

ALPHA WOLF NEWS

Vista Ridge High School & Cry Wolf Wrestling, Colorado



2018-2019 Wolves Wrestling Season

Through wrestling, our student-athletes will learn healthy coping and problem-solving skills to challenge fears and persevere with integrity, while contributing to a legacy

Our wrestling program is dedicated to providing an atmosphere where all student-athletes can safely reach their full academic and athletic potential. The following three core values will help to guide our focus and consistency.

1

INTEGRITY

Doing the right thing when no one is watching

2

SACRIFICE

Doing the right thing for someone other than yourself; Hard rights over the easy wrongs

3

PERSEVERANCE

Doing one more while believing it will end; Being comfortable with being uncomfortable



USA Wrestling & SafeSport

As a chartered club, we are required to comply with the SafeSport Code



Colorado High School Athletics Association

As a member school, we are required to comply with CHSAA ByLaws



Colorado School District 49

As a Vista Ridge High School sport, we are required to comply with all school policies

Auribus Teneo Lupum

Used to describe a situation where doing nothing and doing something are equally risky

We will not shield our wrestlers from experiencing adversity throughout their journey. In wrestling practice and competition, our wrestlers are not going to feel good a majority of the time. There will be sweat, blood and tears throughout. Conversely, there will be joy and happiness. It is also normal for wrestlers to be respectfully physical on and off the mat.

We will surround our program with certified coaches, professional resources and provide all wrestlers with opportunities to learn healthy coping skills. We will focus on process over outcome. We will celebrate progress and completion. We will risk over communicating with our supporting community. Wrestlers tend to be powerful, competent, strong, bold, resilient, courageous, and determined. When life grabs our wrestlers by the ears they will feel empowered to succeed in spite of the challenges or adversity before them.



“I grab a wolf by the ears”

Auribus Teneo Lupum is our battle cry motto that provides opponents with fair warning for how our wrestlers will conduct themselves.

Please visit our team website at crywolfwrestling.org and follow our adventures on social media [@crywolfwrstling](https://www.instagram.com/crywolfwrstling)



All coaches, parents and student-athletes are required to register with ArbiterAthlete.com and TeamSnap.com as a primary means for communication and to view the team schedule.

CREATING A LEGACY THROUGH CRY WOLF WRESTLING AT VISTA RIDGE HIGH SCHOOL

Students who are not disciplined in their academic studies risk opportunities to reach their full athletic potential. Building a legacy starts with an academically eligible team. The Vista Ridge High School Coed Wrestling Season operates from November through the State Championships in February. Our Cry Wolf Wrestling Club offers post-season, freestyle/greco-roman season, and pre-season activities from March through October.



We started Cry Wolf Wrestling because we believe it should be free to learn the coping skills taught by wrestling in an empowering environment. Since Cry Wolf Wrestling is also an extension of Vista Ridge Wrestling (i.e. the same coaching staff), we must abide to SafeSport, USA Wrestling, the National Federation of State High School Associations (NFHS), CHSAA, and Colorado School District 49 policies and procedures.