

# GLADIATORS



WRESTLING

Folkstyle/Freestyle/Greco

2023-2024 Gladiator Member Information  
Handout

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## Introduction to Gladiator Wrestling

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Welcome to another exciting season of Gladiator Wrestling.

The St. Francis Gladiators have a long history of success, including Freestyle, Folkstyle and Greco-Roman styles. Folkstyle is the primary American style of wrestling coached in the Gladiator Wrestling Club, taught November through March. It is also the style wrestled at the Middle School, High School, and the College level. Freestyle and Greco-Roman are the internationally recognized styles of wrestling. It is the style you will watch at the Olympic Games. These two styles are coached in the Gladiator Wrestling Club from March to May. All 3 are similar, but there are differences in scoring, strategy, and technique.

We are a chartered club with MN USA Wrestling and USA Wrestling. These are the organizations which train and support our American wrestlers for national and international events, including the Olympics.

While we are one of the largest clubs in the state improving upon the past success of our club is not an easy task. As we are a club comprised of parent volunteers, we encourage all members to become involved. None of this would be possible without the effort of a great number of volunteers from our "Wrestling Family."

If you are completely new to wrestling, you will find it a very rewarding sport provided you give it time. I don't believe there is another sport which can teach life lessons as effectively as wrestling. You are encouraged to read "Parent's guide to wrestling", for which there is a link on our website homepage. Even more experienced parents can always learn something from this guide and should consider it a great reference.

As a club our philosophy is not to measure success by wins and losses but rather measure success by improvement. This is true with our wrestlers, coaches and board members. We will all strive for improvement on a continual basis and in that we will find success.

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## Mission

The objective of the Gladiator Wrestling Club is to be an ambassador to the sport of wrestling, provide an opportunity for our local student-athlete to compete in wrestling, while upholding the life-long lessons which can be learned including honesty, integrity, the value of hard work and sportsmanship.

St. Francis Gladiators Youth Wrestling Club will...

- Provide the necessary support and local infrastructure to grow the amateur sport of wrestling in support of the Saint Francis High School wrestling program.
- Create a supportive atmosphere where student athletes are provided with the opportunity to develop into elite level wrestlers.
- Develop quality student athletes that practice good sportsmanship.
- Enable wrestlers to become competitive life-long learners who encompass a hard-working attitude in all they do.

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## Vision

Together we will...

- Be the platform for Saint Francis high school wrestling.
- Provide the best instruction, coaching, and resources to our wrestlers and parents.
- Create an environment where champions are made.
- Foster an environment of discipline, dedication, and determination.
- Raise funds to provide the necessary resources for our athletes.

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## Values

- **Responsibility**- Fulfilling all functions, tasks, duties and assignments with trust and credibility on behalf of SFGYWC by honoring promises and pledges.
- **Integrity**- Being true to self and the mission of SFGYWC, while discerning right from wrong and acting on it.
- **Dedication** - Dedication to carrying out the mission and goals of SFGYWC and SFGYWC with the highest degree of sacrifice and discipline.
- **Honesty** - Being truthful and upright with people and issues in furthering the mission of SFGYWC and SFGYWC.
- **Accountability**- Providing answers and reasons to others for actions and behaviors intended to support the mission of SFGYWC.
- **Respect** - Recognizing the absolute dignity in every human being, with a sense of compassion, caring and concern for the well-being of other people.

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## Volunteer Opportunities

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The Gladiator wrestling club depends on volunteers to keep our club functional and vibrant. We have a volunteer Board that does the work of operating the club to manage finances, coordinate paid coaches, work with the schools for facility usage, establish a season schedule, coordinate events, manage a club website, and coordinate and communicate club activities. Please consider volunteering your time and talent on the board as positions become open. Also, please thank the board members, past and current, for their efforts to keep our club thriving.

Our club also has various volunteer needs associated with events that occur throughout the year. We need your help to staff these events and make them successful. There will be various opportunities throughout the year that will be communicated, although our primary needs occur at the tournaments we host. This year they are on the following dates, please try and reserve that time to volunteer at these events:

- December-St. Francis, MN (Folkstyle)

To help ensure the help needed is available and that everyone does their part, the club institutes a common practice of obtaining a volunteer deposit during registration. At the beginning of the season, each member is required to deposit during registration to the club in the amount of \$100. Families with multiple wrestlers are only required to submit a single \$100 deposit. If the volunteer requirement of 4 hrs for the season has been fulfilled, the deposit will be returned after the season is completed. In the event a member has not fulfilled the 4-hr. volunteer requirement, the deposit will be invoiced by the club at the end of the season.

