

Ardrey Kell WRESTLING

TEAM RULES AND REGULATIONS

ATTENDANCE

You **MUST** attend ALL practices, your partner and others in your weight class are counting on you to be there!! If you are excused from practice (absent from school or go home sick) you will be allowed to compete in an upcoming competition. You or your parent/guardian **MUST** notify the Head Coach or Assistant Coach in writing (**email or hand written**) if you are **NOT** going to be at practice **BEFORE** practice starts. Failure to do so will be an unexcused absence.

EXCUSED – AS PER SCHOOL POLICY

UNEXCUSED- from school, practice, scrimmage, or contest will result in the following disciplinary action:

First	Second	Third	Fourth
Warning	1 Match	2 Matches	See you next year
*Extra Conditioning	1 week extra conditioning	2 weeks of extra conditioning	Dismissal

GRADES

Your grades are the most important part of being a student athlete. Without sufficient grades, you will not wrestle!!! Note: Your grades are **YOUR** responsibility – not the teams! There is no excuse for missing practice to study or do homework. Manage your time wisely, as a wrestler on this team you will learn time management. Time management is an essential skill in life and is an absolute must for those who aspire to wrestle in college. You will have plenty of time before and after practice to complete assignments.

GROOMING

State rules dictate the length of your hair, fingernails, and shaving requirements. Your coaches should **NEVER** have to cut your hair/nails or ask you to shave before a match. Jewelry, of any kind, is not permitted on the mats. Wrestlers will adhere to school dress code at all times.

(These requirements apply to competition **AND** practice)

*Every year more wrestlers miss competition due to skin infections than to injury or illness. To avoid skin problems **SHOWERS** after practice as soon as you get home will be mandatory. Special microbial soap should be used. This along with regular mat disinfection and using a skin shield should eliminate any problems.

LOCKER ROOM

It is highly recommended that you get a lock for your locker. Valuables are your responsibility, keep them locked up at all times. Keep the locker room and wrestling room clean at all times. We will have a rotating schedule as to who will make sure that the team is keeping the locker room clean.

CONDUCT

Flagrant misconduct, on the mats or off, will result in suspension from practice and participation. Suspension terms, length, etc. will be at the discretion of the staff. Examples; (but not limited to)



swearing, fighting, baiting, failure to comply, etc... This will also include disruptive behavior that becomes a distraction to the staff and team. We will fully adhere to the behavioral and discipline policies set forth by Ardrey Kell High, CMS, and NCHSAA.

SCHEDULES

Practice

5:30p-7:00p unless notified (M - F)

Team Schedule

Can be found online at:

https://www.google.com/calendar/embed?src=brianthompsonak%40gmail.com&ctz=America/New_York

WEIGHT CLASSES

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

WRESTLE OFFS

There will not be wrestle offs for starting positions unless the staff decides that it's appropriate. Starting positions will be a coaches decision, must heavily weighed upon competition results and team's best interest. Any questions or concerns can be brought to the staffs attention via a scheduled meeting, email, or phone call.

Rules are subject to change per staff.

QUESTIONS/COMMENTS/CONCERNS/NOTIFICATION

Head Coach

Brian Thompson

Cell: 336.682.3096

Email: BrianThompsonAK@gmail.com

Assistant Coach

Kevin Gowin

Email:

kevina.gowin@cms.k12.nc.us