

Exeter Varsity Wrestling Rules & Contract

Upon reading and signing this document, we (the parents/guardians and wrestler) agree to all the terms and conditions listed below along with all the terms and conditions laid out in the student athlete handbook, which is found on the Exeter webpage under athletics.

- ◆ Wrestlers will maintain academic eligibility according to the athletic handbook. Ineligible wrestlers are NOT allowed to practice, compete, or travel with the team.
- ◆ Students in In-School Restriction (ISR) are prohibited from participating in any athletic event or extracurricular event on the same day as their In-School Restriction (ISR). This includes practices.
- ◆ Any conduct detrimental to the team (action or activity that reflects negatively on the team) is subject to the consequences listed below.
- ◆ Any action deemed hazing by the head coach, even if all parties were willing, is immediate grounds for dismissal from team.
- ◆ If any wrestler uses, has possession, or distributes any illegal substances, they are subject to the consequences listed in the handbook and/or the ones listed below.
- ◆ Wrestlers who are injured should tell a coach first, and then see the athletic trainer. Injured wrestlers should report to the room, then head for treatment as prescribed by our athletic training staff. IF you see your own doctor, then the athletic trainer will need documentation from that doctor that states when you were there, when you are cleared, and any other important information regarding recovery or rehab. Wrestlers who are injured at school, practice, or competition ARE allowed to travel with the team.
- ◆ Wrestlers will be on time (dressed and ready to warm-up) 15 minutes before every practice.
- ◆ Wrestlers will be on time and have all required equipment and uniforms for all competitions.
- ◆ Wrestlers will make the weight class they choose during wrestle-offs for all competitions to help themselves and our team succeed. There is no excuse for not making weight when the wrestlers make the decision for what weight class they want to be wrestling at.
- ◆ All wrestlers who are absent or late to practice MUST bring a note with them that states where they were. The note must be signed by a parent, teacher, physician, etc. Any wrestler who is late or absent from practice or competition without a note is considered unexcused and will be subject to the consequences listed below.

Consequences:

* Head coach has final say on any and all punishments within good reason.

- 1) Extra conditioning
- 2) One match/tournament suspension
- 3) Two match/tournament suspension
- 4) Expulsion from team.

Printed Name(s) of Parent(s)

Printed Name of Wrestler

Signature of Parent(s)

Signature of Wrestler

Exeter Wrestling Competition Conduct

- **We warm-up as a team** – it is extremely important to work through the first sweat BEFORE we step foot on the mat to compete. This warm-up is guided by the coaching staff for tournaments and run by the captains for dual meets.

- **Conduct while competing:**
 - Wrestling is a sport of control – demonstrating the ability to control one’s own actions while also controlling your opponent physically is the highest level of the sport.
 - No 1 individual is more important than the honor and integrity of the team.
 - Body Language and facial expressions say a lot about an individual – remember to control both of these at all times, show no emotion, never let your opponent know you are tired, and always capitalize when your opponent slips in these areas!
 - Exeter wrestlers are ALWAYS looking to score and will wrestle to the whistle and on the edge of the mat. We NEVER relax or give our opponent a break. Everyone has a breaking point; we find that breaking point in our opponents and NEVER show ours.
 - When there is a break in the action or stoppages of wrestling, (from going out of bounds, potentially dangerous hold, end of a period, etc.) always look to your coaches for instruction while you hustle back to the center of the mat!
 - We win AND lose with class – always show respect by shaking our opponents hand (and at individual tournaments, the opposing coaches hand)
 - We NEVER bad mouth the official, opponent, or opposing coaches – sometimes it is necessary to out-wrestle bad officiating.
 - Always be there for your teammates, before, during, and after a match as much as possible. Wrestlers will have NO contact with spectators, including friends, parents, girlfriends, etc., during matches. This is a time for supporting your teammates, not for socializing. We can always learn from each other, and need to understand how to support and help each other at every competition. BE A GOOD TEAMMATE!!
 - After EVERY match, win or lose, we immediately seek a coach for improvements or pointers.

**** REMEMBER** – the way we represent and conduct ourselves is more important than any win or loss. Embarrassing ourselves, our families, teammates, coaches, school, and community through inappropriate actions WILL result in suspension(s) from competition(s).