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## Fundraising and Sponsorships

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The Gladiator wrestling program raises money in 4 primary ways: registration fees, hosting tournaments, doing fundraisers, and obtaining business sponsors.

- Registration fees are collected at the start of both the Folkstyle and Freestyle/Greco seasons. Typically, \$150 for the season.
- When hosting wrestling tournaments our club raises money by getting a portion of admissions, wrestler registration, and concession sales.
- There is a fundraiser at the start of the season that usually involves selling raffle tickets. You will be issued a book of tickets worth \$200. Athletes will sell the raffle tickets and return the money to the club at a future date. During the registration process you will opt into or out of fundraising. The club will hold a \$200 bond until tickets are sold or you can pay the \$200 up front and opt out during the registration process.
- The Gladiator club also seeks out various business sponsors for our club and has an established sponsorship program intended to be mutually beneficial. If you have a business that would be interested in sponsoring our club or know any businesses that you think would be interested in being a sponsor please let a board member know and they can assist.

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## Gladiator Clothing

As part of the registration process your wrestler(s) will receive a Gladiator t-shirt to wear as spirit wear and for tournaments. Additionally, we will be offering those same t-shirts and other Gladiator clothing for families to purchase early in the season through a clothing vendors website. Please watch for a communication for more information or go to our website for a link. <http://stfrancis.wrestlingsystems.com/>

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## Coaches

Each season coaches are selected by the board. In addition to the paid coaches, volunteer coaches are needed. All coaches must have a USA coaching membership and meet the requirements to obtain the coaches' card. These include a background check and concussion training session, which are both done online. Volunteer coaches are expected to attend practice and meets when available, but it is not expected that they attend every event. If you are interested in being a volunteer coach, please talk to a board member or one of the coaches. All coaches, volunteer and paid, must be approved by the board. If you have any questions or concerns with coaching, please contact the coach directly or a club board member.

**Coaches for the Folkstyle Season are:**

**Session 1, PreK- Grade 2 (beginner):**

**Coaches: Andy Robinson, Stephen Theil, Justin Turner, Tony Pederson**

**Session 2, Grade 3 -6 (Advanced):**

**Coaches: Jared Blaser, Jake Herbst, Tony Pederson, Chad Howard**

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## **Code of Conduct**

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It is important that the club membership (board members, coaches, parents, and wrestlers) conduct themselves in a manner that supports the clubs' primary purpose to promote the sport of wrestling to area youth as outlined in our Mission/Vision/Values. As we begin this wrestling season, we are asking all Gladiator members to read, understand, and sign off on their commitment to the documented Gladiator Code of Conduct in their actions, words, and interactions with each other, opponents, and others in our community. Should you witness any activity that is not in alignment with the Code of Conduct or have any questions concerning the Code of Conduct, please contact a board member. The Code of Conduct is available in the appendix of the Gladiator Handbook and on our website.

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## Gladiator Practice Information

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### **Practice Rules**

In addition to the facility use rules set by ISD 15 we must abide by (below), we have some club rules as well. We appreciate your help in keeping the practices safe and a productive learning experience for all. Keep in mind the wrestling room is like a classroom and we need to keep distractions to a minimum so the wrestlers can focus and learn.

- Practice sessions will start the season as "open sessions", allowing parents and siblings in the wrestling room to watch practice if they are not talking, making noise, or creating a distraction. If the coaches or board determine open practice sessions are too distracting to the coaches and wrestlers there may be specific follow up with certain members and/or practice sessions may need to be closed to anyone other than coaches, wrestlers, and coaches' helpers.
- Parents and siblings are welcome to wait in the hallway, but children must always be supervised. DO NOT drop off your children early. No one is allowed in the hallway before 5:45p.m. Please be prompt to pick up your wrestler after practice. Failure by groups to control members will result in loss of building use privileges. The hallways are to be monitored by Gladiator Wrestling Club adult members.
- No street shoes on mats. Please ask if your child does not have wrestling shoes, we will find shoes for them.
- Do not bring food or pop into the wrestling room.
- Water bottles should be brought for the wrestlers as brief water breaks are taken. We do not want the wrestlers to have to leave the room to get a drink.
- As the primary defense against any skin conditions. All wrestlers MUST shower after practice once home, the sooner the better. The same applies to tournaments. If unable to shower right away apply an antiseptic foam or lotion.
- It is important to keep the mats in good condition. Some of the mat edges may be peeling, it is important the children do not pull on or pick at the mat.
- Children who are not actively participating in the practice session should not be in the room. This includes wrestlers waiting for their session to start or wrestlers that have finished their practice session.
- INCLEMENT WEATHER POLICY- Anytime school is cancelled in ISD 15 or dismissed early, wrestling will be cancelled that evening. No make-up dates are scheduled.



