Rules and Expectations- River Ridge Wrestling 2018-2019

Cherokee County Schools and River Ridge High School have rules and policies that student athletes must follow. Along with those rules I have my own rules and expectations a wrestler must go by in order to be an active member of the team. The rules of the River Ridge Wrestling program are in place to build character, self-discipline, leadership, and help the wrestler understand that he/she is a student athlete, NOT an athlete student.

1. **Academic Progress and Behavior**

* Academics come first! The coach will check grades on Monday Morning every week.
* The wrestler understands that if he or she is failing a class when grades are pulled, wrestlers will have extra conditioning at the end of practice to ensure the wrestler is working with their teachers to bring their grades up. This will take place on Monday, Tuesday, or Thursday after practice. The wrestler will have extra conditioning for every class they are failing. For example: A wrestler is failing 2 classes, they would have extra conditioning for both classes so they would need to stay after on Monday and Tuesday after practice.
* Any coach receives an email about misbehavior, the wrestler will have extra conditioning after practice. This will also take place on Monday, Tuesday, or Thursday after practice.

1. **Behavior and Sportsmanship**

* Any event or practice involving River Ridge Wrestling the wrestler will show class and respect at all times. Wrestlers will represent the program appropriately.
* During matches and tournaments wrestlers will act like a true champion no matter the outcome of a match. The wrestler will have class and shake the opponents hand and the other coaches.
* If a team point is deducted due to unsportsmanlike conduct or the wrestler is out of line sitting on the team bench during a match they may be asked to leave and a suspension of one week of varsity events may be implied.
* COACHES ARE THE ONLY ONES WHO SPEAK TO THE OFFICIALS DURING A MATCH!!!

1. **Leadership**

* Captains will be voted on by the team the week before the first varsity event. These captains will represent the team at every match and tournament.
* Wrestlers are expected to be leaders in the classroom and remain in good standing with teachers, administration, and community.
* Wrestlers will stay at least one youth practice per week. High school wrestlers will have a buddy in the youth program. The wrestler is expected to treat their youth buddy like a team mate, spend time and talk with their buddy during youth practices.

1. **Team**

* Wrestlers will put the team and program before themselves.
* Wrestlers understand we are trying to build a program not just a team and it takes every ones commitment!

1. **Attendance**

* Attendance at practice is mandatory, not an option!
* Unexcused absences will be made up after practice. Either Monday, Tuesday, or Thursday.
* Wrestlers and parents understand that after 3 unexcused absences the wrestler will be dismissed from the team.
* Doctor notes are the only excused absence unless the wrestler or parent speaks with Coach Mullinax or Coach Rice the day of the absence due to funerals, doctor, family issues etc.
* In order for it to be an EXCUSED ABSENCE Wrestlers or parents MUST speak with Coach Mullinax or Coach Rice before 3:00 pm on a day they will miss.
* A Wrestler cannot wrestle off for a V spot if they owe a makeup.
* Unexcused absences for tournaments/matches: If a Wrestler doesn’t show up for a tournament or match when they are supposed to wrestle they forfeit their right to wrestle off for a V spot the rest of the season.

1. **How to earn a Wrestling Letter**

* Wrestle Varsity matches
* Coaches Discretion
* Participate in all Wrestling Activities
* Be in good standing with RRHS Administration and Teachers.

1. **Communication**

* If there is any concern, please follow chain of command. For example, contact Coach Mullinax before or after practice, never during practice, or never at a match/tournament.
* Do not go above Coach Mullinax and contact RRHS administration. You will be asked if you have spoken with Coach Mullinax first about a wrestling related issue.
* If you feel that the concern cannot be handled or resolved after speaking with Coach Mullinax we would then bring in Mr. Santoro, our Athletic Director.
* Follow chain of command always, Coach Mullinax first!

Violation of the rules and policies that have been placed will have a consequence. The ability of the Athlete does not matter. ALL wrestlers will abide by the rules no exception!! The program and team come first!

* First Offense- Wrestler will not be eligible for ONE Week of Varsity or JV Competition. They MUST still attend practices during a suspension.
* Second Offense- Wrestler will not be eligible for TWO Weeks of Varsity or JV Competition.
* Third Offense- Wrestler will be dismissed from the team and not eligible to letter.

Parents and wrestlers also understand that any equipment or fundraising material not returned will be considered the student’s debt. It will prevent the student from walking at graduation if debts are not paid by the end of their senior year!! Material that belongs to the Wrestling Program must be paid for if it is lost or damaged.

Matierals that belong to River Ridge Wrestling:

Head gear, singlets, alternates, warm-ups.

THIS FORM NEEDS TO BE SIGNED AND RETURNED BY NOV. 9th 2018. OR THE COACHING STAFF HAS ASSUMED YOU ARE NOT WILLING TO ABIDE BY TEAM RULES AND THE WRESTLER WILL BE ASKED TO LEAVE.

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| Wrestlers Name | Wrestlers Signature |
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| Parent Name | Parent Signature |
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