



Team Rules:

1. Win with class & lose with class. You're representing your teammates, your school, your family and yourself. Make everyone proud of MHS wrestling. Never demean your opponent in any way – no taunting or showing up an opponent. Keep personal celebrations on the mat in line; share your joys and frustrations with teammates and coaches away from the mat.

2. Schoolwork comes first. You must have grades of A's, B's and C's. If a wrestler has a grade lower than a C they will have two weeks to raise the grade to a C or higher. This is a team rule not a GHSA rule. Wrestlers are student-athletes. If extra help is needed please ask for assistance. Student-athletes must be able to properly balance wrestling and studying without sacrificing either one. If a wrestler is having problems please come see Coach Roberts for assistance. Practice time will not be excused to study.

3. Student athletes who are consistent disciplinary problems in school or practice can be removed from the team at any time. You must adhere to team rules, school rules, and all GHSA rules and guidelines.

4. Attendance is required at all meetings, practices and matches. The coaching staff will decide whether it is "excused" or "unexcused" absence. Being sick, loss of family member, SAT tests, tutoring, etc. could be an "excused" absence. Tardiness will not be tolerated. Tardiness will result in a "unexcused" absence and disciplinary measures. These must be cleared with the coaching staff PRIOR to missing practice. Early dismissal from practice counts as an absence. During the wrestling season, family activities and vacations need to be cleared in advance. A wrestler, who has missed two practices in a seven day period, excused or unexcused, or the practice prior to the meet, will not compete that week. A wrestler who continually misses one practice a week may be suspended from completion. Three unexcused absences within the wrestling season may result in removal from the team. The coaching staff asks that appointments be scheduled around practice and meets if at all possible. Early dismissal from meets, duals or tournaments will not be granted. In order to promote Team accountability all wrestlers are expected to attend every meet unless instructed otherwise. Absence from a meet will result in suspension from the next meet.

Not having you there hurts the Team. Communication will resolve most situations.

5. Each wrestler is required to have a journal (composition book) that will be used to log goals, techniques, video review notes, etc.

6. Required equipment that each wrestler must have at all training sessions will include but not limited to: wrestling shoes, running shoes, jump rope, water bottle, towel, headgear, mouth gear (if you wear braces), composition book (including a pen or pencil), and hand sanitizer. Washing of all practice clothes daily is required to eliminate skin diseases.

7. A mandatory body fat test at the beginning of the season will be required. This establishes how much weight each and every wrestler would be able to lose in any given week, safely. Excess weight loss will no longer be allowed in wrestling. All wrestlers wishing to go down in weight must do so gradually and cannot exceed the limits set forth by the body fat test. This procedure is for the safety of the wrestlers. In accordance with the requirements of GHSA, wrestlers cannot compete without their body fat test or compete at a lower weight than the results of the body fat test deem as safe for that individual.

8. I let the athlete choose their weight class. There will be a wrestle off competition a week before our first dual or tournament to decide the varsity line up. The athlete that holds that weight class can be challenged at any time by a JV athlete or a varsity athlete that wants to move up or down a weight class. Wrestle offs will be conducted once a week if necessary. During dual meet competitions, the coaching staff reserves the right to move athlete's up or down in weight classes so that the team can be more competitive. Failure to "make weight" is a selfish act and will cost you 20 minutes of extra work the next practice. Bring something healthy to eat and drink after weigh-ins.

9. Behavior in practice room, locker rooms and at matches will be professional at all times. Disrespecting of Coaches, Referees, or Teammates will not be tolerated at any time. Such behavior may result in suspension from the team.



10. Dress code attire for competition duals during the week include polo or button up shirt, khaki pants (no jeans), and dress shoes. Match attire includes school singlet, approved shoes, headgear, mouthpiece (required if you wear braces), knee and other pads. Taping or decorating of the uniform will not be allowed. Penalty may include being removed and replaced in the lineup. Showering after practice is encouraged in order to prevent the spreading of communicable skin diseases. See a coach immediately if you have any signs: grouping of scabs or a red perforated oval shaped bump. Do not go to a doctor without checking with a coach.

11. Wrestle your best. GHSA rules prohibit the removal of any part of your singlet while on the mat, in other words leave the straps up. Be ready, fully dressed with warm-up off and headgear on, even before the previous match is over. No jewelry is ever allowed on the mat. Doing so is also a violation of GHSA rules, costing team points. Always wear your uniform with pride.

12. Not giving 100% in practice hurts the Team and you. Your performance and example affects everyone. Provide a good example for others to look up to.

13. No texting or talking on the cell phone during competition matches. If you do text and talk on your cell phone; then you are telling your teammates that they aren't important. You may listen to headphones before your match, but after you wrestle; then take them off and support your team. You may text or talk on your cell phone at individual tournaments during down time. Stay out of the stands during dual matches...stay with your team!

14. Singlets and warm-ups are signed out to individuals. If you sign out a uniform and then trade with someone – if they lose it, you've lost it and owe the team.

15. Use of alcohol, tobacco and drugs will not be tolerated and will result in suspension.

16. To earn a varsity letter you must wrestle in at least SIX varsity events (dual meets and tournaments count as 1 event). *Wrestling against JV teams is not included. Also, YOU MUST FINISH THE SEASON.* Any junior or senior that has been in the program since 9th grade stays out the entire season, and remains in good standing with the team will receive a varsity letter at the end of the season, regardless of the number of varsity events. The coaching staff reserves the right to award a varsity letter to a wrestler that played an integral part of the team.

17. Remember the coaching staff is there for you. If you need to talk about anything, please do. You'll never be penalized for openness. You are always welcome to talk to any of the coaches to discuss anything, including personal problems, school problems, and team related problems including absences and tardiness.

I, the undersigned, have read and understand the rules and policy's set forth for the McIntosh High School Wrestling Team.

_____	_____	_____
Wrestlers Name (print)	Wrestlers Signature	Date
_____	_____	_____
Parents Name (print)	Parents Signature	Date