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## Equipment

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Proper wrestling gear includes wrestling shoes, headgear, shorts, and T-shirt or fitted long sleeve shirt, or a wrestling singlet. Please do not wear the club competition singlets for practice. Be sure to wash clothes after every practice or competition, do NOT wear clothes that have not been washed as they can spread skin conditions. Do not wear wrestling shoes for general use, they are intended to be worn solely for wrestling.

- Wrestling Shoes: Est \$20-70
  - Headgear: Est \$15-30 (not required for practice, but is required for some tournaments and is recommended at tournaments)
  - Gladiator Singlet: issued by the club, requires a \$100 refundable deposit.
  - Gladiator Optional Singlet: \$88.50
  - You can purchase a personalized high- q u a l i t y singlet through the club. These singlets are club colors but are a custom design and can have your wrestlers name on them as well.
- Wrestlers are asked to wear either of the Gladiator singlets for competitions where the coaches and club are attending as the singlets make it much easier for the coaches and other members to recognize our Gladiators and provide them with support.

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## Skin conditions

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Skin conditions can be an issue in any sport. In wrestling, like many other direct contact sports, due diligence is required to prevent, identify/recognize, and treat skin conditions. This takes commitment and involvement by everyone. If you notice any type or lesion, redness, mark, or any skin anomaly on your wrestler please notify a coach immediately so it can be evaluated.

Prevention is truly the key to managing skin conditions:

- Ensure your wrestler washes with anti-bacterial soap after every practice/tournament as soon as possible.
- If a full shower/bath is not possible within a few hours for wrestling, wipe your wrestler down using anti-bacterial foam or wipes.
- Make sure that the clothes they wear are washed after every wrestling session.
- Wipe down gear and duffle bags and do not allow used clothing to sit in them for long periods.
- Report any skin issues immediately, do not be embarrassed about them or try and hide them.
- There are various products that are designed to make cleaning and prevention easier. One such product line is Defense soap. <https://www.defensesoap.com/>

More information can be found on our website (links toward the bottom of our home page):

<http://lassets.ngin.com/attachments/document/0087/7231/SkinGuide.pdf>

<http://lassets.ngin.com/attachments/document/0087/7232/skininfections2007.pdf>

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## Competition

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One great thing about wrestling is it can be both an individual and a team sport. We highly encourage you and your wrestler to seek out competition as this provides more meaning to the practices and puts more purpose on much of what the coaches are training them on. If you have any question about whether your wrestler is ready for competition or not see a coach and discuss it with them. There are 3 different ways your wrestler can compete as a Gladiator:

- Individual open tournaments
- Mississippi 8 Team events
- Invitational Team events

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### "Open" Individual tournaments

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As a club we attend "open" individual tournaments throughout the season. The cost for each tournament varies from \$10-\$25/wrestler. Wrestlers are matched by age and weight. Weigh-ins and registration are done prior to the action starting when you first arrive at the event. Most open tournaments are scratch weight.

Some of the events are MN USA qualifiers which provide an opportunity for the wrestlers to become eligible to compete in the State tournament held in March (Folkstyle) and May (FS/GR) in Rochester, MN each year. There are national level events throughout the year as well. Additional information on the qualifying process can be found at <http://www.mnusawrestling.org/> and national level information is available at <http://themat.com/>

All wrestlers are encouraged to attend open tournaments however, it is not required. As a club we will do our best to have a coach available on the mat side to support the wrestler. At most tournaments they will not start the match until a coach is present, but as a parent you will need to notify the mat side table when you need a coach. The events we are attending will be posted on our website at <http://stfrancis.wrestlingsystems.com/>, they will be mentioned in practice and a hard copy of the events flyer will be posted on the Gladiator bulletin board in the wrestling room. There may also be times you want to attend other tournaments that fit with your individual schedule, a full list of tournaments in our area can be found at: <https://theguillotine.com/open-tournament-calendar/> Awards are typically given at each event but more importantly improvements are measured, and many friendships are made. It is a great opportunity for both the wrestlers and coaches to improve.

