

# Team Rules & Expectations



- \* Any conduct detrimental toward the success of the team can lead to a player's dismissal. Coaches will evaluate and determine overall outcomes.
- \* Wrestlers are expected to come to practice with proper gear and proper attitude each day, in addition to fulfilling all BalloU Junior High eligibility requirements. Coaches may exclude a wrestler from practice and/or competition at any time for assessment of injury or for disciplinary reasons.
- \* All wrestlers will ride the bus to matches. If a wrestler does not ride the team bus home a note signed by parent/guardian must be given to the coach. The wrestler with his parent/guardian will then check out at the end of the team completion with the coach. Wrestlers can only be released to parents/guardians.
- \* Challenges for Varsity and JV will be held between contests unless there is not enough time between matches to do so.
- \* All athletes must shower each day after practice (at home) and clean wrestling gear must be worn for every practice.
- \* Wrestlers participating in matches must have wrestling shoes. If a wrestler does not have wrestling shoes, he/she may practice in his/her socks until obtaining some (no street shoes will be allowed on the mats).
- \* Any wrestler with braces must have a mouth guard to participate in practice and matches. Braces on top and bottoms require a guard for both top and bottom teeth.
- \* Headgear will be worn every practice during drills that require contact and during all live wrestling.
- \* School issued items of the warmup jacket, pants and singlet will not be provided until wrestler is competition eligible and the "Team Rules & Expectations" page is signed and returned.

School Issued Items: Take good care of all items issued to you. If for some reason, the items issued to you are lost or damaged you will be charged the replacement cost.

- |                      | <u>Item Number</u> |                         |
|----------------------|--------------------|-------------------------|
| • Competition Shorts | _____              | (replacement cost \$60) |
| • Competition Shirt  | _____              | (replacement cost \$60) |
| • Warmup Jacket      | _____              | (replacement cost \$60) |
| • Warmup Pants       | _____              | (replacement cost \$40) |
| • Headgear           | _____              | (replacement cost \$40) |

Wrestler Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian (Print) \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian (Signature) \_\_\_\_\_

Thank you. Coach Lande, Coach Koch & Coach Meacham  
Coach Lande contact info 253-841-8725 / landetj@puyallup.k12.wa.us

A copy of this signed paper will be provided to each wrestler once the gear has been provided and numbers recorded on to the paper.