



ORIENTATION CHECKLIST

Oct 10, 2010

- Step 1. **Application** (complete / email back PDF)
- Step 2. **LCC medical waiver** (sign / FAX back)
- Step 3. **Class registration** - LCC (complete)
- Step 4. **USA Wrestling Card** (09/2010)
(attain after 12 Sep 09 for an Athlete membership under Adult Extension)
- Step 5. **Orientation** (checklist) schedule/complete
- Step 6. **Medical/Media Waiver** (sign, & fax back)
- Step 7. **Membership dues** (remit)
- Step 8. **Shoes**, confirm having wrestling & running (prove)
9. **Training Camp** - post season, MMA (attend)
- Step 10. **Try-outs/pre-season** (complete)
- Step 11. **Letter of Intent** (complete)
- Step 12. **Train** (Monthly probationary)
- Step 13. **Rules/Handbook** (receive/review)
- Step 14. **Counseling/Evaluation** (complete)
- Step 15. Instructor/**Program evaluations** (complete)
- Step 16. **Test out** (complete)
- Step 17. **Survey** (fill out anytime)

If you are looking to make HISTORY, you can do such HERE by helping LCC Wrestling Club go MAINSTREAM on campus of Lansing Community College. We are looking for a few good student athletes that can establish some balance in their lives around the hard training, class, work, etc., and still be looking for more, like to attend NATIONALS and put the campus on the map for wrestling once more. We can provide the program almost everything to do that BUT YOU, you the athlete. So, if you are looking for a second chance, or just another shot before transferring to be successful, look no further!

LCC Wrestling Club is the BRIDGE, the bridge to even MORE in the future for those hoping to make their mark initially in wrestling in college before even transferring. Scholarships are out there for academics plus athletics for those that really are willing to apply and PROVE themselves while at LCC and wrestling. Stive for such, + geting in shape, or remain in such, get a second chance, accomplish lost goals, work to getting to nationals, build a team.

Yes, it is all out there and available to accomplish through LCC, the wrestling club, and Camp Tisdale as your helpers, supporters, and catalysts to greater success. But, it is truly UP TO YOU to use such. You have to want it, make it work for YOU, and develop it all yourselves if you want to go down into history as the first bunch of students to resurrect and make the program successful since back in the sixties! You can do it, we'll help you! Good luck!

INTRO FROM THE WEBSITE:

“Still looking for more after high school? Look no further then LCC Wrestling Club. We are your local outlet for more. We have an accelerated training program to get you ready for the next level, whether you are looking to go on to a division I university, or latent scholarship consideration. Either way, we can help better prepare you for both and so much more, and have a full 2 years to do such (3 if Redshirt, to note).”

Apply, tryout, make the team, train & compete, and the rest will all be there for the taking! Try us; you'll see.

Yes, LCC not only has wrestling, but TOUGH wrestlers. We only accept the best, and train them to be even better. If you are at least a state qualifier, you're eligible; and, we have a full wrestling schedule of Open tournaments to take you to + NATIONALS (NJCAA) if you are a full time student, eligible, & interested!

(*waivers are available on a "case by case" basis for extreme situations and or graduation complications)

RULES/MEMBER HANDBOOK: Review, know, and keep safe – upon receipt (Captain to memorize).

ATTIRE: Dress warm during Fall/Winter training, bring running shoes always, no plastics allowed or saunas, and always have head gear and wear such. It is highly recommended to have a jock and cup, plus mouth guard also. See more specifics in the member handbook.

PUNCTUALITY: Be early, always, on time means that pre-practice duties were probably not completed – aka mopping the mats, getting changed, etc. If think will be late for any reason, call ahead to club captain and then to coach. Those able to handle it, and make it to practice all the time early, are the future leaders and captains of the club to note.

ATTENDANCE: Be to all regularly scheduled practices, competitions, club meetings, fundraisers, or any other type of regularly scheduled activities and events deemed necessary. If can not, call ahead and arrange a scheduled make up time possibly in advance, and before hand if needed. In case of emergencies, always contact club captain and then coach no matter what.

ATTITUDE: To be overly positive is probably what is needed in the sport of wrestling, both on and off the mat maybe. Being arrogant at any time though is not to be tolerated ever with LCC Wrestling Club, and or around the facility they train at, or others

working or training there too at Camp Tisdale Community Center. Disrespect, insubordination, failure to follow directives from coach or other coaching/support personnel will be not taken lightly.

