

WIREGRASS RANCH WRESTLER'S HANDBOOK



Wiregrass Ranch High School
2909 Mansfield Blvd
Wesley Chapel, FL 33534
813-346-6000

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A. INTRODUCTION.

1. **WELCOME.** We want to welcome all athletes, parents, guardians and family members to one of the most competitive and exciting sports in all of high school athletics. Your student athlete will embark in some of the most challenging and grueling training, workouts and competitions they have ever experienced. Their lives will be positively changed because of these experiences.
2. **MISSION.** To offer the wrestling experience by treating every wrestler with dignity and respect through tough, rigorous competition while supporting the mission of the Pasco County School District and demonstrating leadership principles and sportsmanship in all aspects of the wrestling program.
3. **VISION.** To prepare Wiregrass wrestler's physically and mentally as they develop their academic, athletic and leadership abilities on and off the wrestling mats while advancing their wrestling skills or as they transition to post high school endeavors.

B. REQUIRED FORMS. The following forms must be completed prior to participating in any wrestling activities:

1. FHSAA form EL02 (Pre-participation Physical Evaluation)– A current physical examination. Physicals are good for one calendar year.
2. FHSAA form EL03 (Consent and Release of Liability Certificate)– A signed and notarized parent permission form for the current year.
3. Pasco County Athletic Participation Form.
5. A copy of the athlete's birth certificate for all first-time Pasco County athletes.
6. Other forms may be required depending on each athlete's individual circumstances.

C. FEES. There are two fees associated with the wrestling team – 1) Pasco County participation and 2) the wrestling team fee.

1. **Pasco County Fee.** The Pasco County Athlete fee is required for all athlete's participating in any sports activities in Pasco County. The county fee is paid directly to Pasco County via the school districts website by clicking on the "MYPASCOCONNECT" link. Then navigate to the "MYSTUDENT" link and then click on the appropriate "Boys Wrestling" or Girls Wrestling" button to pay the appropriate fee according to the below schedule. The Fee schedule is as follows:
 - a. \$80.00. For the first sport an athlete participates in for the school year.
 - b. \$40.00. For a second sport an athlete participates in for the school year.
 - c. \$110.00. The cap paid for an individual athlete (no fee for a 3rd sport)
 - d. \$170.00 Total family fee for one year.

2. Team Fee. The Team Fee directly supports the wrestling team and is paid directly to the team via the head coach. The Team Fee is \$150.00 and can be paid in one initial payment or in two payments. If selecting the two-payment option, the Team Fee payment schedule is as follows:

- a. \$80.00 First payment due at official beginning of wrestling season (November).
 - (1) If joining the team after the start of the season, initial payment due upon joining the team.
- b. \$70.00 Second payment due at first wrestling meet (December).
 - (2) If joining the team after the start of the season, the second payment is due prior to a second meet or tournament.
- c. **ALL PAYMENTS ARE NON-REFUNDABLE.**

D. HOME EDUCATION. The following forms must be completed prior to any participation in any wrestling activities:

1. Home Education Student Requirements. To participate in the WRHS wrestling program, a home education student must: (s.1006.15 (3) (c) 1-7, Florida Statutes)
 - a. Register as a home education student with the district school superintendent of the county in which he/she resides; and
 - b. Notify the school of his/her intent to participate before the beginning date of the season for the sport in which he/she wants to participate; and
 - c. Meet the same standards of acceptance, behavior and performance as the school requires of other participating students; and
 - d. Certify to the school at the end of each semester that he/she has the minimum cumulative grade point average required for participation; and
 - e. Meet all other FHSAA eligibility requirements; and
 - f. Must be approved by the FHSAA Office each year using a form provided by the Association.

E. ISSUED UNIFORMS AND EQUIPMENT.

1. Students are responsible for the proper treatment and care of all equipment issued to them. The equipment was issued to the wrestler in a clean, operable and functioning state and should be returned in the same condition. It is the responsibility to properly care for these items and return them at the end of the season in the same condition it was received in. It is the athlete's responsibility to inspect all uniform items and equipment upon initial receipt to ensure the item(s) are in good condition prior to acceptance and signing for the said item(s). The student will not be penalized or held accountable for "normal" wear and tear. If any items are inoperable, damaged or otherwise not in good condition, the athlete must return that item for a replacement at the time of initial receipt or within 24hrs of initial issuance. Otherwise, the athlete will assume full responsibility for the condition of that item.
2. Any of the issued items not returned or damaged must be paid for at the current **replacement** price. It is a standard manufacturer's policy (varies by manufacturer) that,

when replacing fewer than six uniforms, the cost of each equates to roughly 200% of original cost. Any items that have been ruined, destroyed or not repaired by the athlete prior to being returned will be charged a replacement fee to the student's account.

