

ATTENDANCE POLICY

If grades aren't satisfactory, then those wrestlers need to be in Mr. Reinholt's room by 2:35pm for study hall.

All wrestlers must be weighed in, dressed down, in the wrestling room and ready to watch film at 3:15pm.

If you know you are going to miss a practice or meet due to an already scheduled event, you must have your parents put it in writing on a prearranged absence form or email Coach Reinholt and have Coach Reinholt approve it.

For sickness or emergencies you must notify Coach Reinholt at the High School before 1:30pm by email or by leaving a message at 503-259-5475. Failure to notify us that you will be missing practice will result in an unexcused absence.

Our attendance policy this year is as follows:

If an athlete misses a practice for ANY reason he will need to make it up by attending a Skyhawk Wrestling Club practice where he will assist/coach youth wrestlers. If a student is sick for numerous days, upon his return to school he would need to start making up missed practices. As long as he continues to make up missed practices every night after the high school practice then he is eligible to compete at matches.

We do have practices and competitions over the Winter Break. The way dates fall on the calendar this winter make for strange practice and tournament dates. The NW Duals tourney for Varsity wrestlers and alternates falls on Tuesday, Dec. 29th and Wednesday, Dec. 30th. We will have a practice for wrestlers on Sunday, Dec. 28th from 3:15-5:45pm (we can't make this mandatory for all wrestlers due to it being on a Sunday). Everyone please make sure you are here for all other practice/meet dates. Families, please try to schedule trips when we don't have practices over the two weeks. (Please check practice schedule).

***Parents, please try to help us stick to this attendance policy, especially over break.**

Thanks!

Listed below is the discipline code for unexcused absences.

First Unexcused Absence=	Warning. During week of competition- one meet suspension
Second Unexcused Absence=	One meet suspension
Third Unexcused Absence=	Removal from team

VARSIITY LETTER POLICY

In order to receive a varsity letter a wrestler must follow all school and team rules, and...

Do at least one of the following:

1. Place in the top 6 at the District Tournament
2. Wrestle in at least 8 of 14 Varsity competitions (not individual matches) before the District Tournament.
3. Wrestle in 3 or 4 league duals on JV and our JV team goes undefeated in the Metro League.
4. If a wrestler wins at least one match at the District Tournament and our team goes on to take first place.
5. Vote of exception by all coaches

Letter Points will count towards earning the Top Hawk Award.

Competing in a Varsity Competition=2pts

Competing in a JV Competition=1pt

Attending practice (on time and completing practice)=1pt

Helping at a SWC tourney=1pt

Varsity Fall= 6pts

Varsity Forfeit= 6pts

Varsity Tech. Fall=5pts

Varsity Superior Win (8 or more points)= 4pts

Varsity Win=3pts

JV Fall=3pts

JV Tech Fall 2.5pts JV Superior Win= 2pts

JV Win=1.5 pts

District Tournament/ Southridge Tournament/ Tigard Tournament count as Varsity points for all wrestlers competing (top two in each weight class)