LCC Wrestling Club is training its members in contrast to be considered always positive, upbeat, ambassadors for the college, their wrestling club, and the facility in which they train. In such, members are considered to be both professional, courteous, respectful, helpful, and humble in communications with others, even opponents AT ALL TIMES. For those that can not, or deem not to, or are deemed unsportsmanlike at any time will have to go.

MISSION: The mission of LCC Wrestling Club is to unite the Lansing Tri-County Area of Michigan around wrestling, to present greater options and opportunities for its local high school graduates to remain still close to home after graduation while still going on to further their wrestling careers at the college level along with their educational aspirations to complete a college degree.

GOALS: To be a successful wrestling program some day and team, Varsity status for Lansing Community College

OBJECTIVES (for the future, year after year desired – longevity):

- *Win at Nationals
- *Scholarship – academically (PTK, etc.), military (ROTC), & athletically (university transfer/wrestling)
- *Graduation – focus on academics first, so as to realize that members have to graduate to go on & stay involved
- *Attract/field/recruit an entire wrestling club (10 weights) and more consistently
- *Attend all monthly “open” wrestling tournaments & be competitive at such
- *Be autonomous/self supportive as a club, and through all fundraising type activities
- *Represent Lansing Community College & our area best, both academically and athletically, on and “off” the mat
- *Provide a 2nd chance and opportunity for wrestlers possibly not Div I, first round picks to still wrestle in college
- *Serve as a bridge academically & athletically for those just starting out and needing a little more before transferring

FALL – WINTER 2010/2011 MEMBERSHIP DUES TO FACILITY (not to or for club):

\$7/day, \$15/week, or \$39.99/month

WEIGHTS:

125lbs
 133lbs
 141lbs
 149lbs
 157lbs
 165lbs
 174lbs
 184lbs
 197lbs
 HWT (up to 285, 235 if NCWA)

2010-2011 COMPETITION SCHEDULE (Tentative)

OCT	22-24	Sunkist International Open	Arizona State U.	Tempe, AZ	Fri/Sun
NOV	6	Eastern Michigan Open	Bown Field House	Ypsilanti, MI.	SAT
NOV	6-7	NYAC International Open	NY Athletic Club	New York, NY	Sat/Sun
NOV	13	Michigan State Open	Jenison Fieldhouse	E. Lansing, MI.	SAT
NOV	14	Ben McMullen Open	Muskegon C.C.	Muskegon, MI.	Sun
NOV	21	Mott Bear Invite	Mott College	Flint, MI.	Sun
DEC	3-4	Cliff Keen International Open	NA	Las Vegas, NV	Fri/Sat
DEC	4	Niagra C.C.C., Trailblazer Open	Niagara C.C.C	Sanborn, NY	Sat
DEC	11	Art Kraft Memorial Open	Triton College	River Grove, IL	Sat
DEC	18	TBA (Open = scrimmage, duel, etc.)	TBA	TBA	TBA
DEC	29-30	Midlands' Championships	Northwestern U.	Evanston, IL	Wed/Thr

JAN	8	Spartan Duals (*Need invite!*)	Jenison Fieldhouse	E. Lansing, MI.	Sat
JAN	15	TBA (Open = scrimmage, duel, etc.)	TBA	TBA	TBA
JAN	22	Ashland Open	TBA	TBA	Sat
JAN	28-29	Pete Wilson Invitational	Wheaton U.	Wheaton, IL	Fri/Sat
FEB	5	Grand Valley State Open	Grand Valley State	Allendale, MI.	Sat
FEB	13	Central District Regional Finals	Triton College	River Grove, IL	Sun
FEB	24-26	NJCAA National Championships	NA	Spokane, WA	Thr/Sat

Post season tournaments and other events of interest:

FEB	26	NCWA N. Central Regional Finals	NA	Edwardsville, IL
MAR	5-6	Big Ten Championships	Northwestern U.	Evanston, IL
MAR		Various MWF Weekly FS/Greco Tournaments	TBA (8 weeks)	TBA
MAR	17-19	NCAA Championships	NA	Philadelphia, PA
MAR	18-19	AAU Folkstyle World Championships	Black Hills State U.	Spearfish, SD
APR	21-24	ASICS FILA University National Finals	TBA	TBA (Las Vegas?)
MAY	20-21	FILA University World Team Trials	TBA	Colorado Springs, CO
MAY	28-29	AAU Ironman, Folkstyle World Finals	U. of Nebraska	Omaha, NE
JUN	9-11	AAU Grand Nationals	NA	Santa Fe, NM

FAQ: What is LCC Wrestling Club?

