**2016-2017 DAPHNE HIGH SCHOOL WRESTLING TEAM RULES**

BEHAVIOR:

All wrestlers are expected to behave maturely at all times. This includes on school buses, in the locker room, at away matches, at tournaments and events, in school, and during practice. Immature behavior will NOT BE TOLERATED. Good sportsmanship is expected at all times. Respect everyone.

The Daphne High 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 may result in discipline up to and including dismissal from the team.

ATTENDANCE:

**All wrestlers are required at all practices and matches.**

**If you have an issue attending practice, you must notify Coach Vivier by text or voicemail at 251.586.4378 by 1pm of the day of the practice.** Doctor’s appointments, jobs, family vacations, etc. need to be scheduled around wrestling practices and meets.

**Injured wrestlers are required to attend practice and meets.**

**Attendance will play a role in deciding who is in the starting lineup.**

TARDINESS:

We expect all wrestlers to arrive 10 minutes before the arrival time set by the coaches for all scheduled events.

**Tardiness will play a role in deciding who is in the starting lineup.**

PRACTICE:

**For the 2016-2017 wrestling season, all practices will be held at Daphne High School Cafeteria.**

**Starting October 31st 2016 we will have Wrestling Practice every Monday thru Friday starting during 4th block at approximately 2:15pm until approximately 4:30pm. For those wrestlers who cannot participate during 4th block, they will start practice immediately following school at 3:05pm and practice until 4:30pm.**

We also practice and compete through Thanksgiving and winter break. We expect full commitment from the wrestlers and prohibit skiing/snowboarding/skateboarding/basketball/etc. as to avoid in-season off-sport injuries. We understand that accidents do happen, but want to minimize them during wrestling season. We need every athlete.

Like other coaches, when it’s wrestling season, or any other sports’ season, we expect our athletes to only be wrestling and not participating and competing in other sports, unless prior arrangements with coaches have been made.

PROFANITY:

Profanity will not be tolerated.

COMMUNICATION:

Please feel free to speak with your coaches and/or Captains as necessary. Open communication is essential in both directions.

ACADEMICS:

You are expected to adhere to Daphne High School’s behavior and academic policies. We will monitor your progress periodically and any problems will be dealt with immediately.

ATTIRE:

Wrestling shoes, long or short-sleeved shirts, socks, and shorts are required. There will be no sweat tops allowed when wrestling. No jewelry of any kind is permitted while wrestling. Any running outside after practice requires warm-ups and running shoes. A t-shirt must be worn at practice.

HYGIENE:

1. Wrestling Shoes are not to be worn to the bathroom. All wrestlers should bring an extra pair of shoes / flipflops to wear to the bathroom.
2. Taking showers and washing clothes/uniforms after every practice session, match, or tournament is mandatory. There are multiple skin diseases that can sideline an entire team or ruin a wrestler’s season.
3. Fingernails and toenails must be kept short and clean to prevent injury.
4. Absolutely NO street shoes on the mats. This is to prevent disease and infection.
5. All cuts and wounds must be covered and taped before practice and competition. If not, you will not be allowed to participate.
6. All wrestlers will take turns cleaning the mat after every practice. Coaches will select the helpers for each practice.

DIET:

You will NOT be required to lose weight. However, in order to maintain the high energy levels needed for their intense workouts, wrestlers need to eat a healthy, balanced diet on a daily basis. We will provide healthy eating tips in a separate document.

DETERMINING LINEUPS:

 1. The Head Coach, with the help of the Coaching Staff, decides who wrestles. A starting position is not an entitlement, but is earned through hard work, selflessness, discipline, and sometimes-even sacrifice. The Coaches will put out wrestlers who will give a representative effort each time he steps out on the mat.

 2. When the Coaches feel a wrestler is ready to challenge for a starting position, he will be offered an “indicator match” with the present starter. Wrestlers will be assessed not by score alone, but by tenacity, courage, heart, cardiovascular conditioning, as well as other traits which are deemed important to coaching staff. There are no winners or losers in an indicator match, but it gives the coaches insight as to who the better choice may be for a particular match.

TRAVELLING TO AWAY MEETS/TOURNAMENTS:

The bus will leave the school at the times listed or verbally given. **We do not wait for anyone.** If you miss the bus, you will need to find your own transportation to the event. **If you are transported in a bus, you must return in the same vehicle unless other arrangements are made prior and a parent/guardian has signed you out with the coaches.**

DURING A MATCH

1. All wrestlers will remain absolutely silent on the mat with the exception of three words: “Yes”, “No” and “Sir”. The referee is to be addressed as “Sir” at all times (not “Ref”, “Blue”, etc.). There is no leniency concerning this rule. Break it, and the coach will instantly forfeit your match.
2. At the beginning of the match, you will jog to the center of the mat and shake their opponent’s hand. After the match, you will shake your opponent’s hand, jog directly to the opponent’s coach and shake his hand, then jog back to your team’s side of the mat.
3. Your headgear will remain on and secured until you step off the mat. If you throw your headgear at anytime, anywhere, you will be severely disciplined. Again, no exceptions.
4. Any show of disrespect to the opponent or spectators will result in an immediate forfeit of the match and potential suspension/dismissal from the team.

I understand the rules and guidelines as listed above.

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* ⮚\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Wrestler Signature)
* ⮚\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Parent Signature)
* ⮚\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Date)

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