3. AT NO TIME SHOULD BLEACH BE USED TO WASH THE UNIFORMS.

4. The personally issued uniform items cannot be returned for a refund for team fees. The Team Fees are **NON-REFUNDABLE**. If the athlete quits or otherwise fails to maintain or violates attendance policies or does not participate with the team's officially scheduled activities to include practices or meets without being properly excused (see Code of Conduct) the fees are still non-refundable. In the event the student gets injured, does not meet academic requirements, conduct requirements, does not make one of the starting line ups, or has other matters that he or she needs to attend, their personal uniform items are still theirs to keep. Those personal uniform items **cannot be returned for a refund**. However, the team will accept those uniform items and/or other equipment such as headgear or shoes, as a donation, so that other wrestlers may use the items in the future.

F. TRAVEL.

1. In some cases, travel to and from athletic contests may be provided by the school. There will, however, be many times that private vehicles will be used for transportation purposes. In either case, athletes will be expected to travel to and from these events with the team. If parents wish to bring their child home instead, permission to do so must be obtained from the head coach and this permission will be at the coach's discretion. At no time will athletes be permitted to return with anyone other than their parent or guardian without the coach's consent. When a child is leaving a venue with a parent or guardian, the parent or guardian must send the coach text message, email or a written message citing the child is leaving with the responsible adult. **A verbal request is not acceptable.** Prior to the child departing the venue with the parent, guardian or responsible adult, the requestor **MUST** have received the written approval from the head coach via text message or email to ensure there is a written record of the request and approval for full accountability of the child. Failure to comply with this policy may result in restriction from attending away wrestling matches.

2. Volunteer Drivers. In some cases, the team will need additional drivers to assist in transporting the team to the location of the competition. If you are able to be a volunteer drive, please see the head coach for the volunteer driver application.

G. NCAA REQUIREMENTS FOR SCHOLARSHIP ATHLETES. The NCAA and other colleges have requirements for athletic scholarships and should be of interest to all parents. It is suggested that you familiarize yourself with these requirements and keep them in mind throughout your high school days, especially when scheduling classes from year to year. The guidance department has a complete copy of these and is more than pleased to help the students with any questions regarding this matter. These requirements are strictly adhered to by all NCAA member schools as well as NAIA and Junior Colleges.

H. WRHS BOOSTER CLUB. Wiregrass Ranch High School Athletics is fortunate to have an Athletic Booster Club comprised of interested parents and members of the community who lend a great deal of support to our program and the athletes. The athletic department encourages all interested people to join this organization and be active in its projects. Historically, this group has contributed large sums of money to athletic teams as well as other student groups who have shown the need. This group of people has been responsible for many projects beneficial to our school and its students that would not have been possible if it were not for their support. Please join this organization and become involved for your child and our program. Meetings are held monthly and the schedule is published on the School website.

I. AWARDS BANQUET

1. The Awards banquet will be conducted at the conclusion of the end of the wrestling season and state tournament.
2. The Principal and Athletic Director will be invited to the end of season awards banquet.
3. The announcement for ANY scholarships at the awards banquet **MUST** be verified by the awarding university by the head coach.
4. All Varsity Club, Premier Club and Elite Club sponsors receive invitations and are acknowledged at each event by name.

5. Wrestler's must be in good standing. Attendance to the banquet is a privilege and is by invitation only. Good standing requires the athlete to be academically qualified, uniforms turned in with no financial balance, and have completed the regular season, to include participating in the Conference and State tournament series (when applicable). Any uniform items not returned **MUST** be paid in full prior to attending any banquet. Junior varsity wrestler's must have continued to work out with their varsity partners and competed in the "JV State Tournament" (if applicable). Those athletes that violate team policies or miss schedules competitions may forfeit any awards they may have earned.

6. Annual Awards. To be considered for any post season awards, the wrestler **MUST** be in good standing. To be in good standing, the athlete **MUST** be academically qualified, uniforms must be turned in with no financial balance, and must have completed the regular season to include participating in the Conference and State Tournament series.

a. Specialty Awards: Headhunter (most pins in a season), Escape Artist (Most Escapes in a Season), Fastest Pin, Biggest Loser (most weight lost), Hero of the Battle (The parent that goes above and beyond that year), Most Improved Wrestler, Academic Achievement Award (Highest GPA), Freshman of the Year, JV Wrestler of the Year, Rookie of the Year, Ironman/Ironwoman (Wrestler that participates in every tournament and dual), SGT Simmons LDRSHP Award, Manager of the Year, Coach of the Year, Wrestler of the Year M/FM, and the MVP (Most Valuable Pillowman)

b. Wrestler of the Tournament/Dual.

