

## **TEAM RULES AND EXPECTATIONS**

1. Wrestlers are expected to maintain acceptable academic standing. Beaverton eligibility requirements state you need to have a 2.0 GPA and no F's in order to compete. (Trimester grades will count for Winter sports, with another grade check 6 weeks later).
2. All wrestlers will do grade checks. Calls will be made home to parents of athletes not meeting academic standards. See "Study hall expectations" for details.
3. Wrestlers are expected to be in **every** class **every** day. Wrestlers can't practice if they have an unexcused absence from a class and can't compete if school is missed that day.
4. Wrestlers are expected to treat all teammates, opponents, coaches and officials with respect. Other Southridge teams have been disciplined for "HAZING" and/or team rituals, which will not be tolerated in wrestling. Please let coaches know immediately if there is a problem. Also, no "horseplay" before or after practice when coaches aren't supervising.
5. Wrestlers are expected to attend all practices and competitions, unless you prearrange your absence. Frosh/ Novice wrestlers do not have to attend JV/Varsity weekend tourneys unless they are called up to the next level (they do have to attend our Southridge Tourney and the District Tourney). In case of emergency or if you are sick, notify Coach Reinholt immediately. 503-913-0611
6. If you miss a practice (including excused absences) you will owe us one make up practice to make up for missed time. (Volunteer for one youth practice)
7. Absolutely no drugs or alcohol. Too many reasons to list why we as a school need to improve on this.
8. When coaches come into the room we expect your undivided attention.
9. Wrestlers must be in practice gear, have wrestling shoes, running shoes/tennis shoes for team runs, and headgear at all times. Shirts must be tight and tucked in.
10. Absolutely no boxers. Must have a jock or tight briefs. This is for your own safety. No jewelry/earrings.
11. Hair must be cut short. Can't touch a normal shirt collar. Sideburns can't extend past the earlobes.
12. Must shave and trim nails, especially on meet days, or you will not be able to wrestle.
13. Must wear this year's team gear on match days to school and meets.
14. No baseball hats anywhere near the wrestling room and no hats other than Southridge Wrestling beanies on match days (including the entire school day).
15. Don't leave the practice room for any reason unless you have asked a coach.
16. Keep your locker and the team room clean at all times.
17. You must wash your practice gear every night! Do this to avoid infections and to be courteous to others.
18. Must shower after every practice with antibacterial soap. Use deodorant!
19. Must weigh in and out of every single practice.
20. You are responsible for the singlet and headgear checked out to you. There also may be extra varsity gear issued to you. These are expensive and if lost or damaged you will be required to pay for them. Buy a lock for your locker!
21. Wrestlers will ride to and from meets/tourneys on the bus.
22. Wrestlers must sit together in the bleachers and support their teammates by yelling as loud as possible (staying positive!!).
23. Only Varsity wrestlers on the bench during Varsity competitions. Do not leave the bench for any reason unless you have a coach's permission (no food on the bench/water ok.)
24. Inappropriate behavior or language will not be accepted!
25. Absolutely no spitting or using plastics, rubber suits, or saunas to cut weight!
26. If a wrestler does not make weight for a given competition, he will forfeit his position in a following competition.
27. Absolutely, Positively no complaining! Wrestling is about preparing your Body and your Mind to compete with 100% efficiency.
28. Have fun! Do your best! Set goals and achieve those goals!

Violation of team rules may include staying after practice for missed time, suspension from practice or meets, or removal from the team.