

## **ATTENDANCE POLICY**

**School Wide Policy**-Athletes must be in EVERY CLASS, ALL DAY LONG in order to practice and/or compete. The only exception is a PRE-ARRANGED absence with the attendance office AND Coach Reinholt (this means at least the day before). Calling a wrestler in sick the next morning after a dual so he can be excused one or two periods and still be eligible to participate will not be acceptable by our administration or coaching staff. If a wrestler is too sick to come to school for a period, then he shouldn't be at practice or competing.

All wrestlers must be weighed in, dressed down, and ready for practice before 3:30.

If you know you are going to miss a practice, you must have your parents email Coach Reinholt.

For sickness or emergencies you must notify Coach Reinholt at the High School before 1:30pm by email or by leaving a message on his cell phone at 503-913-0611. 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 the next Tuesday Club practice from 6pm-7pm. This one practice will make up for any missed practices for the previous week only. If a wrestler fails to make up any missed practices at the next Tuesday club practice then he will be ineligible for the next competition.

We do have practices and competitions over the Winter Break. Please make sure all wrestlers are there. No excuses please. We are holding afternoon practices only this break so everyone can secure a ride or have enough time to jog to the school. I will send out an email if the weather causes events to be canceled.

We are always able to cover a ton of ground during winter break practices...a wrestler will fall behind if he is not there.

(Please check practice schedule for practice dates and try to schedule any out of town trips around this--thanks ).

**\*Parents, please try to help us stick to this attendance policy, especially over the 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 Regional (Special District) Tournament
2. Wrestle in at least 8 of 14 Varsity competitions (not individual matches) before the Regional Tournament.
3. Wrestle in at least 3 out of the 4 Metro League Varsity duals against Aloha, Beaverton, Sunset and Westview and our team goes undefeated (this constitutes a Metro League Championship—which the District Tournament used to decide, which no longer exists).
4. Wrestle in at least 8 out of the 10 JV duals against teams from our Region and our JV team goes undefeated in those duals.
5. If a wrestler wins at least one match at the Regional Tournament and our team goes on to take first place.
6. 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)