec 10, 2022	Sat	6:30 am (All Day)	Boys Varsity Tournament	at Lewis Palmer HS
Dec 10, 2022	Sat	6:30 am (All Day)	Girls Tournament	at Eaglecrest HS
Dec 10, 2022	Sat	6:30 am (All Day)	Boys JV Tournament	at Discovery Canyon Campus
Dec 15, 2022	Thu	5:00 pm	Boys Dual vs Liberty	Home (Vista Ridge HS)
Jan 5, 2023	Thu	5:00 pm	Boys & Girls Dual vs Coronado	at Coronado HS
Jan 6, 2023	Fri	6:30 am (All Day)	Girls Tournament	at Lamar HS
Jan 7, 2023	Sat	6:30 am (All Day)	Boys & Girls Tournament	at Western Colorado University, Gunnison
Jan 7, 2023	Sat	6:30 am (All Day)	Boys JV Metros Tournament	at Air Academy HS
Jan 11, 2023	Wed	5:00 pm	Boys & Girls Dual vs Widefield	at Widefield HS
Jan 12, 2023	Thu	5:00 pm	Boys & Girls Dual vs Ftn-Ft. Carson	at Ftn-Ft. Carson HS
Jan 13-14, 2023	Fri/Sat	6:30 am (All Day)	Boys Varsity Tournament	at Eaglecrest HS
Jan 14, 2023	Sat	6:30 am (All Day)	Girls Alpha Female Tournament	Home (Vista Ridge HS)
Jan 18, 2023	Wed	5:00 pm	Boys Dual vs Pine Creek	Home (Vista Ridge HS) *Parent's Night
Jan 20-21, 2023	Fri/Sat	6:30 am (All Day)	Boys & Girls Metro Championships	at Doherty HS
Jan 24, 2023	Tue	5:00 pm	Boys & Girls Dual vs Doherty	Home (Vista Ridge HS) *Senior's Night
Jan 26, 2023	Thu	5:00 pm	Girls Tri-Meet vs Pueblo/Mesa Ridge	at Pueblo Central HS
Jan 27-28, 2023	Fri/Sat	6:30 am (All Day)	Boys & Girls (Sat only) Tournament	at Garden City, KS
Feb 3-4, 2023	Fri/Sat	6:30 am (All Day)	Boys JV State Championships	at Northglenn HS
Feb 10-11, 2023	Fri/Sat	6:30 am (All Day)	Boys Region Tournament	at Durango HS
Feb 10-11, 2023	Fri/Sat	6:30 am (All Day)	Girls Region Tournament	at Coronado HS
Feb 16-18, 2023	Thu-Sat	6:30 am (All Day)	Boys & Girls State Championships	at Ball Arena, Denver

*all times are weigh-in times (subject to change)

2022-2023



Earning Varsity

2022 - 2023 Vista Ridge High School Season

Attend

Maintain Conduct Eligibility per the [VR Student-Parent Handbook](#)

Maintain Academic Eligibility (no F grades)

Attend scheduled team events

Participate within a doctor's care plan

Compete in scheduled team events & win your wrestle-offs

Participate

Misses no more than 6 days of season

Participates two (2) days prior to tournaments

Participates 100% the day prior to competition

Medical notes & family emergency excused

Compete

School-based athletics are a privilege and not a right.

As such, each student-athlete is an individual person who chooses their level of involvement within the Vista Ridge Wrestling Program. Through their behavior and actions, each student-athlete will be provided the fair and equitable opportunity to earn leadership roles and varsity.

1. The first wrestle-off of season is best-of-three (3) matches to determine initial ranking per weight class.
2. After the first wrestle-off, wrestlers must win best-of-three matches against each wrestler above them.
3. If moving to a different weight class, even if varsity in current weight class, then step #2 above applies.
4. After the first wrestle-off, wrestlers have the choice to challenge wrestlers above them or for varsity.





Earning Awards

Vista Ridge High School & Cry Wolf Wrestling®

The Wolfpack Medal represents induction to the Vista Ridge and Cry Wolf Wrestling Wolfpack. It is awarded to wrestlers after they complete their first full wrestling season with Vista Ridge High School.

Varsity Letters: Competes at Regionals -OR- Earns at least 40 Varsity Team Points -OR- Places Top 8 at JV State Championships -OR- Does not miss a single scheduled team event

The Teen Wolf Medal is awarded to the most improved wrestler (boy and girl).

The Beta Wolf Medal is awarded to the most outstanding freshman (boy and girl).

The Alpha Wolf Medal is awarded to the most outstanding wrestler (boy and girl).

