

Dallastown Varsity Wrestling 2019-20

Team Rules and Regulations

Physicals and Low Weight Certification- All physicals must be completed and returned to the trainer **prior to the first practice**. Failure to do so will result in an unexcused absence and an inability to practice. Anyone who did not get certified should see the trainer to be tested. Also, Impact test must be completed.

Dismissal from school & start of practice:

Wrestlers should report directly to the boys team room and then to the wrestling area. All lockers **MUST** be locked. Warm up/pre-practice meeting will begin promptly at practice start time. Those individuals who are late will be penalized. All practice times, which are not directly after school, pertain to the start of practice... **NOT** an arrival time. Plan accordingly. Always be 10-15 minutes early for away bus departures and practice.

Doors will only be guaranteed to be open for a window of 20 minutes prior to practice until the designated start time of practice. Door can never be propped open.

Inclement Weather: If school is dismissed early, all practices and events for that day are cancelled. If school is cancelled, the Remind101 and/or email will be utilized to notify you on the status of events. You can also check the school web site.

Attendance Policies: Practice is mandatory. If you become ill during the day and will not be able to attend practice, it is your responsibility to contact Coach Gable prior to leaving school.

- a. **Excused practices-** you may miss a maximum of **THREE** excused practices during the course of the season without penalty or the possibility of dismissal. An excused absence **must be pre-approved** by the coach. Examples might include-hunting, appointments, family outing, school project/work,,etc. It is assumed that all efforts will be made to avoid absences prior to and the day of an event.
- b. **Illegal absences-** **ONE** illegal absence may occur without being considered for removal from the team. An illegal absence is defined as any missed practice without prior notification to the coach. It is expected that any individual who is injured will attend practice and participate in a modified practice or observe. Missing practice for work, other sports or detention is considered an illegal absence. Over sleeping is also considered ILLEGAL.

Mat Cleanliness & personal hygiene:

- a. Always wear clean gear (shorts/tights & tee-shirt only. **No sweats**)
- b. Never wear your wrestling shoes anywhere except in the wrestling room.
- c. Carry your wrestling shoes to & from the wrestling room.
- d. All wrestlers must shower prior to leaving school after practice
- e. Skin infections- the coaching staff should be immediately made aware of any potential skin infections. According to PIAA regulations, any suspicious skin marks or lesions must be documented as non-communicable prior to competition. Documentation must be obtained from a medical doctor or registered nurse and must be written on the PIAA approved skin document. Blank copies of this document are available from Coach Gable and on the moodle page.
Documentation is only valid for two weeks following the dating of the form. NO wrestler will be allowed to practice or compete without the prior documentation and treatment. Covering an affliction is not an acceptable method to allow a return to competition.
- f. Wrestlers should apply skin protectant to exposed areas prior to practice and matches.

Protection of Valuables: All valuables must be locked in a locker. Every wrestler should have a lock. This includes clothing, bags, backpacks, etc. Nothing should be left on the locker room floor area during practice. If you have a laptop, wallet or other valuable item, which you are unable to secure in a locked locker, see one of the coaches to store it safely. Do not trust your valuables to be left unlocked while showering. Assume the same sense of security while at away events. Unfortunately, it cannot be assumed that everyone we encounter is honest & trustworthy. If you care for your valuables in this manner, nothing should be stolen. If you do not, be prepared to accept full responsibility for your loss.

Academic Performance: It is expected that every student athlete will maintain a high level of achievement in the classroom. Given the length of daily practices, every student athlete should have at least 2-3 hours of time each day in order to complete their studies. This takes into consideration eating and 8 hours of sleep. Learn to budget your time effectively and you will find that you have ample free time to relax. This may be one of the most valuable things learned through high school athletics It will help you to be successful as a future student, employee, spouse or parent. Keep in mind that failure to achieve in the classroom will result in ineligibility. Make sure that you keep track of your grades in each of your classes. I will be asking you for feedback from time to time. There is very little excuse for failure other than lack of effort. Make every effort to be in school and establish a good rapport with your teachers. Do not be absent unless you absolutely cannot attend school.

