

CLUB RULES



RULES:

1. When a coach talks, you listen.
2. Form your lines immediately upon entering the room. (No wrestling)
3. No profanity – no running in the halls – no leaving the practice room without a coach's permission – Get drinks and use the bathroom before practice starts.
4. Change into wrestling shoes in the practice room- Don't wear wrestling shoes on the street.
5. No buckles, brads, zippers, jewelry, clip your nails so as not to harm your teammates or the mats.
6. No drugs, alcohol, chew, or tobacco for now and forever – protect the investment you've made in your body.
7. If you bring electronics or other personal items to tournaments they are your responsibility.
8. No fighting between each other
9. No making fun of teammates for how they look, dress, talk, act, etc. No one will be allowed to laugh or make fun of a teammate for crying. (That means the match meant something to them.)
10. Discipline will be stricter in practices and matches to keep control of all of you. If a coach tells you to leave you do so immediately. (Get out of the wrestling room now.) Then you will miss the next tournament.
11. No display of anger will be allowed.
12. If any false information is given to get into a lower weight bracket, you're out of the program for the rest of the year.
13. No getting into other people's lockers at other schools (sport bags, etc.)
14. If coaches feel your infraction of these rules are blatant, you'll be restricted from the next tournament.

GOALS:

1. Become more aware of being Americans, aware of our freedoms and learn to appreciate them.
2. Learn to be a team. Support your teammates in practice and in tournaments. If a teammate loses a match, support him. Be there with him and for him.
3. Learn to deal with your emotions, win or lose, be a classy winner and a good loser (good sportsmanship is a must, no display of anger will be allowed.) It's ok to show emotion when you win but don't get carried away and act like a jerk. Don't call attention to yourself.
4. Learn to evaluate your performance in relation to your competition. Learn from mistakes and losses.
5. Learn self-discipline, wrestling is a discipline sport.
6. Learn to wrestle and learn to be mentally ready, tough, etc. Learn the head game.
7. Have fun – with each other and have fun wrestling.
8. Learn what it takes to be a 'winner.'
9. Wrestling is the tool we use to teach kids about life.