J. ALUMNI DINNER

1. Annual Alumni Club dinner. As an incentive to build our wrestling program and to keep past wrestlers engaged with the current team, the head coach will host an annual Alumni dinner. The dinner will consist of all past WRHS Wrestlers. The intent will be to solicit donations and coaching staff for the coming season. The dinner will be held in September at a venue of the head coaches choice.

2. Alumni get invitations to every event.

K. VARSITY, JUNIOR VARSITY LETTERS. The following are qualifications for “lettering” on the varsity or junior varsity wrestling squads.

1. A student must be academically eligible
2. Be in good standing financially (including returned uniforms).
3. Have wrestled in thirty (30) varsity matches (IBT’s are included) for “Varsity” award.
4. Athletes meeting the established criteria for a letter will receive the following:
 - a. First time lettering (Varsity) large or upper case “WR” and certificate
 - b. First time lettering in that sport: Wrestler’s Pin
 - c. Second time or after in that sport: Bar
5. Athletes wrestling and combination of least twenty (20) Varsity, JV sanctioned or unsanctioned matches will be eligible for Junior Varsity “W” letter and certificate.
6. Athletes that have wrestled less than twenty (20) matches will receive the “Wrestling Participation Certificate”.

L. OFF SEASON GUIDELINES

1. Off-season program during the regular school year may consist of weightlifting and conditioning
2. Club wrestling is highly encouraged. Two Nationally recognized wrestling clubs are USA Wrestling and AAU wrestling. Both offer local wrestling affiliate or satellite wrestling clubs in the local area.

3. Summer programs should include those, agencies recognized by the FHSAA such as the aforementioned USA Wrestling or AAU wrestling.

M. INSURANCE AND ACCIDENTAL INJURIES

1. The Pasco County School Board will provide excess student athletic insurance coverage (Pasco Participation Fee). The plan provides limited excess coverage for medical expenses that arise from the treatment of accidental injuries incurred while a student participates in interscholastic sports. The school insurance plan is a secondary coverage and all accidental athletic injuries must go through your primary carrier first. This plan is not a guarantee of payment for medical services. You may encounter certain out-of-pocket expenses when your son or daughter is treated for accidental injuries.

******Important******

2. Injuries must be reported to the coach before leaving practices or games. Do not wait until the following day to report your injury. **Before seeing any doctors for treatment**, the student will need to see the Athletic Director for the necessary school insurance claim form(s).

3. Parents your insurance is primary. If you have an HMO or PPO insurance plan it is absolutely imperative that you follow the procedures as prescribed by your insurance plan should your son or daughter need medical treatment. In general, this will mean that you will have to take your child to your primary physician for treatment. If this is not done, your insurance may not cover any of the costs incurred and the medical benefits otherwise payable under the Board provided excess student athletic insurance policy shall be reduced by 50%.

For parents who do not have primary insurance, we encourage the use of the preferred providers. These medical providers have shown an interest in charging for services in accordance with policy limits in an effort to minimize your out-of-pocket expenses.

N. SELECTION FOR VARSITY AND JUNIOR VARSITY.

1. The head coach will determine which wrestler's will weigh in at which weight classes to best support the teams potential for the best outcome possible at each dual, dual tournaments, IBT's and the State Tournament to support the team's mission. The head coach will use wrestle offs to help in the decision process to put the best wrestler in the appropriate weight class. The head coach has the final decision authority on which wrestlers will wrestle at what weight class.

2. **Wrestle Offs.** Wrestle off are used as a tool for the head coach determine which wrestler will should represent the team in which position on the team, Varsity or JV. The wrestle off are weighted heavily but other factors are taken into consideration for each and every opponent to include prior head to head matches, opponents in common and previous performances. Wrestle-off's are a valuable tool used to determine the best

representative for the team in a particular weight class. Although a wrestle-off is NOT considered a part of a wrestler's "official" record, the bout is recorded and is an official team record. Each wrestle-off should be taken with the seriousness of any other official wrestling bout.

3. Wrestle Offs will be made available to any wrestler that wants to challenge the incumbent wrestler for the position they currently hold (Varsity, JV, 3rd Seed, 4th Seed, etc). In the event of injury, illness, no show, academic suspension or other reason for absence and in the absence of a wrestle off, the order of seniority is Varsity, JV, 3rd seed, 4th seed, 5th seed, etc. Once a wrestler has obtained a Varsity or JV position, every "wrestle off" day is a mandatory day and their attendance is required. The incumbent is required to be present and ready to wrestle and participate to defend their position. Failure to attend a wrestle off is considered failing to show for a scheduled competition and may result in forfeit or loss of their position and may include disciplinary action for the attendance and missed day of training.

