

Greyhounds Wrestling Team Rules

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<http://grovecitywrestling.com>

Remind App- rmd.at/ehcd47 into your mobile web browser
Facebook- search for "[Grove City Dawgs Wrestling](#)" Twitter- [@Dawgswrestling1](#)

- I) In School
 - A) Stay Eligible- Academics are more important than wrestling
 - B) Stay out of Trouble- Trouble in school means trouble at practice
 - C) Be a positive leader in the classroom and hallways

- II) At Practice
 - A) Be on time- the calendar is easily accessible/downloadable at the team website
 - B) Be prepared- Wrestling & running shoes and headgear every day
 - C) Be Respectful- of teammates, coaches, school staff and property
 - D) Practice hard

- III) At Competitions
 - A) Be Prepared-
 - 1) Make weight, cut nails
 - 2) Don't be late, you miss the bus, you don't wrestle
 - 3) Have everything you need (make a checklist the night before)
 - B) Act like a team
 - 1) Stay together in the stands during wrestling.
 - 2) Congratulate teammates and/or help keep heads up.
 - 3) Pay attention to matches, you'll learn a lot.
 - C) Listen to your coaches
 - 1) When the referee stops the match, look at your coach
 - D) When the match is over
 - 1) Shake opponent's hand respectfully
 - 2) Shake opposing coach's hand respectfully
 - 3) Come to your coach
 - 1. Shake your coach's hand respectfully
 - 2. Listen to what he has to say
 - 3. No matter what happened in the match, maintain discipline

We have received, read and understood the rules and points of emphasis for the Grove City wrestling team and we agree to adhere to the policies listed.

Wrestler Name Date

Wrestler Signature Date

Parent/Guardian Name Date

Parent/Guardian Signature Date

Parent/Guardian Name Date

Parent/Guardian Signature Date

POINTS OF EMPHASIS

Girls Wrestling: In the course of wrestling, boys will be touching you in areas that would be inappropriate under other circumstances and you will be taught techniques that put you in a similar position. That being said, if anyone tries to take advantage of the situation or behaves inappropriately, it should be reported to a coach IMMEDIATELY for investigation. Girls must wear a sports bra and a crew-neck shirt during practice. They will wear shorts and t-shirts to weigh in at practice.

Ineligible Wrestlers: if a wrestler or statistician is academically ineligible, ability to practice with the team will be handled on an individual basis based on the best interest of the student and the team. No ineligible student may ride the bus to or sit with the team at an event.

Keeping GCHS Beautiful: Items left behind in the upper gym or locker room after practice will cost wrestlers 50 push-ups for the return of each item. Trash left behind will cost the entire team 20 push-ups per item. That is our area during the season and it is our responsibility to take care of it.

Little Dawgs: All wrestlers will be expected to stay after practice a minimum of two times during the season to assist with the Little Dawgs wrestling team. There will be a sign-up at the beginning of the season with seniors having first choice of dates and so on.

Missing Practice: Practice is not optional. Unexcused absences from practice will result in suspension from the following competition. Unless an absence is cleared before practice, a signed note is required as proof of excused absence. Doctor's appointments should come with a note from the doctor's office. Legitimate school-related absences are excused with communication from the teacher/instructor. Family emergencies will require communication from a parent or guardian.

Skin conditions: Students should shower as soon as possible after every practice and event (we have showers in the large locker room at school and every tournament has shower facilities). If your wrestler has a skin condition, they will be kept from contact activity until they are cleared to return. They should still come to practice unless instructed otherwise. **TO BE CLEARED FOR COMPETITION, A MEDICAL DOCTOR MUST FILL OUT THE OHSAA SKIN FORM.** Your doctor likely won't have the skin form. It is available on the website.

Sportsmanship: It is very important that we ALL; coaches, wrestlers and families show our best selves while representing this team and this school. Cheer hard, be loud, but please let it always be positive. I challenge all of us to hold each other accountable to build a reputation for Grove City as a group that is passionate, knowledgeable and positive.

Transportation from events: All wrestlers in the line-up who ride the bus to an event are required to stay until all GCHS wrestling and awards are complete unless there is a medical or emergency situation. If you want to take your son/daughter home from an event, you must sign them out with the coach. SWCS policy dictates that students who rode the bus to an event MAY NOT ride home with someone who is not their parent or legal guardian. We all want to get home as soon as possible after a long day at a tournament. Please don't put me in a bad position and ask me to make exceptions. Your son or daughter has chosen to be on the team, please plan your other activities accordingly.

Varsity Letters: A varsity letter can be earned by wrestling in at least half of all scheduled varsity events or by qualifying for the district tournament by placing in the top 4 at sectionals. Any senior with at least three seasons in the program will receive a letter. Considerations will be made for those who would likely have qualified if not for injury of special circumstances.

Wrestle-offs: Wrestle-offs play a large role in determining the starting line-up, but the head coach has the final lineup decision-making authority. The 1st round of challenges will be best 2 of 3 to determine the winner, with round-robin style competition for weight classes with more than 2 challengers to get to a best 2 of 3 between the top 2 contestants, which will include the results of the round robin. Once a wrestler has won the weight class competition, they have claim to the weight class. In subsequent wrestle-offs, the "champion" needs only to win one match vs. the challenger, while the challenger must defeat the champion twice. If there is more than one challenger for a weight class in a week, they will wrestle-off in single-elimination style for the opportunity to challenge the champion. After the initial wrestle-offs, opportunities to challenge throughout the season will be judged by the coaching staff. Wrestlers must be within 5 pounds of the weight class to challenge.

Weight: Wrestlers are expected to maintain their weight properly. The coaching staff will work with the wrestlers and their parents/guardians along with the alpha testing to determine what is and what is not an acceptable weight class for each athlete. Alpha tests do NOT always mean you should attempt to get to the lowest possible weight class. If an athlete in the starting line-up fails to make weight for an event, they will lose claim to the weight class and it will be considered open.