If you have never attended a tournament before, feel free to ask another club member or coach for help or guidance. Tournaments can be very busy and chaotic at times, but they are easily managed with a little experience.

**Gladiator Club Hosted / Organized Tournaments:**

- December-St. Francis, MN (Folkstyle)

**Minnesota State Tournament:**

- March-Rochester, MN

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**Mississippi 8 Events**

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The Gladiators are part of the Mississippi 8 (Becker, Big Lake, Buffalo, Monticello, St. Francis, Princeton, Rogers, Chisago Lakes), a group of area youth wrestling clubs that have established a team competition format that encourages/enables all kids to participate regardless of skill or experience level. These tournaments are a great way for your wrestler to get a full understanding of what wrestling as a team is all about. The format is different than the open tournaments in that there is only one match going on at a time which allows for your wrestler to have center stage and for all of his/her teammates and other parents to watch and cheer. We highly encourage you to consider joining the Mississippi 8 team!!

The format for Mississippi 8 is as follows:

- There are 4 duel meets where our Gladiator Team will pair up against one of the other school/club's team. We will provide you with that schedule near the start of the season when it is developed. These meets occur in January, typically in the evening during the week.
- We will provide a sign-up sheet for each event in advance, desire is to have 20-25 wrestlers attending. You will need to be able to provide advance notice of your attendance as there is a 'pairing' exercise that occurs prior to each of the 3 events based on wrestler availability of both teams.
- Coaches from each team will work collaboratively to pair wrestlers of similar skill, weight, and age attempting to have each be as evenly matched as possible. In some cases, a wrestler may have more than one match in an effort to get the kids from the other team opportunities to wrestle as well. There are occasions where mismatches inadvertently occur as the matching process is not foolproof, but in most cases the pre-pairing allows for good matches to occur.
- There is a final Mississippi 8 tournament the first week in February, usually on a weekend. This tournament is only one wrestler per weight class & coaches will choose who is wrestling.

## **Invitational Team Events**

The Gladiators also try and sign up for some competitive invitation team events as well. Our goal will be to try and find 2-4 tournaments per year. These tournaments are run very much like a high school team event. Teams are structured with only one wrestler per weight class and each team brings its most highly skilled wrestlers with the intent of trying to win the dual or tournament. For the Gladiators, we have our coaches choose who wrestles at each weight. The coaches use their discretion to make those decisions- primarily, but not limited to, factors like: general skill level, practice participation and performance, performance at tournaments, wrestle offs (at coaches' discretion), attitude, and overall benefit of the team.

Please note: When participating in a competitive team, the goal is for the team to succeed and do as well as possible. For that reason, coaches may make decisions on wrestling match up that may not appear to be in the best interest of that individual wrestler, however, are intended to be in the best interest of the team as a whole. This is an important distinction for team wrestling.

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### **2023-2024 Classes**

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PEEWEE

Born 2016-2017

BANTAM

Born 2014-2015

INTERMEDIATE

Born 2012-2013

NOVICE

Born 2010-2011

SCHOOLBOY/ SCHOOLGIRL

Born 2008-2009

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## Athlete and Parent Code of Conduct

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Welcome Wrestling Club Athletes, Parents! The SFGWC welcomes you to the start of the wrestling season. We are looking forward to another exceptional year of youth wrestling. The primary purpose of the SFGWC is to promote the sport of wrestling to area youth. The SFGWC seeks to provide highly qualified coaching staff to provide the instructional training of the Club's athletes. Our coaching staff conducts all training in an environment designed to promote a fun, yet informative, training experience. Hard work, dedication and sportsmanship are promoted, and through positive reinforcement our staff provides the best possible training for our young athletes.

As we begin this wrestling season, we want to recognize that every athlete and parent become a representative of the SFGYWC and we want to communicate the expectation that those athletes and parents support the SFGYWC Mission-Vision-Values (available in handbook or by request) and the below SFGYWC Code of Conduct in their actions, words, and interactions with each other, opponents, and others in our community. Should you have any questions concerning the SFGWC, please contact a board member.

