

# 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.
  - \* Only wrestling shoes may be worn on the wrestling mats. Street shoes are not allowed on the wrestling mats. We have a bin of wrestling shoes that students can borrow from for the season. We will begin to give these out on the first day of practice to eligible athletes.
  - \* 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 provided by the school and worn every practice during drills that require contact and during all live wrestling.
  - \* School issued items of the warmup jacket & pants, competition shorts/shirt 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)
• Singlet	_____	(replacement cost \$50)

Wrestler Name \_\_\_\_\_ 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](mailto: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.