4. To qualify for Varsity:

a. Meet the following criteria:

- (1) Have been at practice (or have been excused not more than once) for the two weeks prior
- (2) Be in good academic standing
- (3) No school discipline within last 2 weeks

b. Beat the person in the current weight class

c. Only one wrestle-off per week (or as determined by need)

d. Only one weight class per week (or as determined by need)

e. Wrestle Off's occur on Thursday's (unless otherwise determined)

f. Must be within 3.5 lbs of weight class they intent to compete in

5. Junior varsity

a. Meet the below criteria:

(1) have been at practice (or have been excused not more than twice) for the week prior

(2) Be in good academic standing

(3) No school discipline within the previous week

b. Beat the person in the current weight class

c. Can one wrestle off up to three matches

d. Can wrestle in two weight classes per week

e. Wrestle-off's occur on Thursday's (unless otherwise determined)

f. Must be within 3 lbs of weight class they intent to compete in

N. MISCELLANEOUS. In the case of any situation or circumstances not covered by this handbook, Wiregrass Ranch High School policies, Pasco County or FHSAA rules and policies, State laws and regulations will apply. Any situations or circumstances that are ambiguous or not falling under the policies of this handbook, the Head Coach, Athletic Director or Principal may have input on all decisions.

O. CODE OF CONDUCT

1. **General.** As a member of the Wiregrass Ranch High School Athletic Program, it is the responsibility of the student athlete to abide by all state, district and school regulations that govern interscholastic athletic activities. The Wiregrass Ranch High School wrestling team shall practice and promote the highest standards of sportsmanship and ethics in all interscholastic activities. The Principal and/or Athletic Director and Head Coach shall have full authority to suspend the eligibility of any wrestler for violation of state laws or school policies. Any athlete or spectator that demonstrates unsportsmanlike conduct may be removed from that contest and may lose the privilege of attending future activities at WRHS. Athletic participation is a privilege and the student athlete shall adhere to the policies, rules and regulations of Wiregrass Ranch High School, The District School Board of Pasco County and The Florida High School Athletic Association (FHSAA).

2. **Suspension from School.** Pasco County School board policy dictates that any student assigned Out-of-School (Suspension) may not practice or participate in an athletic contest while suspended. This suspension will also apply during any appeal process. Any student athlete assigned ISS are ineligible to practice or play in a game that day. Suspensions involving multiple days will be dealt with on an individual basis and may result in additional game suspensions or dismissal. Any ISS may result in additional suspension from the team depending on circumstances and frequency of behavior problems.

3. **Commitment.** An athlete must understand that playing a sport is very demanding on his/her time for practice and games. Wrestling is a winter sport and many activities occur during holidays, after school, evenings and weekends, etc. Your team members as well as your coaches expect you to participate and attend all practices and competitions. An athlete missing a contest or training during holidays for vacation or other reasons may be identified as violating the Code of Conduct attendance policies. Dismissal may be determined as a result of lack of attendance of the student/athlete (after written warnings previously issued). The coaching staff will have the full support of the athletic director. **Parents - Please support our program and your student/athlete.** Stay positive. If you have any questions or concerns, please talk to the coach first.

4. **Attendance.**

a. Class.

(1). Students can never make up for in-class instruction missed when absent from classes. Thus, it is imperative that students be in school whenever physically able. The FHSAA has no policy regarding the number of classes a student must attend on any day to practice or participate in an athletic contest.

(2). The Athletic Department policy states that you must be in all periods unless there is a prearranged absence approved by the school administration. If an athlete breaks the policy and it is not discovered until

a later date, the athlete may be suspended from the next contest. The head coach may dictate any additional standards that they feel are necessary.

b. Practice.

(1). Attendance to every practice is mandatory. An attendance record will be kept and recorded by a coach for all wrestlers; this is recorded every day by weigh-ins

(2). The attendance will be taken at the beginning of each practice and at the end of each practice. Practice hours are from 3:00 to 5:15 Monday through Friday unless otherwise determined.

(3). **Excused from Practice. An absence from practice is only excused for the following reasons: family emergency, doctor appointments or academic requirements requested by teachers. Participating in a school club is not a reason to miss practice. In any of the aforementioned circumstances a written note, an email or some written documentation shall be sent to one of the coaches with the following information: Name, Date, Time and Reason for the absence to be sent by the parent or teacher requesting your absence.**

(4). Three excused absences per month. Each wrestler is authorized three excused absences per month.