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## Wrestler Code of Conduct

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- 1) No wrestler is to physically or verbally abuse any coach or fellow wrestler.
- 2) Wrestlers must listen to and follow the directions of all coaches. Wrestlers will be expected to work hard at practice or will be asked to sit. Wrestlers are not to be disruptive during practice or competitions.
- 3) If a wrestler is disruptive during practice, a parent may be asked to assist with behavioral issues and may be asked to assist in future practices as well as appropriate.
- 4) At all times, wrestlers must conduct themselves in a mature and respectful manner.
  - a. No unsportsmanlike yelling or cheering if a wrestler is hurt.
  - b. Win or lose, wrestlers MUST shake hands and congratulate their opponent.
  - c. No vulgar or obscene gestures of any kind should ever be made by a wrestler.
- 5) No wrestler is to use abusive and/or profane language before anyone connected with a SFGWC function (practices, tournaments, meetings, etc.).
- 6) Wrestlers should make every effort to attend all scheduled practices.
- 7) Wrestlers are not permitted in the wrestling room until a coach is present.
- 8) All wrestlers are to treat all SFGWC property and equipment with respect.
- 9) The SFGWC practice facility and any school where competitions are held, are to be respected.

- 10) Violation of this code of conduct will result in disciplinary action by the Division Director, up to and including dismissal from the team.

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## **Parent Code of Conduct**

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- 1) No parent or fan is to physically or verbally abuse another parent, fan, coach, wrestler or referee. If a parent has a problem, concern or issue with a fan, wrestler or another parent, the only proper venue for discussion is with a SFGYWC coach or board member in a private place at an appropriate time. All parents are to conduct themselves in a sportsmanlike manner:
  - a. No unsportsmanlike yelling, such as: booing, teasing, or cheering if a wrestler is hurt or losing.
  - b. No instructions to take specific advantage of any injury incurred by an opponent while wrestling.
  - c. No unsportsmanlike gestures of any kind will be allowed.
- 2) Except in an emergency, no parent is to interfere with practices, meets or coaching at any time.
- 3) Parents may observe but are to wait until before or after practices to interact with their child or talk with the coaches unless a coach requests a conversation. Coaches will be glad to talk to parents in private about any issue or problem before or after practices or meets, as their schedule allows. Also, we ask all wrestlers to remain silent when a coach is teaching, and we require the same of all practice spectators. If you would like to carry on a conversation with another spectator during practice, please move outside the wrestling room when a coach is teaching.
- 4) Please remember that this program is for our youth, but in no way is it to be used as an excuse for unfinished homework or other responsibilities. Explain this to your child so he/she can plan his/her time wisely.

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## **Consequences for athletes or parents not meeting Code of Conduct expectations**

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Parents, as well as their athletes, will be held responsible for compliance with the SFGYWC Code of

Conduct. Non-compliance may include some or all of the below, cascading as appropriate for the particular situation.

- 1) Verbal warning
  - a. May be issued by any coach or board member.
  - b. Must be identified as a verbal warning.

- c. Must be communicated to both the board and the head coaches as soon as possible.
- 2) Written warning
  - a. May be issued by a head coach or officer of the board.
  - b. Requires that coach and board officer discuss the situation and agree on the written warning.
  - c. Written warnings will be communicated to athlete/parent and sent via email.
- 3) Practice and/or tournament suspensions
  - a. May be issued by a head coach or officer of the board.
  - b. Requires that coach and board officers discuss the situation and agree on the terms of the suspension.
  - c. Suspensions will be communicated to athlete/parent and sent via email.
- 4) Removal from the SFGYWC
  - a. May only be issued by an officer of the board.
  - b. Board office will gather the facts and initiate a board review of the situation specifics and a board vote to confirm removal of the athlete/parent.
  - c. Removal from the SFGYWC will be communicated to athlete/parent and sent via email.

By signing this SFGYWC Code of Conduct you agree to the expectations as well as the consequences outlined above. Signing the code of conduct is required to participate.

Athletes' Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parents Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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## Coaches and Board Member Code of Conduct

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Welcome SFGYWC Coaches and Board Members! The primary purpose of the SFGWC is to promote the sport of wrestling to area youth. The SFGWC seeks to provide highly qualified coaching staff to provide the instructional training of the Club's athletes. Our coaching staff conducts all training in an environment designed to promote a fun, yet informative, training experience. Hard work, dedication and sportsmanship are promoted, and through positive reinforcement our staff provides the best possible training for our young athletes.

