

# TEAM EXPECTATIONS

To work to achieve our goals and respect the time of all members of our program we commit to the following:

- Attend practice everyday (schedule is posted)
- Be on time and ready to start when practice begins
- If a wrestler will be late or will miss that wrestler will contact an on campus coach BEFOREHAND
- Put in a full effort with every practice
- Treat all teammates, coaches, opponents in a respectful manner
- Conduct yourself with Courage, Pride, Honor, Sacrifice
- DDSS (classroom, community, competition)

Failure to meet these expectations could lead up to and include removal from the team