

# Eastern Tech Wrestling Program Guidelines

To be an Eastern Tech Wrestler you must:

- Everyone must attend the Weight Certification and Hydration. TBD.
- No one will practice or compete until all paperwork is completed and turned in.
- Be respectful and responsible in school and in the community. If you are not you will have consequences set by the coaching staff.
- Be at practice on time, every day. Only wrestlers with notes from teachers may come late to practice without penalty. If you miss practice you must give a note to your head coach (preferably in advance).
- If you miss a match or tournament, understand that you are giving your spot to someone else. Possibly for good.
- Work hard while you are in practice. No complaining or questioning.
- You are responsible for maintaining your own weight. Work hard and it will not be a problem.
- All wrestlers will follow the weight certification criteria.
- If you get injured tell your coach immediately. If you are sore, know the difference and work thru it.
- Pay attention to your bodies. Look for things that are abnormal.
- Wrestle offs will be granted after the request is submitted to your head coach and it is approved. If you are challenging for someone else's position you must be on weight the day of the wrestle off.
- It is recommended that you bring a pair of running shoes along with your wrestling equipment to wear for running in the hallways. You are responsible for all of your equipment. Wrestling shoes only inside the wrestling room on the mats.
- Have two pairs of shorts, 2 t-shirts, 2 sweat shirts, and 2 sweat pants in your locker.
- LOCK EVERYTHING IN YOUR LOCKER WHEN YOU LEAVE THE LOCKER ROOM!!!
- Hats are not to be worn anywhere inside any building.
- If you do not adhere to these guidelines dismissal from the team is likely.

*WELCOME TO EASTERN TECH WRESTLING!!*

Athlete Name PRINTED \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_