

# **COACH'S EXPECTATIONS**

## **CHARGER WRESTLING**

Participation in the Charger Wrestling Program should be looked upon as an honor and a privilege. Therefore, our expectations of your appearance, attitude, and behavior will be extremely high. That means that each wrestler must carry themselves with integrity and honesty.

As a member of the wrestling team, you will be expected to meet our standards at all times. Violation of any of the following expectations will be dealt with by applying appropriate consequences to the violation depending on the degree of severity. The following consequences will be applied:

1. Verbal reprimands
2. "Extra workouts"
3. Dismissal from practice
4. Meet or Tournament suspension

## **PRACTICE RULES**

- A. Attendance is required and necessary at each and every practice.
  - Illnesses, family situations(funerals), and school related activities are excused, but the coaches should be notified first.
  - Practice is from 3:30 until 5:15 which is time limited, so we must be very efficient during practice. We don't want to wait for anyone.
  - Discipline for unexcused absences is as follows:
    1. Additional conditioning
    2. One dual meet suspension
    3. Suspended time from the team

## **LOCKER ROOM RULES**

- A. All wrestlers are responsible for their area
- B. No horseplay or "bullying"
- C. Maintain a good positive atmosphere

## **GAME CONDUCT**

- A. Warm ups should be both positive and serious.
  - 1. Respect your opponent and officials
  - 2. No taunting
  - 3. Show good sportsmanship

## **LETTERING QUALIFICATIONS**

- A. Make all practices(unless special reasoning)
- B. Can only be out of competition 15 school days for academics.
- C. Cannot have any code violations during the season.

## **TRANSPORTATION CONDUCT**

- A. You will abide by all bus rules
- B. Conduct yourself as a gentleman
- C. You will leave the bus the same way you boarded it
- D. Be on time for bus departure
- E. All players must ride the game bus, and I would hope that everyone would ride back with his/her teammates. If you do need to go home with parents, the parents must sign a form at the meet or tournament.
- F.

If an athlete is declared ineligible, the athlete has 20 days to regain eligibility or the athlete will be dismissed for the rest of the season.

### **PARENTAL AGREEMENT:**

WE, THE PARENTS OR GUARDIANS OF \_\_\_\_\_  
HAVE READ BOTH THE ATHLETIC CODE AND THE COACH'S EXPECTATIONS  
AND AGREE TO HELP MY SON/DAUGHTER TO ABIDE BY THE RULES AND  
REGULATIONS AS STATED.

**SIGNED:** \_\_\_\_\_ **DATE** \_\_\_\_\_

PARENT'S SIGNATURE

### **STUDENT AGREEMENT:**

I HAVE READ BOTH THE ATHLETIC CODE AND THE COACH'S  
EXPECTATIONS AND I HEREBY AGREE TO ABIDE BY THE RULES AND  
REGULATIONS AS STATED IN BOTH.

**SIGNED:** \_\_\_\_\_ **DATE** \_\_\_\_\_