“LCC Wrestling Club is under “Club Team” status with NJCAA, registered through Lansing Community College. The program trains/practices “off site” at Camp Tisdale Community Center (1200 Marquette St., Lansing, MI. 48906) due to a donation from the club coordinator – Shane Tisdale. The team is legally registered on campus as a legitimate club of the college, having an official student board plus competition team.

FAQ: I didn’t know Lansing Community College (LCC) had wrestling!

“We know”; we have heard that since inception because we aren’t always able to do “mainstream” type marketing, and because we are not at official “varsity” status with LCC, or “on campus” at present. Those are all the goals though so that this particular question will someday just disappear.

FAQ: How does one get on the team for LCC Wrestling Club?

To make the team for LCC Wrestling Club one must first be eligible in which to “apply” with an entire application package, being already a registered student of at least 1 credit currently for Fall semester annually, and also for the subsequent Winter semester too, both together (12 credits – full time to be eligible in which to apply for consideration of end season regional to nationals’ participation/competition to note).

As for specific steps, they are all listed on the website and above this paper in which to apply for full consideration to make the team. One can always just apply for a seat opening to serve on the board though too for LCC Wrestling Club. A board member does not have to train as an official athlete member. But, an athlete member can do both.

FAQ: How many people typically are on or show up to LCC Wrestling Club and or to make it a legitimate program?

LCC Wrestling Club can function “legally” with just 3-4 total members, preferably 4 though. To do such, each member would have to at a minimum serve on their standing board annually as registered LCC students for both the Fall and Winter semesters, whether they train and or compete in wrestling or not. If they train and compete and serve, that is obviously fine, but the club again, has to at least have a standing board to be legal & in semester.

The big note about above is that athlete members in the club don’t have to always just serve on the standing board. Four can do such and not train or compete to help the club and represent while all other members train and compete in wrestling during the course of the year. Coupled together, they all make up the club, and with such, it matters not HOW many athlete members there are additionally, 2 or more, whatever, as long as dedicated.

LCC Wrestling Club is NOT a “walk on” team. One has to not only be eligible in which to apply, but to be accepted to attend the annual training camp and there by final session “tryouts” and challenge matches. To remain on the team, one must not only follow all rules, stay in good academic standing, but also work HARD always. Poor performance, attitude, behavior, or failing the standards presented will quickly get an athlete released.

(Yes, the coach and program coordinator have been very clear that they would LOVE to have a hugely successful team for LCC Wrestling Club both now and into the far future. But, if that doesn’t happen immediately, the team will still go on, still train, still keep in “active” status annually with the college till later. Indeed, even having 2 versus 22 dedicated member athletes is workable if they can remain eligible & committed.

FAQ: What positions are available with LCC Wrestling Club?

Positions available will change/alter per semester, and or annually since LCC is a set up to be only a typical 2 year institution before students attempt to transfer to a 4 year university. In such, team captain and co-captain positions will be available each year or semester pending student graduations, along with existing board positions of president, vice-president, treasurer, and secretary. Inquire for specifics for semester in question.

FAQ: Who does LCC Wrestling Club compete against?

LCC is initially set up to attend all the local to state wide “open” tournaments over the course of a normal college season that they desire. They will hence run into almost all major division I-4 type teams, plus a few other from literally their, LCC Wrestling , NJCAA conference & or region. All competitions are voluntary then hence, for the club to go to and compete except for the end regionals, whereas members have to be eligible.

LCC Wrestling Club typically will run into such teams as Olivet, Mott, newly founded Oakland, Grand Valley, Muskegon C.C., MSU, UOM maybe, CMU, Triton, EMU, and quite a few others .

