WESTMOORE WRESTLING RULES

“All successes begin with self-discipline. It starts with you.”-Dewayne Johnson

1. RESPECT your team, coaches, opponents and the GAME!
2. The use of drugs, alcohol, or smokeless tobacco will not be tolerated.
3. Attendance is mandatory! After FIVE absences, you may be dismissed from the team. **If you miss practice for an emergency, you must contact Coach Evans prior to your absence, followed by a doctor’s note the next day.**
4. A missed practice will result in a make-up workout and/or timed mile.
5. All students will be dressed and ready for practice by 2:20, or there will be consequences.
6. Dress code while at practice is as following: EVERY WRESTLER WILL WEAR DESIGNATED WORKOUT GEAR; NO EXCEPTIONS
	1. Designated shorts or black sweat pants or leggings
	2. No cut off shirts or sleeves!!!
	3. Must have wrestling shoes on when on the mat. (no socks, bare feet or street shoes)
	4. Must have tennis shoes on in weight room. (DO NOT WEAR WRESTLING SHOES IN WEIGHT ROOM)
	5. Designated practice shirt and shorts or pants need to be clean and worn every day at practice.
7. Hazing or initiations of any kind are not allowed.
8. Profanity and/or inappropriate conversation are not to be used at ANY time.
9. Music with obscene or profane lyrics are not to be played.
10. Team matters need to stay within the team. At no time should anything be posted on any social website or other public domain.
11. Any other activities or behaviors that the coaching staff deems inappropriate may lead to the dismissal from the team.
12. Also, any violation of guidelines or procedures listed in the Moore Public Schools Athletic Handbook may also lead to dismissal from the team.
13. All decisions made regarding MAT time are at the discretion of the coaching staff and will not be discussed or debated. (If an ATHLETE has a question about THEIR participation THEY may address the coaches at an appropriate time.)
14. NO CELL PHONES DURING PRACTICE OR DUALS! All arrangements need to be made prior, if an emergency occurs please contact Coach Evans.
15. All athletes are expected to make wrestling a priority and are expected to participate in all team activities.
16. Deadlines set for make-up workouts and miles must be met to be considered to compete.

I understand that I am choosing to be part of the Westmoore Wrestling TEAM and that all the above rules apply to me, and that if I choose to violate these rules that consequences will apply.

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Student/Athlete Signature Date Parent/Guardian Signature Date