

Woodland Wrestling Code of Conduct

Philosophy

Extra-Curricular activities are a privilege. Wrestling for Woodland High School is an opportunity for you, as a student-athlete, to showcase your wrestling skills. However, there are rules and guidelines in accordance with Woodland High School that must be followed in order to have this opportunity. Deviation from these rules, which will be rooted in the Six Pillars of Character, will not be tolerated. Integrity, Responsibility, Fairness, Respect, Accountability, and Commitment are not merely ideas in a vacuum, but are valuable teaching tools to prepare our young athletes not only for wrestling, but also for life. Please remember that while we hope every wrestler has a successful experience wrestling for Woodland High School, the reputation of our school and program will not be jeopardized due to any individual.

Determining Lineups

1. The Head Coach, with the help of the Coaching Staff, decides who wrestles. A Varsity 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/she steps out on the mat.

2. When the Coaches feel a wrestler is ready to challenge for a Varsity position, he/she will be offered an "indicator match" with the current starter. Wrestlers will be assessed not by score alone but by tenacity, courage, heart, cardiovascular conditioning, as well as other traits which are hard to quantify by score alone. There are no winners or losers in an indicator/challenge match, but it gives the coaches insight as to who the better choice may be for a particular match.

Practice

1. Practice begins daily @ 3:45pm unless otherwise noted. Any changes to the practice or match schedule will be announced at the prior practice . Wrestlers will be responsible for signing in each day to practice.

2. If you have to miss practice for ANY reason, you should contact the Head Coach first. If you are unable to get in contact with the Head Coach, then it is acceptable to tell an Assistant Coach. The Head Coach may be reached by either cell phone, by email, or through the Facebook Page.

3. While practice officially begins @ 3:45pm, it is imperative to be ready for practice before 3:45pm. This means mats have to be mopped and dried, Ken Shield must be applied to avoid skin infection, and all wrestlers must be in the room with shoes tied and headgear on before 3:45pm. Wrestlers who are not ready to begin on time without a valid excuse will be held accountable.

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4. Practice will end around 6:15pm, depending on the intensity of practice. Practices do not have to be three hours long to be considered successful. Intense, efficient practices will end at 6:00pm.

5. Wrestlers will be responsible for maintaining their weights, and will be required to weigh in before and after each practice.

6. Practice is for learning, improving technique, competing in the room, and increasing cardiovascular capacity, NOT FOR WEIGHT LOSS!!! Plastic suits, excessive use of multiple layers, or heat-trapping clothing will not be worn.

7. Coaches will be referred to as “Coach”, their last name or “Coach Last Name” and never by a first name only. This displays professionalism.

8. Wrestlers who are asked to leave practice due to disrespect or poor effort (one warning) will be suspended for a minimum of one match.

9. Vacations ARE NOT excused absences from practices, unless cleared by the Head Coach with at least one week notice. If time does not allow, the wrestler could be subject to suspension from competition.

10. There will be occasions when a wrestler is late. When this happens, with or without an excuse, the time will be made up through extra conditioning and drilling. However, excessive and frequent lateness shows selfishness and disrespect towards both coaches and teammates, and could result in a one-match suspension after the third late. If you are late due to study hall or any reason cleared with the Head Coach prior to that date, you will be excused from disciplinary action.

11. Wrestlers MUST shower after each practice. No Exceptions.

Conduct

1. Wrestlers will attend school regularly. Wrestlers who are absent the day before or the day of a match with or without a valid excuse may not be permitted to wrestle in the next match, unless cleared by the Head Coach prior to that date.

2. Wrestlers will exhibit good citizenship and behavior in school as well as in the community. You represent the school and the team. Any wrestler, who is removed from class, study hall, the lunchroom, etc., will be disciplined in practice, in addition to any action deemed necessary under Woodland High School’s rules and regulations. Team discipline may include, but is not limited to extra conditioning, suspension, or removal from the team, depending on the severity of the infraction.

3. Any wrestler receiving detention will be suspended a minimum of one match. After three team/match suspensions, we will hold a meeting with the coaches, Athletic Director, wrestler and parent(s) to determine whether the wrestler should remain on the team. **Remember-our team integrity will not be compromised!!**

4. Any wrestler who misses weight once may not wrestle that event. Any wrestler who misses weight twice will be suspended for three matches. If a

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wrestler misses weight three times, his lack of commitment to the team will result in being removed from the Varsity lineup permanently.

5. Drugs, Alcohol, Tobacco, and Steroids will not be tolerated. Wrestlers will be subject to applicable school penalties as well as additional team penalties.

Pre-Match/During Match

1. There will be no more pre-match feast. Wrestlers will not be allowed to eat fast food before matches. Foods considered to be "junk food" will also not be allowed. This includes chips, soda, candy, and so on. **ENERGY DRINKS ARE STRICTLY PROHIBITED!!!**

2. Immediately following weigh-ins, the team will stay together in their JV and Varsity units. The Varsity will sit together in the stands as a team and support the JV, and vice-versa. No one will be permitted to leave early unless **PRIOR** arrangements have been made through the Head Coach. Leaving early will result in disciplinary action up to suspension of one event.

3. The team will stay in the immediate vicinity of the bench while the matches are taking place.

5. The team will only wear equipment that has been authorized by the Head Coach. **No Exceptions!!!**

6. Wrestlers are discouraged from contact with spectators, including friends, parents, "club coaches", etc., during matches. This is a time for supporting your teammates, not for socializing.

7. Wrestlers not in uniform will not be permitted on the bench, but should still sit with the team in the stands.

8. At home matches, **ALL** wrestlers must stay for post match meetings and practices (if necessary) as well as to assist in putting away mats, chairs, and other equipment.

9. At away matches, wrestlers **MUST** return on the team bus/van unless cleared by the head coach.

10. Male Wrestlers will wear clean collared shirts, khakis/slacks and appropriate shoes to all matches. Female Wrestlers will wear clean collared shirts, khakis/slacks and appropriate shoes(or dresses) for all matches. Jeans, t-shirts, hoodies, or other attire are not allowed except for tournament competition days.

11. Any Wrestler that displays disrespect (unsportsmanlike conduct of any form) for our school, our sport, or our team at any time during any event or practice will be addressed (One Warning). Disciplinary action could result in suspension from one event up to suspension from the team.

12. Public display of affection is not allowed or encouraged. Dating or intimate relationships with teammates, managers, or other members or our club is not encouraged. If you so choose to date or have an intimate relationship with one of the above you will act in such a way that nobody could know by observing

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your interactions. No kissing, snuggling, cuddling, holding hands, or other intimate actions are allowed while representing the team.

I have read and understand the rules, regulations, and code of conduct. I also understand that by signing below I will be held responsible as a student-athlete, and will be accountable for my actions.

Student:

_____ Date _____

Parents/ Gardian:

I have reviewed the rules, regulations, and code of conduct, and understand that my child will be held accountable for his/her actions.

_____ Date _____