

Auburn City Schools Wrestling Policies

I. Expectations

- a. Always represent Auburn High School with your best behavior. Remember that you represent yourself, your family, Auburn, and your coaches while you are participating in athletics.
- b. Always be present and on time at practice sessions and matches. If you **MUST** miss a practice or match, it is **YOUR** responsibility to talk personally with the Head Coach. **DO NOT** send word by another wrestler.
- c. Coaches are there to help you learn the sport – **LET THEM**.
- d. Have a desire and willingness to sacrifice and work.
- e. Have a good **ATTITUDE** and be willing to **WORK** hard.
- f. Provide strong effort and hustle at all times. **BE A GOOD PRACTICE PARTNER!**
- g. Maintain at least a “C” average in all your classes.
 - i. Failure to do so will result in study hall and conditioning with a coach.
 - ii. Continued struggles will result in time away from competition to focus on your school work.
- h. All cell phones and music players need to either be locked in the wrestler’s locker or left at home. We are not responsible for items if they are not in a secure location.
 - i. Coaches will **NOT** keep items, except medication that is approved.
- i. All wrestlers will be **REQUIRED** to shower following every practice and event.
- j. All wrestlers will have assigned cleaning duties daily they must complete before being released.
- k. Seniors, Captains, and returning starters should provide leadership
 - i. First ones at practice
 - ii. Concentration and dedication to the sport.
 - iii. Guidance and patience with young wrestlers.
 - iv. Drilling with and teaching young wrestlers during the season.

II. Disciplinary Actions

- a. Excused Absences
 - i. The coaches may excuse you from practice if you are sick or there is a death in your family. Other excused absences will be left to the coaches’ discretion.
 - ii. Academic tutoring sessions and make up tests set by a teacher are the only that will be *considered* excused.
- b. Unexcused Absences and Tardiness
 - i. Any athlete who has an unexcused absence in the week prior to a match **WILL NOT** start the next match, and will be required to stay after practice with the coaches for extra activities.
 - ii. **ANY** athlete who has **THREE** unexcused absences will be suspended from competition for 1 week.
 - iii. **ANY** athlete who has **FIVE** unexcused absences will lose their opportunity to letter and will not be allowed to compete for the remainder of the season.
 - iv. **ANY** athlete who has more than **FIVE** unexcused absences will be dismissed from the team.
 - v. Wrestlers who are tardy will make up all missed work after practice. Excessive tardiness (three or more) will be handled at the coaches’ discretion. You can be dismissed from the team for excessive tardiness.
 - vi. **Excessive tardiness will be treated as unexcused absences!**
- c. Accept all criticism from coaches as a means for you to get better. Do not talk back to the coaches. This will result in punishment at the coaches’ discretion.
- d. Any action(s) that is deemed detrimental to the program will result in the wrestler’s immediate removal from the program. In cases of stealing or other offense(s) charges may be filed.

III. Equipment

- a. All wrestlers will check out their gear prior to each match/tournament.
- b. They are responsible for all materials and must replace anything, which is lost or stolen.
- c. All gear will be returned following each event, or at the coach's discretion.

IV. Matches/Tournaments

- a. All wrestlers are REQUIRED to attend and work all home matches and our tournament(s).
- b. All wrestlers will wear a shirt, tie, slacks, and belt on match days; no athletic shoes may be worn. All competing wrestlers will wear a polo shirt on tournament days.
- c. No wrestler will be allowed to wear boxers under his singlet. Only briefs, boxer brief, compression shorts or a jock strap can be worn. These must not be seen through the singlet.
- d. All competing wrestlers will have proper haircut and fingernails clipped before competition. This will be checked by the coaches prior to the event or loading the bus.
- e. The coaches will tell you what time to be at the gym for home matches and when the bus leaves for away matches. BE ON TIME!! We will not wait on you.
- f. Cell phones will be turned OFF on trips to events and will not be turned ON until we load the bus to return.
 - i. This means they WILL NOT be on at/during an event! Even tournaments!
- g. Music devices may be used at a low level.
 - i. No sharing headphones.
 - ii. They may be used during your warm up time but not at any other time. CHEER ON YOUR TEAMMATES!!
- h. All cell phones and music devices are the wrestler's responsibility on trips.
- i. All athletes will ride the bus to and from away matches unless prior permission is received from the administrator (in writing) and the coaches.

V. Letterman Award Requirements

- a. Wrestler must fulfill at least **TWO** of the following to earn a letter.
 - i. Wrestlers must compete in three varsity matches as a freshman or sophomore, or be a junior or above without a letter.
 - ii. Wrestler must have won at least 5 matches at the Varsity level.
 - iii. Wrestler must have attended all practices and events (except those dates cleared by the coach), and participated to their fullest potential.
 - iv. Wrestler must have maintained a "C" average in their academic studies, and had no classroom problems throughout the entire school year.
 - v. Due to injury, illness, or other circumstances, an athlete who in the coach's estimation would have lettered may receive a letter.
 - vi. Wrestler must have completed the entirety of the Varsity season.
- b. If a wrestler meets these criteria but fails to complete the season, they forfeit their letter and will receive a certificate of participation.

Auburn City Schools
Wrestling

Permission Form

I _____ the parent or guardian of _____
(Parent or Guarding) **(Athlete)**

give my child permission to participate in the Auburn City Schools wrestling program. This included permission to travel to and from away matches/tournaments and to take any trip sponsored by and supervised by the Auburn City Schools coaching staff. I also understand that although the safety of each athlete will always be the first concern of the coaching staff that participation in athletics may result in serious injury.

Date: _____
(Signature of Parent or Guardian)

Player Information

Wrestler's Name: _____ Father's Name: _____

Address: _____ Work: _____

_____ Work Phone: _____

Home Phone: _____ Mother's Name: _____

Email: _____ Work: _____

Insurance: _____ Work Phone: _____

Policy Number: _____ Player Cell: _____

Emergency Contact: _____ Emergency Phone: _____

Parent Cell: _____ Emergency Phone 2: _____

Health Problems: _____

Allergies: _____
