

FALCON WRESTLING CONTRACT

I, (print name): _____ agree that once I have signed up to participate on the College Park Wrestling Team I will follow the below listed policy or be removed from the team. I realize that to be on the wrestling team takes commitment and dedication.

1. Consistent Practice Attendance: Each athlete is expected to attend ALL practices! Athletes must avoid conflicts with daily practice. If the athlete has a valid reason for missing practice (emergency or illness), the athlete MUST notify the coach prior to the practice that will be missed!!! A varsity wrestler may not miss more than 4 practice sessions or scheduled competitions during the season. A JV wrestler may not miss more than 10 practice sessions or scheduled competitions. **ATHLETES FAILING TO FOLLOW THIS PROCEDURE MAY BE HELD OUT OF COMPETITION OR REMOVED FROM THE TEAM.** (Practices are every Monday through Friday. JV practices are from 2:45 to 5:30 pm and Varsity practices are from 5:00 to 7:30 pm.)

2. Punctuality: Each athlete is expected to arrive at practice and at competitions ON TIME and prepared! No exceptions! LATENESS WILL RESULT IN EXTRA DUTY...IF LATENESS BECOMES CHRONIC, YOU WILL BE DROPPED FROM THE TEAM.

3. Practice Apparel: Each athlete is required to wear WRESTLING SHOES, T-SHIRT, AND SHORTS OR SWEAT PANTS to practice.

4. Meet Uniforms: Team singlets and sweats are to be worn at all competitions. Athletes are expected to step off the bus wearing sweat top and bottom! Sweats shall remain on at all times before and after your matches! This is important for warming-up, mental focus, and team unity. **WASHING INSTRUCTIONS FOR SINGLETS:** Wash in cold, hang dry! DO NOT PUT IN DRYER!

5. Athlete Conduct: Falcon Wrestling Team Members are responsible for continuing our tradition of exemplary conduct! Please take seriously the commitment you must make to support your teammates, contribute to our sport, and act responsibly in every situation. **Team members will interact with their coaches, teammates, and opponents in a mature and rational manner.** Under NO circumstances are athletes allowed to dispute rulings with officials! Athletes and parents must maintain their composure and let their coach deal with the situation. **FAILURE TO FOLLOW THIS PROTOCOL IS GROUNDS FOR DISQUALIFICATION FROM COMPETITION AND SUSPENSION FROM THE TEAM.**

6. Transportation to and from Competition: MDUSD, CPHS, and Team policy regarding student-athlete transportation will be followed WITHOUT exception! This policy is as follows: Athletes transported from CPHS to an away competition via district bus must also return to CPHS via district bus or be released to their legal guardian at the competition site. Athletes will not be released to anyone other than a legal guardian. Friends, relatives, neighbors, etc., are NOT legal guardians. Team policy further requires that any athlete not returning to CPHS with the team via district bus give the head coach verbal notification and visual confirmation of the presence of a legal guardian before departure. **FAILURE TO FOLLOW THESE PROCEDURES WILL RESULT IN SUSPENSION FROM THE TEAM.**

7. EVERYONE is responsible for rolling, cleaning, and setting up mats.

8. Health and Safety: Report any unusual skin rashes immediately. You will be tired. You will be sore and you will ache. Your body will acclimate to the rigors of the sport. These are not injuries. If you are injured see the trainer as soon as possible. (This is a contact sport!!)

I have read and understand the above listed rule of participation for the College Park Wrestling Team.

Print Name _____ Signature of student-athlete _____

Parent/Gaurdian _____