

## Franklin Wrestling Program Rules & Regulations

1. All athletes must abide by extra-curricular activity code.
2. All athletes must meet pre-season requirements on checklist from athletic office.
3. All athletes must be academically eligible.
4. All athletes must have a physical release before the first practice.
5. All practices are mandatory: a. 1st unexcused = 2 miles b. 2nd unexcused = suspended for upcoming meet c. 3rd unexcused = off the team \*Make sure you contact a coach if you cannot attend a practice. Telling another athlete to tell the coach will not be acceptable. Excused practice includes sickness, death, injury, family emergency, or prearranged reason with your coach. Even excused practices will have a make up workout due to conditioning factors(not punishment).
6. Excessive tardiness to practice follow the same guidelines as unexcused misses of practice.
7. Proper diet in wrestling is of the most importance. You should try to eat low fat, decent carbohydrate foods with good protein. Junk food should be substituted with fruit. Red meats should be substituted by skinless chicken breast and pasta is an excellent source of carbohydrates.
8. All coolers will be checked before tournaments and meets. EATING THE WRONG FOOD AFTER WEIGH-INS CAN END YOUR TOURNAMENT EARLY! Junk food will be confiscated.
9. Talking back or bad mouthing the coaching staff will not be tolerated. If you have a problem, there is an open door policy for all athletes to discuss in private.
10. Weight policy: a. Before practice you must be within six (6) pounds three (3) days prior to the meet or you will run two miles. b. Before practice you must be within four (4) pounds two (2) days prior to the meet or you will run two miles. c. Before practice you must be within two (2) pounds one (1) day prior to the meet or you will run two miles.
11. Always give your best and strive to improve. Champions are built step by step in sweat and hard-work. Nothing is given to you on a silver platter. Do what you are coached to do and do it to the best of your ability.