(5). Be At Practice! Being absent from practice lets your team members down. It denies them the opportunity to work out with you and you the opportunity to learn and wrestle. Your teammates depend on you as much as you depend on them to be there for you. Be a good, dependable team member and be at practice, ON TIME and with the appropriate equipment and be ready to wrestle.

5. Missing Practice. If you are unable to attend a practice session, it is your responsibility to notify your coach, in writing, the day that you will not be at practice as soon as possible. If you are not in school, phone the school and ask for your coach or leave a message with the school operator for your coach. Failing to report for wrestling practice (unexcused absences) can have the following consequences:

a. One practice or 2.5 hrs to three practices or 7.5 hrs within one-week period the athlete will receive a verbal warning

b. Four practices or 10 hrs to six practices or 15 hrs within a one-week period – the athlete will receive a written warning.

c. Any athlete that fails to report for any scheduled Varsity contest may be subject to a written warning.

d. Any athlete that fails to report for two JV scheduled contests may be subject to a written warning.

e. Two verbal warnings will result in one written warning. Two written warnings may result in dismissal from the team.

f. Any combination of multiple verbal warnings for conduct and verbal warnings for missing practice, meets or schedule team events may result in suspension or dismissal from team.

*It should be noted that training time during holidays is measured in hours not days; one day may be 8-10 training hours.

6. Missing a Competition. All scheduled competitions are mandatory to attend. Any competition that has a date change or location change are mandatory to attend.

a. Failing to show up for a varsity competition will be dealt with an immediate suspension for one week following the return of the athlete to the team.

b. If the athlete is a varsity wrestler, along with the one week suspension, the athlete may only participate in JV competitions for one week after the suspension.

c. If the athlete is holding any team additional responsibilities (captain, warm up, etc) they will be removed from that position.

d. Exceptions.

1) Medical emergencies are exceptions to this policy. The athlete will need to provide a doctors note.

2) Family emergencies will excuse the athlete from the competition but will need to have the parent or guardian offer the reason for the emergency.

3) Other exceptions. Other exceptions may be considered on a case by case basis.

f. Any athlete that misses two competitions is subject to dismissal from the team.

7. Stealing/Theft/Wrongful Appropriation. Stealing by any of our athletes will not be tolerated and will be grounds for immediate dismissal from team and may affect future athletic participation.

8. Sportsmanship. The following guidelines are set forth to assist our administration, parents, students and staff with the monitoring of the High School Athletic program.

a. **Sportsmanship Requirement.** Players, coaches, administrators, spectators, contest officials and all other persons connected directly or indirectly with a member school shall practice and promote the highest standards of sportsmanship and ethics before, during and after any interscholastic event.

b. **Principal's Duty.** It shall be the responsibility of each member school principal to exercise control over all individuals to the extent necessary to ensure safety and fair play for all participants and adherence with these standards.

c. **Penalty for Students.** Students who are found to have committed unsportsmanlike conduct may be ineligible to participate in interscholastic athletic competition for a penalty period up to one calendar year and may be subject to fines or a combination of fines and suspension. **Wiregrass Ranch High School may lengthen the suspension if deemed necessary.**

IF FHSAA GIVES AN ATHLETE A FINE IT IS THE RESPONSIBILITY OF THAT INDIVIDUAL TO PAY THE FINE

Home School. The home school administration is responsible for the control of spectators during an athletic contest. In the event that a spectator or spectators create a distraction, they will be removed from the facility and face possible suspension from future athletic events.

9. **Unsportsmanlike Conduct.**

a. Student-Athletes: Respect for the game in which the student-athlete participates also demands respect for the opponent. Student-athletes at Wiregrass Ranch High School are expected to treat opponents with sportsmanship. There can be no tolerance for taunting and baiting of opponents.

b. WRHS student-athletes must understand that they are perhaps the most visible representatives of our high school. Also, their behavior is observed and emulated by many who are younger.

c. WRHS student-athletes must honor the responsibilities that accompany the privilege of representing our schools by behaving with dignity and class on and off the "field" or mats.

d. **"Unsportsmanlike Conduct" Defined (per FHSAA).** A student who commits an act of malicious and hateful nature toward a contest official, an opponent or any other person attending an athletic contest shall be guilty of unsportsmanlike conduct. Such acts may include, but are not limited to, profanity, striking or threatening a contest official; physical contact with an opponent which is beyond the normal scope of competition; spitting on a contest official or opponent; directing gender, racial or ethnic slurs toward a contest official, an opponent or any other person attending an athletic contest; or other such acts deemed to be unacceptable conduct according to the principal of the member school the student attends or this Association.

e. **Any athlete fined by the FHSAA, for unsportsmanlike conduct, will be required to pay the fine. The Athlete will not be permitted to participate in any athlete practice or event until the fine is paid.**

f. All involved with the athletic program fully understand that the student/athlete will be expected to follow these guidelines and display the utmost respect for teachers, coaches, administration, officials and opponents. Athletes that violate these standards will lose the privilege of representing the athletic program.

