

## **East Kentwood Wrestling Team Policies**

*"Three things you control that increase the likelihood of your success are your **Attendance, Attitude, and Effort!**"*

**Attendance** - Wrestlers will show up to every practice, competition, and team event on time prepared.

Wrestlers must be in the wrestling room prior to 2:50pm for attendance and announcements. Only after attendance is taken should an injured wrestler go to the training room. Wrestlers will come to practice prepared to wrestle with their wrestling shoes on, head-gear strapped, and appropriate workout clothing such as T-Shirt and athletic shorts. No jewelry of any kind is allowed. If hair needs to be covered by rule in a wrestling competition then it also needs to be covered for each and every practice.

If you are late to practice for any reason you must have a pass from the teacher with the time in which you left their room.

If you are absent from practice for any reason you must have a parent or guardian excuse you from practice within 24 hours if the absence. Communication prior to the absence is appreciated. Avoiding any absences is the EXPECTATION!

Any unexcused absences/tardies will result in the following; 1st Offence - Warning, 2nd Offence - Warning and parent/guardian contact, 3rd Offence - Warning, parent/guardian contact, and loss of competition for one full week. 4th Offence - Removal from the wrestling team for the remainder of the season. Note: Any absence for any reason on the day of weigh-in's (Tuesday's and Fridays) automatically results in the loss of the that particular competition.

**Attitude** - Wrestlers are expected to conduct themselves with class as they represent their team, their school and their families. Wrestlers are expected to respect and maintain positive relationships with their teammates, coaches, teachers, officials, and competitors at all times.

Any conduct that is unbecoming will be subject to the East Kentwood Athletic Code.

**Effort** - 212 Degrees. Wrestlers are expected to work to best of their abilities each day in practice and competition. If a coach believes a wrestler is not giving their full effort they may be removed from the individual practices, competitions, or the program for the remainder of the season.

Academics - Wrestlers will maintain their academic performances to the standard set by the MHSAA and East Kentwood High School Athletic Code. (Pass all classes)

**WINNERS MAKE COMMITMENTS! FINISH WHAT YOU START!**

Removal from the team is considered equal to quitting and will be subject to consequences on the following competitive season according to the athletic code.

#### Varsity and Junior Varsity/Challenges

The best wrestler in each of the 14 weight classes is the varsity wrestler. Each wrestler in the weight class thereafter is considered a Junior Varsity wrestler.

Varsity wrestlers will compete together at varsity competitions, while all Junior Varsity wrestlers will compete at their respective competitions. There may be opportunities for Junior Varsity wrestlers to compete against other schools varsity wrestlers at "B" team competitions.

Note - Coaches reserve the right to override the line-ups for any competition at any time for any reason they deem as best serving the wrestling program or individual wrestler development.

Challenges will be held at the beginning of the season by weight class to determine the varsity wrestler for each weight class. Varsity wrestlers from the year prior will be given a higher seed due to their experience.

Once the line-up is determined, wrestlers may challenge to improve their position in the line-up.

#### Challenge procedure:

1. A wrestler wishing to challenge in a particular weight class must have first made scratch weight within that particular weight class.
2. Wrestlers must notify a coach and opponent no later than the Monday of the week they wish to compete in.
3. Coaches will hold the challenge match at the following practice.
4. If either wrestler is not present it will be considered a forfeit by the absent wrestler.
5. Coaches may ask for a best of three matches to determine the overall result of a challenge match.
6. No challenges will be accepted one week prior to post-season competition (Conference, Districts etc...)

#### Varsity Letter Requirements:

Wrestling must complete the high school wrestling season accumulating at least 18 team points against varsity competition throughout the season.

#### **Closed Practice Policy:**

Practices are closed to outside team members, parents, or guardians. If you would like to attend practice you must make arrangements with the coaches and athletic department prior to attending. Must be an approved volunteer with appropriate paperwork on file.

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