



Oak Harbor Wrestling

“A TRADITION OF EXCELLENCE”

RULES

PLEASE READ CAREFULLY

1. Participants are to wear gym clothes and have a pair of dry, clean wrestling shoes or socks on the mats. (No street shoes)
2. This is an organized teaching experience; the right is reserved to eject any child who disrupts the learning process.
3. All school rules are in effect while participants are on the school grounds.
4. Please notify staff if your child has any medical conditions that we should be aware of (asthma, diabetes, allergies, ringworm....etc)
5. Parents are welcome and encouraged to stay and participate in the learning process, but please keep noise to a minimum.
6. Doors will open 10 minutes before practice and will close 10 minutes after practice. Please arrange your pick-up and drop-off times accordingly.
7. All children are to stay in the wrestling room.
8. If there is no school we do not have practice.