10. Use of Profanity. The use of profanity, obscene gestures, or abusive language is a Level III (serious breach of conduct) offense of the Student Code of Conduct. At anytime a student shows disrespect toward school officials, contestants, spectators, game officials, teammates or their coaches, the student will be suspended from a minimum of one contest.

11. Student Athlete or Student Involved in Extra-Curricular Activities Being Arrested and Charged.

a. If a student has been arrested on or off campus and charged with a misdemeanor other than a minor traffic violation as defined in F.S. 775.08 or a crime that would be a felony, if that student was an adult, then that student may receive a four week suspension from practice and competition the first day the school administration becomes aware of said violation(s).

b. After the suspension expires, the coach and administration will make a decision as to whether that student remains eligible or extend the suspension up to four additional weeks based on supportable information obtained from the police or the state attorney's office. The suspension will be immediately lifted should the charges be dropped.

c. If the student is adjudicated guilty of a misdemeanor (F.S. 775.08), the student will be ineligible for a period of four weeks from the date of conviction. The four weeks must be part of the regular school year and will not include summer school.

d. If the student enters a plea of "no contest" and adjudication is withheld, then the student will be ineligible for a period of four school weeks from the date the plea is entered into the court records.

e. If the student is found to be "not guilty", the student may resume eligibility from the date the charges are dropped or that the "not guilty" is entered into court records.

f. If the student is adjudicated guilty of a crime that would be a felony, if that student was an adult, then that student will be ineligible for a period of no less than eighteen school weeks from the date of conviction.

g. If the student enters a plea of "no contest" to the felony charge, the student will be ineligible for a period of no less than eighteen school weeks from the date the plea is entered into court records.

h. If the student is found "not guilty" to the felony charge, the student may resume eligibility from the date the charges are dropped or a "not guilty" is entered into court records

12. Student Arrested and Charged with a Misdemeanor.

a. Eligibility will be suspended pending adjudication.

(1) Guilty of misdemeanor: student will be ineligible from a period of 4 weeks from the date of conviction.

(2) a plea of no-contest: student will be ineligible for a period of 2 weeks from the date the plea is entered into court records.

(3) Not guilty: student may resume eligibility from the date charges are dropped or that not-guilty is entered into court records.

13. Drug-Free Environment for Students

a. The manufacture, distribution, dispensation, possession or use of controlled substances; including alcohol, is prohibited on District School Board property or at any sanctioned activity. This offense is a Level III violation of the Student Code of Conduct and may result in the expulsion of the student from Wiregrass Ranch High School.

b. The Athletic Department policy regarding controlled substances is:

1. First offense – 18-week suspension and mandatory completion of counseling program *18-week suspension is only counted through the regular school year; summer does not count as part of the 18 weeks.

2. Second offense – Athlete is dismissed from the athletic program for one calendar year.

14. FHSAA Policy on Tobacco Products

a. If a student is found to be in possession or to have used tobacco products on school board property – student will be subject to District School Board or Pasco County guidelines and will be suspended from a minimum of one athletic contest.

15. Sexual Harassment/Assault.

a. Sexual harassment and sexual assault are specifically prohibited by as is retaliation for having brought forward a concern or allegation.

b. Sexual Harassment is defined as unwelcome sexual advances, requests for sexual favors, or other visual, verbal or physical conduct of a sexual nature when:

1) submission to such conduct is made either implicitly or explicitly a term or condition of an individual's employment or student status in a course, program or activity; or

2) submission to or rejection of such conduct by an individual is used as the basis for employment or educational decisions affecting such individual; or

3) such conduct has the purpose or effect of interfering with an individual's work or educational performance; or creating an intimidating, hostile, or offensive working and/or learning environment; or of interfering with one's ability to participate in or benefit from an educational program or activity.

c. Sexual harassment includes "Sexual Assault" and any other forms of sexual violence, including any physical sexual act perpetrated against a person's will, where that person does not give clear and voluntary consent, or where that person is incapable of giving consent due to drug or alcohol use, or due to intellectual or other disability.

d. Sexual assault includes but is not limited to rape, sexual battery, sexual coercion (the act of using pressure or force to have sexual contact with someone who has already refused), dating violence, domestic violence and any other act of sexual violence.

