

Satellite High School

Wrestling Team Rules Contract

*** Athletes will adhere to all normal SHS Athletics rules and codes of conduct**

I – Attendance is required of all team members for every practice, unless it is designated as “optional”. **This includes non-school days.** More than one unexcused absence from practice can result in a minimum penalty of loss of letter opportunity, up to a maximum penalty of release from the team. Recommitment training exercise (cardio circuit training) will be imposed on the initial absences. Excessive tardiness may be punishable up to a maximum penalty of release from the team.

* An absence can only be determined **excused** (in advance) by the head coach.

II – Attendance and participation in team events are mandatory. The school pays many different fees to attend events, and participating schools in the events have us under contract. It is unfair to hurt our team through non-attendance, and unfair to participating teams who pay for the competition that they will miss as a result of an athlete’s non-attendance. Unexcused absences from any event may result in release from the team.

III – Practices are ‘closed’ events; friends and family are not allowed in the facility during practice without permission. Athletes should not leave valuables unattended in the practice room or locker room.

IV – Hazing, or any associated negative conduct will not be tolerated.

V – Unhealthy weight-loss procedures will not be tolerated.

VI – Public displays of poor sportsmanship or inappropriate behaviors by athletes and/or family members will not be tolerated. This includes, but is not limited to, email and social media.

VII – Coaches reserve the right to alter the team line-up as best they see fit for the team.

VIII – Transportation will be arranged in a timely manner to pick up all athletes after practice. (Generally – Plan to pick up 15 minutes after practice end time.)

IX - Athletes will be allowed frequent opportunities – at the coaches’ discretion – to challenge for a Varsity position during the season.

X – Each athlete must have a parent, guardian, or adult sponsor that will pledge a concerted effort to participate in their athletic endeavors. Adults are asked to assist with fundraising and some event coordination.

XI – Athletes shall obtain and wear the proper team attire for practices and events. **Practice attire** – clean, safe, and weather appropriate. **Event attire** – uniform, consistent with school colors and regulations, clean.

XII – Athletes shall exercise consistent health and grooming procedures – including (but not limited to) – rigorous bathing after practice, clipping fingernails, cutting hair, shaving, treating & covering cuts/scrapes/wounds, covering braces, wearing weather appropriate clothing, **immediately disclosing any health related issues pertinent to the safety of the individual and team.**

XIII – Athletes must make their assigned weight class. Failure to make weight for more than one event can result in a minimum of loss of letter to a maximum of suspension/expulsion from the team.

XIV – Reasonable notice must be given by an athlete or family member should an athlete have to miss a practice or event. Reasonable notice for an event is more than 48 hours. (* This does not guarantee that the athlete will be “excused”, but it does allow the team a chance to properly fill the roster spot with another competitor.)

XV – Coaches reserve the right to impose athlete suspensions, as they deem necessary, to properly enforce the spirit of the team rules. Disciplinary issues outside of wrestling will also be considered. Suspensions – in some cases – may be lifted after evidence of a coach-imposed period of proactive growth by the athlete.

XVI – Athletes will incur all financial penalties (tax, shipping, set up fees, etc.) to replace any school issued equipment that is lost or damaged.

XVII – Don’t let quitting be an option. Do not pull or let your son leave the team after the first event. Quitting shows bad character, and becomes an ugly habit that negatively affects those around you. **“Anything worth attaining in life, is so because of your investment, the committed effort you put toward it.”**

XVIII – Minimum standards to earn a varsity letter: **(1)** follow team contract, **(2)** win wrestle-off for varsity spot (where contested), and **(3)** meet minimum requirement of 15 varsity matches prior to district tournament.

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This form must be signed by both, the athlete and his parent / legal guardian – agreeing to adhere to the terms as stated - before the athlete can participate (practices and events).

Athlete's name (print) _____

Athlete's signature _____

Date _____

Athlete's phone contact (_____)_____

Athlete's email contact _____

As the parent/guardian of the above child, I understand and support this contract and pledge my child has signed. I also understand that it is my responsibility to assist my child in following the rules and policies listed in the attached contract.

Parent/Guardian name (print) _____

Parent/Guardian signature _____

Date _____

Parent's phone contact (_____)_____

Parent's email contact _____