(To be eligible in which to compete at end of season NJCAA Regionals annually, a student athlete for LCC Wrestling Club can not hope to compete “as of yet” as a team, but as an “unattached” individual they can. But, they can only do such if eligible both in full time status both Fall and Winter semesters annually in good academic standing, and have their school submit a beginning of season “declaration” for them, the athlete.)

FAQ: I have seen a lot of names down at points of contact for LCC Wrestling Club. Who is actually the coach?

For the 2010-2011 season at present, the head coach interim is Raymone Gude. The Coordinator and back up coach previously has always been Coach Tisdale, Shane T. The advisor for the club is Dr. Mike Ball.

There are four other members that serve on the student board, including one new athlete this year – Lonnie Morris, who is set to serve as treasurer, Kiarra Lane to remain as the club secretary, Anthony Edwards as newly appointed club president, and long time member Jarred Freeman will remain as vice president again.

FAQ: What is the club looking for in a potential athlete to not only make the team, but to remain past cuts?

The club/coach are looking for those able to find & create balance in their lives between school, work, personal life, and training still, all at the same time. This has always been the largest problem to overcome. For those that can attend practices, pay their dues, and keep up with their studies around partying/social life/family, plus work possibly, and still remain eligible, out of trouble, etc., the program can work great, especially if have own transportation.

For those though that can not balance between all above, they typically wash out within the first 2.5 weeks of the season each year, up till about 1/3 of the way through at most. That is how difficult it is to keep doing all the above in conjunction “together”, and still have enough time to be successful, committed, and have the money and energy to even “keep up”. Most can not, and have proven such. Those that can are who we are looking for.

Note: The token member of LCC Wrestling Club is still a TEAM PLAYER first. This means that they are concerned first and foremost about their TEAM, and TEAMMATES. This means that each and every day they are constantly looking for ways to help each other coordinate transportation to get to all team activities, like meetings, practices, alternate training and fundraisers, matches/competitions, community service projects & more.

FAQ: What is the typical uniform for LCC Wrestling Club, the costs, and rules?

LCC Wrestling Club has an official logo/artwork for their training t-shirts while both at their facility and on the road in competition. They are authorized to wear anything else additional they want that display the official LCC logo on them, especially if either blue, white, gray, or black in combination. They team has official singlets that are also authorized for competition for those that make the team and “earn such” before hand.

The cost for the LCC uniform/gear will vary per year, but the t-shirts will typically be about \$10 for those that make the team, and about \$80 for the singlet deposit, refundable if giving back at season end (\$80 to keep if desire). But, note that the singlets will be shared for the season in question most likely.

FAQ: How does LCC Wrestling Club typically promote themselves, their athletes, their activities, & more?

They don't, or at least they did not too much in the past because they were not always a legally registered club with the campus over the years, and when they were they were not an official campus team with “varsity” type status either. So, it has been challenging at times to really get the type of positive publicity and word of mouth going on about the program up till present. Most of that has changed now since early 2010 till present including:

- *Promotional posters
- *Fliers
- *Business cards
- *Newspaper articles/stories & blurbs (LSJ and Lookout)
- *Website registration (<http://www.Lccwrestlingclub.com>)

FAQ: What duties/responsibilities do student athlete members have if make the team for LCC Wrestling Club?

Student athlete members of the club are tasked with many things, to make practice daily, pay their monthly dues on time, to work out super hard in practice, follow all team, college, NJCAA/league rules, protocol, and coach's directives "at all times", always be respectful, on time, doing road work on their own "outside of practice", studying and attending all registered classes, staying out of trouble, wearing their uniforms proudly & neatly, etc.

Specifically, members need to attend a meeting every month or two with their executive board members, fill out all paperwork needed or requested by NJCAA at any time and the college, keep their uniforms neat, clean, pressed, and ready to wear each day, come into practice ready to train hard, mop their mats, clean up their facility, and work to help all other members with their "team transportation" needs and overcoming any problems.

Additionally, all members must commit to working any team specified fundraisers, work projects at the facility, community service projects approved, any other "campus" type events for students that are applicable to sanctioned clubs, etc. The program is always looking for members to get more involved also in student politics by applying for a position with the campus club counsel also (now under a new name at LCC).

FAQ: What do I specifically need to apply to the club and or start training?

