

Westside High School Patriot Wrestling 2020-2021



Wrestling Behavior Contract

1. I understand that participating in an extracurricular activity, such as wrestling, is a privilege, not a right. As such, I will conduct myself with good sportsmanship, respect for my coaches, my teachers, my parents, my opponents, and my teammates.
2. I understand that my coaches will monitor my grades, attendance, and discipline.
3. I understand that the coaches make the decisions of the lineup based on work ethics on the mat and in the classroom.
4. I understand that I must maintain a high level of academic performance and that I am expected to turn in all work on time and completed to the best of my ability.
5. I understand that if my in-class discipline becomes an issue, I may have to sit out a match and that I may lose my Varsity or JV position, and possibly be suspended or dismissed from the team if my behavior continues.
6. I understand that I must come to ALL practices, and ALL matches, and that three unexcused absences will result in my dismissal from the team. Should an emergency situation arise such that missing practice is unavoidable, I will contact Coach Newton or Coach Sims in advance if at all possible.
7. I understand that as a wrestler, I will be expected to act as a leader at Westside High School. As such, I will not consume alcohol, do illegal drugs, use tobacco products, participate in any unlawful activity at or away from school, or be present during such activity. I understand that violation of this policy will result in severe consequences which are detailed in the RCBOE Code of Conduct.
8. I understand that during wrestling season, there will be no intimate or personal contact between wrestlers and managers. Relationships between managers and wrestlers can be a distraction to both people and open acts of affection are not acceptable.
9. I understand that if I am called for flagrant misconduct during the course of a match I may be dismissed from the team at the Coaches discretion.
10. I commit myself to work as hard as I can during practice and matches.

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11. I will not allow doubt to discourage me from trying. I will not allow myself to believe that I can't and I will work as hard as I can to believe in myself.

12. I will eat right and keep my body hydrated

13. I will never quit.

I commit myself to the Westside Wrestling Team and will conduct myself in a manner that is in my best interest and the best interest of the team. I will be a hardworking, attentive student that respects myself, my parents, my peers, and my teachers.

Signature of wrestler: _____ Date: _____

Printed Name of wrestler: _____

Signature of parent/guardian: _____ Date: _____

Printed name of parent/guardian: _____