

Wrestling Policies and Procedures

Congratulations on making your commitment to the Puma Wrestling Team! We are excited to have you here and want to make your experience as successful and rewarding as possible. The following are the guidelines that have been set to ensure a great start and successful season:

Attendance and Punctuality

All participants are required to be at daily practices. Practice runs 2:45pm until 5 pm. Tardiness will result in additional exercise after practice, and habitual tardiness may result in dismissal from the team. Additionally, unless you have a note from a parent, teacher or doctor, all practices are mandatory. Two unexcused absences will result in dismissal from the team.

Unexcused absences include having to stay after school for discipline issues. You must understand that your behavior, academically and socially may affect your team status so please, work hard in and out of the classroom. Be good representatives of the Preston community.

Wrestling is a no-cut sport. All who sign up will be part of the team. Varsity positions will be determined by wrestle-off's that will happen every Wednesday. On those days, we will end practices at 4:30. Those who wish to wrestle for a varsity spot will need to stay to have the wrestle off. The winner of the wrestle-off will remain our varsity wrestler for 2 matches. All athletes will be able to wrestle for a varsity spot until the last 2 weeks of practice. At that point it will be up to the coach's discretion whether a wrestle-off will take place.

***All practices are closed practices. Unless you're a volunteer or coach, you cannot be in the wrestling room during practice.**

Eligibility

ACADEMIC

- A. Eligibility is determined weekly and is based on the student's current grade.
- B. A student shall be declared ineligible for the next athletic event by earning one or more grades of 1.49 or below.
- C. Any student who has a score of 1.49 may remain eligible if they are proficient in 4/4 work habits. -preparedness, classroom behavior, participation, productivity

PAWS (CITIZENSHIP)

- A. Preston athletes may be declared ineligible due to actions that do not align with the Preston PAWS expectation:
 - a. Truancy, teacher referral, removal from class, detrimental/unsafe behavior toward staff or students, etc.
 - b. Suspended students will automatically be ineligible and will regain eligibility following the suspension.

PROCEDURES

- A. Eligibility reports are run on Friday.
- B. Ineligible athletes (academic or citizenship) will not travel with the team to away events.
- C. Student eligibility runs from Monday-Friday following the eligibility report.

- D. Ineligible students must have an opportunity to regain eligibility status.
- E. If no grades are entered in a student's gradebook, other factors will be used for eligibility status.
- F. For sports that have more than one contest per week, students may regain eligibility after sitting one contest rather than sitting out an entire week.
- G. All eligibility concerns by students and parents will be considered and if a student's eligibility status needs to be changed Preston Administration will communicate changes with coaches and athletes.

RESPONSIBILITIES

YES: athletes are required to fulfill practice expectations even when they are ineligible.

NO: athletes may not travel to away contests while they are ineligible.

YES: administration can make decisions regarding eligibility due to citizenship factors.

YES: teacher input is valued regarding citizenship and academic factors.

* Students are expected to attend at least 2 full periods in a school day in order to participate in afternoon athletic practices and contests –unless pre-approved.

Behavior during Practices and Competitions

One of our main goals in wrestling is the safety of our wrestlers. To make sure that participants remain safe, we must behave appropriately. Making good choices in the wrestling room and during competitions is essential. These choices need to include:

- A) **Maintaining your composure during practice and competitions.** Wrestling is a very aggressive sport and may lead to emotions such as fear and anger. These two emotions can cause someone to forget that they are participating in a sporting event and could lead to behavior such as fighting which is not tolerated neither during practice nor competition.
- B) **Understanding that any participation in illegal activities before, during and after practices or competitions will result in dismissal from the team.** These may include things such as vandalism, use of illegal substances and theft.
- C) **Cooperating with coaches and teammates.** One must strive to maintain an environment where sportsmanship, hard work and attention to instruction are top priorities.

***Parents will also be held accountable for their behavior during competitions.** We want to be supported in a positive manner. Any parent/guardian or spectator that chooses to act in an unsportsmanlike manner will be asked to leave. Please, no profanity or conduct that could be considered threatening or that takes away from the participant's opportunity to have his match held in a safe environment.

Health and Hygiene

It is very important that we stress good health and hygiene in wrestling. The way we do this is:

- A) **Make sure all athletes have a current athletic physical.**

- B) **Enforce good eating habits.** We will not allow the wrestlers to put themselves in danger through dehydration or not eating. We will take weight the second week of practice and the wrestler will not be allowed to drop more than one weight class. For example, if a wrestler weighs in at 107lbs then they can go down to the 102lb weight class.
- D) **Mats are cleaned daily, to avoid skin problems/diseases.** Also, we ask the wrestler to take home their workout/practice clothes along with their uniforms and wash them daily.
- E) **Fill out emergency information.** In the event of an emergency, the coaches will have a quick reference to use for contacting parents.

Physicals/Athletic Fees

Participation in wrestling involves some very important forms that the wrestler and parent must provide to the school:

- A) **First, a current “athletic physical” must be provided to the school before the student ever steps on the mat.** This needs to be turned into Mrs. Brenda Meier in the front office. You **MUST** receive a “blue card” from Mrs. Meier to participate.
- B) **Second, an athletic fee of \$105.00 dollars to be paid on PSD school pay.** If your family needs assistance in paying, please contact Mrs. Rutherford in the front office as soon as possible to ensure your son’s smooth transition into wrestling.

Gear

A) All wrestlers need to purchase a pair of wrestling shoes. These may be purchased at almost any sporting goods or shoe store. We do have a few pairs of shoes that have been donated, but they will go out on a first come first served basis.

B) According to rule 4-2-1 in the rule book: Hair must not extend below the earlobe or the top of your shirt collar. If you choose not to cut your hair, you’ll need to wear a swim cap or appropriate hair cover during practice and matches.

Shorts and T-shirts will be worn as practice gear. All other gear will be provided.

Encouragement and Positive attitude

We always want to reinforce positive aspects of wrestling. This is extremely important not only for coaches and parents but also teammates. We will ensure that wrestlers are not only ready physically to participate but also mentally by:

- A) **Continually reinforcing that their decision to join the team is the right one.** Keep in mind that Jr. High athletics give you the only opportunity to try all four main high school sports. You will not have this chance again so go for it!
- B) **Encouraging first year wrestlers, and parents of first year wrestlers, to understand that wrestling teaches self-confidence, and overall athleticism.** Which not only help in all other sports but in real life as well by helping one be self-reliant and able to face difficult challenges that one may face in life.

We ask you to please share this information with your parents/guardians. We believe that your parents are one of the best support systems and “teammates” we can have. Please reread the information with them. Also, if you should have any questions or concerns please contact coach Blevens at sblevens@psdschools.org or 488-7299.

Thank you again for your commitment to wrestling!