To start training and be eligible to do such, member athletes need to be a registered student for the Fall and or Winter semester in question, have a 2010 member athlete card for folkstyle wrestling (\$40.00) purchased through USA Wrestling, fill out a medical/media waiver with Camp Tisdale, an athlete application and questionnaire also, plus fill out a medical and club member listing sheet with LCC, provided by the coach in advance.

Also, members must provide on their LCC and Camp Tisdale paperwork a valid/working telephone/cell phone number to leave a message and or contact you at, email that is regularly checked, and more.

FAQ: Why don't I ever specifically see LCC Wrestling Club through LCC's Department of Athletics, and or mention there of?

LCC Wrestling Club is a registered club through LCC's Department of Student Life, where the club's official constitution remains also. The club has been working between both departments in the past, and if ever attaining varsity status back in the future, it may even return back to only athletics on campus, but not till either that is approved, or additional financing is found before that is expected.

FAQ: How many credits do I have to have to be eligible in which to apply for LCC, and or remain on the team for which semesters?

To be eligible, a student athlete registered with the club, must be already registered for at least 1 credit with LCC for both Fall and Winter semesters annually. If they plan on attending the annual end of season wrestling regional and national tournaments for NJCAA, they have to carry 12 credits and be full time status for both Fall and Winter semesters. And, both semesters' grades have to remain in good academic standing via LCC's policy.

FAQ: Can I redshirt as a freshman, and or how do I do such with LCC Wrestling Club possibly?

The specific answer for this is with the NJCAA rulebook to be honest. What has been seen customary in the past was athletes that only attended “open” type tournaments over the course of the year did such as “unattached” athletes, displayed no official team uniforms or names on their entry paperwork, were considered legal “freshman” by their credits and college status, and did not attend any team events as members, including nationals.

FAQ: What are the benefits of being a LCC Wrestling Club athlete?

This is up to you, but what the program see’s are greater possibilities and options for members by first attending a great school like LCC for their initial college experience, great teachers, facilities, classes, and centralized location all help members to stay in school while still following their dreams in the sport of wrestling after high school.

Additionally, by attending LCC to start off in college, or a community college, members save thousands of dollars every year, as many will find out that are not always on “scholarship” of any kind. Tuition, books, supplies, parking, fees, and more, all add up to cause many challenges for recent high school graduates. But, many of these problems are greatly reduced by just starting off at a community or junior college first before transferring.

One starting at LCC and wanting to make the team to wrestle, gets a true second chance. We have a really competitive schedule to compete against the best, train with typically the best on the team, the coach, and the curriculum in which we approve and design ourselves. No excuses then, if someone has some “unfinished business” in which to still prove something, to themselves, or others, LCC Wrestling Club can help there.

LCC Wrestling Club and the college are both centrally located, both on bus line, walking, riding a bike, getting a ride, and more. So, transportation is not always the largest obstacle in which to overcome for those to want to get involved, especially if carpooling with others on the team, which can GREATLY help those that want to stick together as a true TEAM and pool their resources and strengths together to be even greater successful.

LCC Wrestling Club is flexible. Members can apply to attend regionals and nationals, can just compete all season long at every open found, and or just train and train, including out of season Freestyle and Greco-Roman. Indeed, member athletes will be getting cross-trained in three styles of wrestling over the course of the entire year, and what program can say they do that and or WELL?

LCC Wrestling Club is affordable, not just for on campus tuition, but to be training with the club. To be a member of the board is free to serve and or help out at any time. For those wishing to train, they merely pay a monthly \$40 fee to Camp Tisdale to do such, nothing else besides a one time fee to USA Wrestling for their annual membership/insurance card, for another \$40.

LCC Wrestling Club has their OWN facility, so no waiting for space, constantly applying to get in, host a scrimmage, practice, fundraiser, or even other team meeting, etc. They can do such almost any time within reason at the Camp Tisdale Community Center. They can train there, study within the student computer lab, work out in the wt. Lifting or mini-cardio rooms, run outside, take other classes on site, or relax in their team dayroom.

For those that are really looking to get some more individual attention the first two years of so before transferring to a major university, LCC and LCC Wrestling Club really fill a gap and help. Those studying and working overly hard to prove themselves have more space to do such and get NOTICED for possible future scholarship possibilities it is believed by starting off first at the junior/community college level.