As we begin this wrestling season, we want to recognize that every athlete, parent, coach, and board member become a representative of the SFGYWC and we want to communicate the expectation that those all support the SFGYWC Mission-Vision-Values (available in handbook or by request) and the SFGYWC Code of Conduct in their actions, words, and interactions with each other, opponents, and others in our community. The athletes and parents have a code of conduct to read, understand, and sign. The coaches and board members have the below code of conduct to read, understand, and sign. Should you have any questions concerning the SFGWC, please contact a board member.

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### Coaches Code of Conduct

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- 1) I will always keep youth wrestling a positive and fun experience for my team.
- 2) I will encourage good sportsmanship by demonstrating positive support of all players, coaches, and officials at every game, practice or other youth wrestling events.
- 3) I will place the emotional and physical well-being and safety of my team above all other considerations.
- 4) I will practice positive reinforcement at all times with my team and will reward them for their accomplishments.
- 5) I will read and seek to be informed about the rules of the sport I coach.
- 6) I will always speak to game officials with respect at all times, on and off the field.
- 7) I will be respectful in victory and defeat.
- 8) I will keep an open line of communication between myself and other coaches, parents, and board members.
- 9) I will set a high level of commitment that I will encourage my team to follow.
- 10) I will be on the mats at all times during practice. Discussions with parents, other coaches, or spectators will be held before or after practice unless absolutely necessary. If required during practice time the discussion will be moved to a private area.
- 11) I will attend practices regularly in order to understand what the team has worked on, so that I may effectively coach at tournaments.

- 12) I will support and promote the SFGYWC and not engage in any activities that conflicts with the best interests and goals of the club.
- 13) I will refrain from using profanity at any games, practices or any other youth wrestling events.
- 14) I will refrain from using or being under the influence of drugs, tobacco or alcohol while attending games, practices or any other youth wrestling events.
- 15) I will remember that the game is for youth, not for adults.

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## **Board Members Code of Conduct**

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- 1) I will make every effort to attend scheduled board meetings.
- 2) I will uphold the Bylaws, Mission-Vision-Values, and Code of Conduct of SFGYWC.
- 3) I will keep board matters private until or unless those issues are determined by the board to require input or communication outside the board membership and meeting structure.
- 4) I will facilitate effective and appropriate communication to wrestlers, parents, coaches and other board members in a timely manner.
- 5) I will support and promote the SFGYWC and not engage in any activities that conflicts with the best interests and goals of the club.
- 6) I will conduct myself in a professional and dignified manner during the course of all SFGYWC events.

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## **Consequences for Coaches or Board Members not meeting Code of Conduct expectations**

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Coaches and Board Members will be held responsible for compliance with the SFGYWC Code of Conduct. Non-compliance may include some or all of the below, cascading as appropriate for the particular situation.

- 1) Verbal warning
  - a. May be issued by head coach or any board member.
  - b. Must be identified as a verbal warning.
  - c. Must be communicated to both the board and the head coaches as soon as possible.
- 2) Written warning
  - a. May be issued by head coach or officer of the board.
  - b. Requires that board officers discuss the situation and agree on the written warning.
- 3) Written warnings will be communicated to athlete/parent and sent via email.

4) Practice and/or tournament suspensions

- a. May be issued by a head coach or officer of the board.
- b. Requires the board officer discuss the situation and agree on the terms of the suspension.
- c. Suspensions will be communicated to athlete/parent and sent via email.

5) Removal from the SFGYWC

- a. May only be issued by an officer of the board.
- b. Board office will gather the facts and initiate a board review of the situation specifics and a board vote to confirm removal of the athlete/parent.
- c. Removal from the SFGYWC will be communicated to athlete/parent and sent via email.

By signing this SFGYWC Code of Conduct you agree to the expectations as well as the consequences outlined above. Signing the code of conduct is required to participate.

Coach/Board Member Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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## **Wrestling Websites**

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Gladiators Wrestling Home Page:

<https://stfrancis.wrestlingsystems.com> - please access for up-to-date club information.

The Guillotine Website

<https://theguillotine.com/> - listing of upcoming tournaments

<https://www.trackwrestling.com/> - listing of regional and national tournaments

<https://www.mnusawrestling.org/> - includes coverage of MN wrestling

<https://www.teamusa.org/usa-wrestling> - includes National coverage of USA wrestling news and