16. Final Deciding Authority. This Wiregrass Ranch High School Handbook does not cover all situations or circumstances that may occur or be encountered throughout our wrestling season, however, we have tried to include as many as possible in writing so the athletes and parents understand our expectations. We will strive to do all we can to make sure our student/athletes represent this school and community with dignity and integrity. Participation in extracurricular activities is a privilege that comes with a tremendous amount of responsibility. Any student/athlete who violates a team rule or commits a serious breach of the student code of conduct may be dismissed from the team immediately. Each incident will be evaluated on its merits and on a case by case basis. The final decision rests with the Head Coach and may be escalated to the Athletic Director and or the school Principal.

APPENDIX 1

This form is mandatory in order to participate in the WRHS Wrestling Program. By signing this form you are confirming that you have received information concerning WRHS wrestling policy, procedures and insurance.

ACKNOWLEDGMENT OF WRESTLERS HANDBOOK

This certifies that I (print name)_____

have received a copy of the Wiregrass Ranch Wrestler's handbook on

Today's Date:_____

Student #_____

Student Signature_____

APPENDIX 2

STUDENTS ACKNOWLEDGMENT OF WRESTLERS CODE OF CONDUCT

Date

This certifies that I (print name)_____

Fully understand the Wiregrass Ranch Wrestler's Code of Conduct. I have fully reviewed this Code of Conduct with my parent(s) or guardian(s).

Student ID #

Student Signature

APPENDIX 3

ACKNOWLEDGMENT OF PARENTS REVIEW OF WRESTLERS HANDBOOK

This certifies that I (print name) _____

am the parent or guardian of _____ (name

of wrestler) and reviewed the Wiregrass Ranch Wrestler's handbook and have reviewed the policies with my student athlete.

Date

Parent/Guardian Name (print)

Parent/Guardian Signature

APPENDIX 4

WIREGRASS RANCH PHOTOGRAPHY WAIVER

The wrestling team take photographs of the athletes throughout the season and posts pictures of the team on the various social media outlets and shares the pictures with local team sponsors. Please review the waiver and return.

I, _____ DO / DO NOT (circle one and line through the one not chosen)
Parent or Guardian

authorize the Wiregrass Ranch Wrestling team to use my child's _____
athletes name

photographs on the team's website, newsletters and other team and organizational promotional events,

to include social media sites, that support the team activities and social media profiles and fundraising

events.

Signature of Parent or Guardian

Date

WIREGRASS RANCH WRESTLING CONTRACT

I. ATHLETIC BEHAVIOR CONTRACT. While participating in wrestling at Wiregrass Ranch High School, wrestler's must meet and uphold the following expectations. If wrestler's do not meet these standards, they may be subjected to suspension from the wrestling team until they are back in compliance of the following standards.

II. ACADEMIC STANDARDS. While participating in wrestling at Wiregrass, wrestlers will be required to maintain a level of academic integrity. If a wrestler falls below the listed standards, they will be academically ineligible and will may not be allowed to participate in wrestling until the end of the next marking period or have completed the academic probation period and has been approved by one of the following: Head Coach, Athletic Director, Assistant Principal or school Principal.

1. Wrestler's may not have more than 1 failing mark. If a wrestler fails more than 1 class the student athlete will be academically ineligible.

2. Students must have attended school at least 75% GPA during the previous semester.

3. The Florida High School Athletic Association (FHSAA) only requires student athletes to a minimum GPA a 2.0 (C Average) in both core and elective classes at the end of each reporting period. Wrestler's at Wiregrass Ranch H.S. are required to maintain a 2.5 GPA. If a student falls below this mark they are considered academically ineligible but can petition to participate in athletics on a probationary status.

III. ON-THE-MAT BEHAVIOR (PRACTICE AND GAME DAY). Unsportsmanlike behavior will not be tolerated. Wrestler's will be given three (3) strikes with increasing consequences for each incident. Unsportsmanlike behavior can be considered as any of the following, but is not limited to: destruction of property; inappropriate behavior towards staff, officials, opponents, or teammate(s); using swear words or inappropriate language; arguing with

teammates, coaches, officials, or opponents; as well as pushing, shoving, punching, kicking, or making any non-athletic related physical conduct with a coach, official, opponent, or teammate(s). Consequences for inappropriate behavior on the or off the mat are as follows:

a. First Strike: A verbal warning or counseling with the athlete, up to and or including suspended from all athletic activities for two days, including tournaments or meets for two (2) days.

b. Second Strike: A written warning or counseling with the athlete up to and or including a suspension from all athletic events, including games for five (5) days.

c. Third Strike: Removal from team until reinstatement, as agreed upon by coach and administration.

