

# Wrestling Code of Conduct

1. You now represent the Sabercat Wrestling team *at all times*. Your behavior should bring pride to the organization-in school attendance and grades, out of school at practice and meets, and in the community. This includes your driving habits, choice of entertainment activities and **language**, in addition to drugs, alcohol and tobacco choices. Do not embarrass yourself, your coach, your team or your school.
2. Disrespect will not be tolerated. Wrestlers will respect themselves, their teammates, their managers and their coaches at all times, in and out of wrestling practice. Wrestlers will show respect to the equipment and practice room by upholding the standards of cleanliness set by coaching staff. Wrestlers will respect all parent volunteers, school administrators, and janitorial or support staff. Wrestlers will show the utmost respect for opposing teams, coaches and officials. **Respect will be shown with appropriate behavior, language and attitude.**
3. Standards of hygiene are mandatory, non-negotiable.
4. Report all injuries to the Head Coach immediately. Do not report to the trainer until instructed to do so by the coach.
5. No leaving practice, meets or team functions without being excused by the coach. You must sign in, and check out. If you arrive to an away meet with the team/coach, you will leave the meet with the team/coach, unless you have the proper parent permission form on file. **If we cannot read your signature then you were not present.**
6. All practices, meets and team activities are mandatory. If unable to attend, wrestlers(not parents) must speak personally with the head coach IN ADVANCE of the absence, and in private, to obtain an excused absence. A public announcement will automatically become an unexcused absence. Unexcused absences may make a wrestler ineligible to wrestle in the next meet, or may jeopardize their varsity position. Upon two unexcused absences, wrestler must meet with the coaching staff for review of dedication to the program. Tardiness will not be tolerated. The consequence for being late will be dealt with by the team captains for the first two infractions. Three tardies are equivalent to one unexcused absence and require a meeting with the coaching staff. Wrestlers are expected to arrive at all activities 5 minutes before the stated start time and assist the coaching staff as needed. Being late or absent is a symbol of disrespect to your team and your coaching staff.
7. Wrestlers are expected to attain the highest possible grades and maintain academic eligibility throughout the year. If struggling, wrestlers must notify the head coach as early as possible. Coaching staff may be able to assist with tutoring, structured homework time, or meeting with counselors or teachers. If a wrestler becomes academically ineligible, he/she must bring a blue sheet weekly until he/she regains eligibility. Wrestlers who become academically ineligible will be expected to practice with the team, but will not compete or travel with the team until they regain eligibility.
8. Wrestlers “cut” themselves from the team by not upholding the code of conduct. The coaching staff reserves the right to remove any wrestler for poor attendance, lack of motivation, failure to participate fully in training, disruptive or abusive attitude, unexcused absences or tardiness, disrespect to staff, managers, teammates, opposing teams, teachers, parents or volunteers, inappropriate behavior, or non-adherence to the standards of hygiene.
9. Team captains will be the first level of management for all infractions within guidelines and a set of consequences previously approved by coaching staff. An athlete may appeal a consequence to the head coach. However, if upheld by the coach, the infraction will be counted the same as an unexcused absence.

## Standards of Hygiene and Nutrition

1. **Wash** practice uniforms **daily** including socks and compression shorts. Let shoes, knee pads and head gear **air-dry daily** (do not leave in lockers or closed bags). Clean shoes, kneepads and head gear weekly.
2. **Compression shorts are required for practice and competitions.**
3. **Do not share** any gear.
4. Shower immediately after practice. It is highly recommended to use “Defense Soap”.
5. No street shoes on mats at any time.
6. No **food** or **drinks** in the wrestling room at any time. Water only.
7. Remove all trash from wrestling room daily.
8. Clean mats with sanitizing solution before every practice.
9. **Inspect your skin daily** for any cuts, abrasions, boils, or rashes and notify coaches immediately of any skin changes.
10. Cover cuts and abrasions.
11. Get a flu shot.
12. If you have a fever you may not practice with the team.
13. Do not attempt to lose weight by dehydration or supplement use. If interested in changing weight status, coaches can assist with developing a plan of proper nutrition and exercise.
14. Personal water bottles must be cleaned daily and brought to practice, labeled with your name. Do not share bottles.

# **Sabercat Wrestling**

## **Mission**

- To promote interest and participation in wrestling at Sabino High School
- To encourage participation in wrestling meets and tournaments
- To provide an environment where wrestlers can improve both their wrestling and leadership skills
- To build and maintain a highly competitive program in which wrestlers can be competitive at all levels of the sport
- To provide skilled coaching and a safe environment
- To create a team that works together and supports each other on and off the mat

## **Expectations**

- ◆ Every wrestler will attend all practices
- ◆ Wrestlers will work hard to improve their skills and exhibit a positive attitude at all times
- ◆ Wrestlers will maintain grades and behavior
- ◆ Wrestlers will exhibit good time management skills
- ◆ Coaches will support and instruct each wrestler at his/her level of skill
- ◆ Coaches will provide a positive and safe environment
- ◆ Coaches will continuously improve the wrestling program
- ◆ Parents will support coaches and wrestlers
- ◆ Parents will be actively involved in the wrestling program (booster club, fundraising, scorekeeping)
- ◆ Parents will be positive and respectful spectators
- ◆ Parents will bring concerns and suggestions (or compliments!) to the Head Coach in a private and constructive manner