

PRACTICE CONDUCT

One of the greatest determining factors of how good a wrestler you will be is how hard you work in practice.

The habits you develop in practice will determine your success on the mat. A positive attitude, hustle, and hard work pay-off in better performance.

To get the most out of the limited time available for practice, there are a number of guidelines which we need to follow.

- (1) Tardiness becomes a habit; so does punctuality. A team must depend on its members. Accept your team responsibility. Always be reliable.
- (2) NO HORSEPLAY -- AT ANY TIME
- (3) ABSOLUTELY NO PROFANITY AT ANY TIME
- (4) WHEN A COACH IS SPEAKING, BE QUIET AND PAY CLOSE ATTENTION
- (5) NO ONE LEAVES THE WRESTLING ROOM UNLESS THEY HAVE RECEIVED PERMISSION TO DO SO
- (6) NO ACTIVE WRESTLING WHEN A COACH IS NOT PRESENT IN THE WRESTLING ROOM

Disciplinary Action

If it becomes necessary to discipline a child during the course of a practice session the following guidelines will be applied depending upon the severity of the action and the discretion of the coach.

Level 1. A child will receive a verbal warning.

Level 2. If the child ignores this warning then he will be required to sit out of practice for the following period: 5 minutes for 8 year old and under, 10 minutes for 9 year old and over. Along with this action the child's parent will be notified of the problem. RUN instead of sit

Level 3. If during the course of the next 3 practice sessions the child requires discipline beyond level 2. The child will no longer be allowed to practice and the parent will be requested to take the child home until such time that a parent can guarantee the child's proper actions at practice.

Level 4. The Mulvane Junior Wrestling Club retains the right to exclude a child from practice and competition if that child's discipline cannot be controlled or if that child or parent fails to follow good sportsman like conduct.