Remember that you must be in school by 10:45 AM in order to practice or compete. Never use athletics as an excuse for poor performance. **Make schoolwork your number one priority.**

Behavioral Expectations- Exemplary behavior is expected both during and outside school. As a member of a well-respected athletic team and school, **your behavior directly reflects all of us**. Our image is related to your actions... therefore **our expectations are extremely high regarding your behavior**. Treat everyone you encounter with respect. This applies to all members of the team, managers, faculty, the trainer, the custodial workers, as well as all other students. Never berate other sports teams within our school. Instead provide the same support that you would appreciate for your own efforts. Always clean up after yourself. This applies to locker rooms at home & away matches, as well as in the wrestling room and training room area.

Hazing, Bullying or Harassment of athletes will not be tolerated. No form of diversity intolerance is acceptable. The High School office should be notified regarding any concerns that are related to Bullying, Hazing or Sexual Harassment. Contact information is:

717-244-4021 extension 3514

Injuries: If you sustain any injury during a practice or an event, notify the coach and or trainer. We are fortunate to have two outstanding trainers. If you are in need of any pre-practice taping etc. make sure that you directly report to the training room at 3:00 PM so as not to be late for practice. It is expected that all injured wrestlers will report to practice and participate in rehabilitation as determined by the training staff. It is the purpose of our training staff to determine the training limitations due to an injury.

Nutrition & Health: In order to compete effectively it is essential to eat healthy & get adequate rest. Minimum wrestling weights will be determined by body fat analysis and approved by a physician/trainer. Wrestlers should choose a weight class that they feel comfortable attaining. We will not encourage weight loss. If you do choose to reduce body fat in order to drop a weight class; please see one of the coaches or trainer for healthy weight loss guidelines. The wearing of sweats will not be allowed during practice. All wrestlers should eat healthy and drink plenty of water.

Equipment All wrestlers **must wear a headgear**, wrestling shoes, shorts/tights & a tee shirt to practice. **Kneepads** should also be worn. If you have braces, you must wear a **mouth guard**. School issued uniforms will be worn during school sponsored events. Lost or stolen uniforms are the responsibility of the student athlete.

Wrestle offs All wrestlers will have the opportunity to compete for a starting position on the team. Weight changes during the year will be determined by the coaching staff and based upon what is best for the team. Wrestle off opportunities will occur at the beginning of the year and other times throughout the year as determined by the coaches and at the coaches discretion as a need arises. **Wrestle offs among those that started during the year can occur prior to the end of season tournaments. Wrestlers may choose post season weight classes.** All wrestlers who do not achieve starting roles will compete in exhibition matches prior to events. This will be limited by the number of wrestlers on opposing teams. **Changes in the starting line-up may also be made at the Coaches discretion based upon opposing team's line ups etc....**

Unsportsmanlike Conduct All wrestlers will be expected to display outstanding sportsmanship during and after matches as well as during practice. Acts of unsportsmanlike conduct as deemed by officials or coaching staff may result in a suspension from competition and/or dismissal from the team. Any such matters will be reviewed by the coaching staff, athletic director and the school administration.

Parent/Athlete/Coach Communication:

It is expected that all parents will read the parent/coach communications guidelines sheet on the Athletic web site. If you cannot access a copy, please feel free to see Coach Gable. The document outlines appropriate topics to address with coaches as well as protocol to do so. I will always do my best to return communication in a timely manner. Please be sensitive to the fact that the coaching staff may not be available for comment or discussion during their family time in the evenings.

It is our sincere hope that there will be an open line of communication between your child and the coaching staff. Please encourage them to express all concerns to the coach as soon as the concern arises. It is our hope that the first person to express a concern to the coach should be the student-athlete. We believe that students need to learn to communicate with adults and that the coach/athlete relationship provides a tremendous learning tool in that process. Hopefully we will be able to work together to alleviate their concerns. Please encourage them to help us with this process. It is important for them to know that we will always respectfully listen to them, and that while we may not always agree, we appreciate their opinion and respect their maturity.

And as a coach, I promise you that while you may not always agree with my decisions, they are always made with the best interest of the student-athlete and the Dallastown Wrestling program. Please know that no matter what, I do care about your child and value them as unique young person who I wish only the best in all that they are capable of doing.

(Sign, & Return)

I/we acknowledge that I/we have read and understand the Dallastown Wrestling Rules/expectations/guidelines & information as well as the Dallastown extracurricular code of conduct as found in the student handbook and on the school website. I have also completed, understand and signed all code of conduct and eligibility statements that are part of InfoSnap.

Student Athlete Name (print) _____

Student Athlete signature_____ Date_____

Parent/Guardian Name (print) _____

Parent/Guardian signature_____ Date_____