IV. IN-SCHOOL BEHAVIOR

1. The way you act and communicate with teachers and peers during school matters!

2. You are expected to make good decisions, both on and off the mat.

3. Behaviors that are prohibited in school as an WRHS wrestler are as follows:

a. Using swear words or inappropriate language;

b. Sleeping in class;

c. Destruction or vandalism of school property;

d. Arguing with classmates or adults;

e. Skipping class

f. Any physical altercation with students or adults during the school day;

g. Inappropriate behavior towards students or staff.

4. Teachers have been asked to immediately notify the Head Coach (Mr. Ketler) if there are any problems or incidents during the school day. In addition, you will receive a referral, and will be directed to one of the IA's.

5. Consequences for inappropriate behavior in-school

a. A student receiving Out-of-School Suspension (OSS) for more than 5 days will not be allowed to participate in wrestling unless agreed upon by administration.

b. A student receiving In-School Suspension (ISS) cannot participate in athletics that day. After 2 ISS incidents, there will be a 1-week suspension from the team.

6. If a student receives 3 lunch detention consequences, it will be equated to one ISS and the student athlete cannot participate that day. • A 3rd ISS suspension will result in removal from the team until reinstatement as agreed upon by the coach and administration.

V. ATHLETIC ATTENDANCE. Attendance to every practice and event is vital to the success of our program. The expectation is that each wrestler attends each scheduled practice or game, is there on time and stays for the duration of the event. It is understandable that unforeseen circumstances do happen. And there may be a time a wrestler may have to leave early or miss events. When this does happen, it is both the athlete and parent's responsibility to communicate with the coach about these situations so that they are aware of these rare occurrences. If athletes are late or miss a practice or event, the coaching staff may limit participation in the next scheduled competition. REMEMBER:

1. Every practice is mandatory.
2. Missing practice hurts not only my development but also the development of my teammates. My partners need me so they also have partners to workout and train with.
3. If I cannot attend practice, there are certain reasons that are acceptable for missing practice. I understand it is my responsibility to provide those reasons to my coach if I cannot attend practice.
4. I understand that should I miss practice for a reason that is not valid, I can be held responsible and may receive consequences for missing practice.

V. REPRESENTING WIREGRASS RANCH. You are now an official representative and ambassador of Wiregrass Ranch High School, the Principal, The Athletic Director, your coaches and your family.

1. You are expected to conduct yourself with the highest integrity and be the best steward of standards of sportsmanship.

2. Win or lose, you shall treat all athletes, referees, coaches, and spectators with dignity and respect, regardless of any outcomes we did or did not achieve during our encounters with them, before, during or after our matches and events.

3. You shall ONLY wear your Wiregrass Ranch issued wrestling uniform items at official wrestling events. Any other non-issued items will not be permitted to be worn unless purchased that day, at that event. If you are the recipient of any honor or medal at any event, you shall be in your Wiregrass Ranch issued uniform to receive that award. Wearing any other item(s) while participating at an official event will be in violation of this contract and the WRHS wrestlers handbook and subject to consequences.

VI. RESIGNATION. Winners never quit and quitters never win. You have made one of the biggest decisions of your life, to become a part of an elite team of athletes; to become a wrestler. It is the most challenging of all high school sports. You are about to accept that challenge. Should you decide that wrestling is something you no longer wish to pursue, you agree that you will resign your position on this team, by writing a resignation letter and describe and answer the following questions in your resignation letter:

1: Did you give 100% effort to every single practice that you attended?

2: Who were your training partners while you were on the team? And who will replace you for your partners when you resign?

3: What did you like most about the wrestling team? What did you like least about the team?

4: Did you make any friends during your time on the team?

5: Would you recommend the wrestling team to any of your other friends? Why or why not

VI. LETS HAVE FUN! We look forward to having a fun season.

1. Come ready to learn the fundamentals of wrestling and work hard. These two things will set you up for success allow us to have a great year!
2. By signing below, you are indicating that you have read and understand the expectations, as well as the outlined consequences for your behavior for the upcoming wrestling season.

Appendix 5.1

ATHLETIC CONTRACT

I hereby certify that I have read and fully understand and agree to the terms and conditions of the contract as it appears in Appendix 5 in the Wiregrass Ranch Wrestler's Handbook.

Student Name: _____

Student Signature: _____

Date: _____

Coach accepting contract(Print)_____

Coaches Signature_____

Date_____