The Werewolf and Lone Wolf Trophy recognizes those wrestlers who complete the entire challenge checklist without exception and within 12 months.

The Pack Leader Award recognizes the parents of our graduating seniors for their time, dedication and support to our wrestling program.

The David Collas Citizenship Award was established 2018 to recognize the boy and girl wrestler who completes the current season, projects a spirit that honors David Collas' memory and positively represents our wrestling program.

The Isaac Cooper Perseverance Award recognizes the boy and girl wrestler who perseveres through difficult circumstances in life, inside and outside the sport of wrestling, while projecting a spirit that honors Isaac Cooper's life.

Additional Awards:

- State Championships Board Nameplate
- All-State & All-Conference
- 4-year varsity letter
- 100 Career Wins
- Participation Certificate
- Wolf Pup Youth Club Volunteer

The Cry Wolf Wrestling® Pack Leader Council mentors student-athletes throughout their high school career to learn resilient leadership skills.

The Pack Leader Council Academy consists of three courses, nine sessions each, developed after military experience and graduate courses. Once a student-athlete completes a course, they are expected to serve in that role on the Pack Leader Council throughout the following season.

- Pack Leader Council warm-up jacket & shorts
- Omega Wolf Patch & Pack Leader Council Coin
- Beta Wolf Patch & Backpack
- Alpha Wolf Patch & Team Captain Jacket
- Gamma Wolf Patch & Unique Award



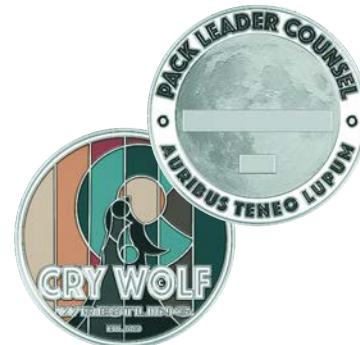
Omega Wolf



Beta Wolf



Alpha Wolf





Social Contract

Vista Ridge High School Boys & Girls Wrestling Program

I acknowledge receipt or access and agree to follow:

1. [U.S. Center for SafeSport](#)
2. [USA Wrestling SafeSport](#)
3. [National Federation of State High School Associations \(NFHS\)](#)
 - [2022-2023 Wrestling Rules Book](#)
4. [Colorado High School Activities Association \(CHSAA\)](#):
 - [2022-2023 Bylaws](#)
 - [2022-2023 Bulletin: Wrestling Rules and Procedures](#)
5. Falcon School District Athletics Student-Athlete-Parent Handbook (D49 update in-progress)
6. [Vista Ridge High School Athletics Student-Parent Handbook](#)
7. [Wolfpack Wrestling Ways: A Parent and Student-Athlete Wrestling Handbook](#)

I am also responsible for:

- My academics, conduct, attendance, participation, competing, and treating all with dignity and respect.
- Reporting skin infections and injuries to the Head Coach, then following the Athletic Trainer's protocols.
- Showering with warm, soapy water within 1-hour after practice and competition to prevent skin infections.
- Washing my practice clothes, headgear, kneepads, shoes, towels and bedding to prevent skin infections.

If my behavior, actions and/or language, on or off the mat, are deemed by the Head Coach to intentionally and/or maliciously violate the above then the Head Coach will determine appropriate disciplinary measures that could include additional conditioning outside of normal scheduled practice times, removal from event, inability to earn a position on the varsity team, inability to compete and up to removal from the Vista Ridge Wrestling Team.

The Athletic Director will be involved per District/School Policy and Procedures.

I acknowledge and agree to the above for the current 2022-2023 Boys and Girls Wrestling Season:

Wrestler Name _____ Wrestler Sign _____ Date _____

Parents/Legal Guardian:

- Are welcome to watch practice, but if disruptive to our coaching process they will be asked to leave.
- Shall not coach from the corner or yell moves over the coach that contradict our mat strategy.

Parent/Legal Guardian Name _____ Sign _____ Date _____

Client/Parent/Legal Guardian understands that the Minor Client photographed or recorded is a minor and acknowledges that they are the minor's parent or guardian. This Agreement serves as a model release for all subjects listed above, giving Coach Creations, LLC and Cry Wolf Wrestling, Inc the irrevocable right to use the photographs/video in all forms and in all media and in all manners, without any restriction as to changes or alterations, for advertising, trade, promotion, exhibition, or any other lawful purposes. Photographer will not grant use of the images or video to third-parties without the express written consent of Client. Client can email coach@coachcreations.com to request removal of their minor's image for any reason. circle one: agree -or- disagree and initial _____