

Rules and Requirements while participating in Exeter Mat Club practices/events:

1. **Practices will be held at the High School and Middle School wrestling rooms.**
2. Have wrestling shoes. A clean pair of athletic shoes to wear only for wrestling will also work until new wrestlers get shoes. Your everyday shoes are not to be worn on the wrestling mats.
3. Be punctual. Your timeliness will help us to maximize the time we have on the mat. If parents leave during practice, or drop your child off for practice, please make sure you are back 10 minutes before practice is dismissed.
4. Discipline: We cannot allow any roughhousing in the wrestling room. We are allowed to use the room for the club program, and if there are problems associated with the club, access to the room could be revoked.
5. Injuries: Any head, bone, sprain type injuries that occur in the wrestling room need to be communicated to the coaches. It is normal for young athletes to be sore after practice, and that will eventually subside. Just because you are sore does not mean you are injured.
6. Showers: Wrestlers must take good showers after practice. All gear should be cleaned regularly after practice or tournaments. This includes knee pads, shoe and headgear. Any skin rashes must be communicated to the coaches prior to practice.
7. Parental Involvement is essential to the success of our wrestling club. We may need parents to stay and help work with groups. Even if you are new to the sport of wrestling, you can help keep a group organized and on task. Also, keep in contact with other wrestling parents. If your child would like to attend a practice, tournament, or dual, and you are unable to provide a ride for them, ask another parent that will be attending.
8. We will try to get tournament information out at least two weeks in advance, however this is not always possible. Parents will be responsible to take their child, or arranging a ride, to the tournaments. Some tournaments last all day, so you may want to pack lunch for your child.
9. **When Exeter Schools are closed due to bad weather or other unforeseen circumstances, practice will not be held.**
10. Please leave all valuables and special items at home. The club is not responsible for lost or stolen items.
11. The Exeter Mat Club will tolerate nothing less than good sportsmanship from all coaches, wrestlers, and parents associated with the club.
12. There will be a \$60.00 deposit at the time singlets are handed out. The deposit needs to be a check, and will be returned at the end of the season when the singlet is turned in.

13. Questions? Please ask questions! We are here to teach our children the sport of wrestling as well as the parents.

14. Contact Information:

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| Ryan Guldin: | 610-413-7924 | ryanguldin@gmail.com |
| Michael Hodowanec: | 484-769-6269 | mehody@ptd.net |