

Wrestling Team Rules

- You are expected to be in the gym on time unless previously excused.
 - Extra help or make up test
 - Prior excuse at least 1 day prior
 - Family emergency or other unexpected emergency (does not include traffic back to school).
- You are expected to help set up and break down the wrestling mats every day.
- If you are in school you are expected to be at practice unless excused (See below)
 - Excused for academic reason at least 1 day prior
 - Dismissed early from school due to illness
 - Family emergency or other unexpected emergency
- If you do not attend school you may not practice/compete. You are excused from practice.
- You are expected to attend every practice including Saturdays unless prior excuse. If you wake up sick on Saturday please call Coach Shook 748-1933 or cell: 948-6013. The call should be made prior to practice start time.
- You are expected to practice and compete over Christmas break unless extenuating circumstances are cleared with Coach Shook prior to break.
- You are expected to adhere to school behavior and academic policies. Wrestlers can be suspended from the team for in school behavior infractions. Incidents will be dealt with individually.
- You are expected to adhere to athlete's handbook in relation to alcohol and drug (tobacco policies). Infraction can lead to suspension/dismissal from team.
- In the occurrence of weight loss, you are expected to use appropriate weight loss techniques. Which includes increased exercise and proper nutrition. Athletes participating in inappropriate weight loss techniques will not be allowed to "cut" weight.
- The school's bullying policy will be strictly enforced. Athletes will treat each other with respect and act in an appropriate fashion. Failure to do so will result in but not limited to Coach/AD conference, suspension, and or dismissal from team.
- You are expected to demonstrate good sportsmanship at practices and matches.
- You are expected to relay any concerns immediately to your captains or coach. If necessary, the concern may then be addressed with Athletic director. If it is still not handled to your satisfaction the concern may then be relayed to Head or Housemaster. Please, when possible, use chain of command so we may deal with the incidents as appropriately and efficiently as possible. Parents can reach Coach Shook at 790-0581.
- You are responsible to return the equipment you are given at the beginning of the season. Locks are not provided but are recommended to ensure personal belongs are not lost or stolen. The locker room is sometimes inadvertently left unlocked and can be accessed by the general population.
- All athletes will have a valid physical and parent's participation form prior to participation.

* Athletes who miss practice without an excuse will be ineligible for the next match.

* Fundraising - wrestlers are required to attend all fund raising events during the year (USA tourneys and golf outing, etc.). If they miss any event for any reason it will decrease the amount of any eligible scholarship money they receive for camps, nationals or college. For the golf tourney all we ask is either get tee sign or foursome. Parents may substitute their time for any wrestler for the fundraising events.

Parent's signature X _____

Wrestler's signature X _____

Date _____