

## **KENNEDY WRESTLING TEAM** EXPECTATIONS

### **What will be expected of Kennedy Wrestling Team members:**

- 1) Pay Club registration fee of \$75 and fill out appropriate forms.
- 2) Obtain a pair of red shorts. Club wrestling shorts are available for \$15. Wrestling shoes are recommended.
- 3) Attendance is mandatory. Unexcused absences will result in being ineligible for the next competition. To be considered excused, the wrestler must bring in a note from parent or teacher. You are expected to be on time. "On Time" means at the cafeteria by 3:30pm to put on gear and set up mats. Practice begins at 3:45 and ends between 5:15 and 5:30pm. Attendance at competitions is expected. All wrestlers should expect to attend District Championships and any team dual meet tournaments. Remember, wrestling is a team sport.
- 4) Take care of the Wrestling room. The practice room should be at least as clean as when you leave as when you arrive. Hygiene is very important. Wear clean clothes to practice. It's a good idea to wash with antibacterial soap after practice.
- 5) **THREE STRIKE POLICY:** All wrestlers will be expected to practice to the best of their ability. Respect for coaches and other wrestlers will be a major emphasis. Wrestlers AND parents shall act in a respectful and non-disruptive manner at practices and also at any competitions where they represent the Kennedy Wrestling.  
Violations of this policy as determined by the coach will result in:
  - 1) 1st violation: wrestler will be asked to sit out remainder of practice
  - 2) 2nd violation: wrestler will be suspended for one week
  - 3) 3rd violation: wrestler will be asked to try again next year

### **What you can expect from the Kennedy Wrestling Team:**

- 1) A Kennedy Wrestling t-shirt (as available). Each wrestler will be issued a loaner team warmup top and singlet.
- 2) Coaching at practices and competitions from a knowledgeable coaching staff in a style of wrestling which is successful at all skill levels.
- 3) We will make every effort to provide competitive matches for all of our wrestlers. Because we are a large team you may not get a match at every competition. There will be wrestle-offs for spots in the lineup for dual meet tourneys.

**I HAVE READ AND UNDERSTAND EXPECTATIONS AND AGREE TO ABIDE BY THEM.**

**PARENT:**

**WRESTLER:**