



## Athlete Handbook

### Welcome to the Hoquiam Junior Grizzly Wrestling Club!

We are excited to have you as a part of our wrestling family. The following athlete handbook will help guide you through our program's expectations for uniform, conduct, participation, and fundraising. By adhering to these guidelines, we ensure a positive experience for all athletes, coaches, and families involved in the club.

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### 1. Athlete Uniform Expectations

As a member of the Hoquiam Junior Grizzly Wrestling Club, athletes are required to wear the proper wrestling gear at all times during practices and competitions.

#### Required Uniform

**Singlet:** All athletes must wear the current Hoquiam Jr. Grizzly Wrestling Club issued wrestling singlet during team competitions. Team competitions will be announced at the beginning of each season.

**Wrestling Shoes:** Proper wrestling shoes are mandatory for practice and matches. They should be worn only for wrestling to maintain hygiene.

**Headgear:** Headgear is required for all PCJWL competitions. It is encouraged for practices and optional for other competitions.

**Uniform Maintenance:** Athletes are responsible for keeping their uniform clean and in good condition. Any lost or damaged uniforms can be replaced, but at the athlete's expense.

**Practice Attire:** Athletes should wear a clean athletic shirt, compression shorts or pocket-free athletic shorts or sweats, and wrestling shoes. Jewelry, baggy clothing, street shoes, or anything with zippers, snaps, or buttons is not allowed, as these items create safety risks.

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## 2. Athlete Conduct Expectations

The conduct of all athletes reflects the values of the Hoquiam Junior Grizzly Wrestling Club. We expect all members to display sportsmanship, integrity, and respect both on and off the mat.

**Respect for Coaches and Teammates:** Athletes must always show respect for their coaches, teammates, and other participants. A positive and supportive attitude is essential for a successful team.

**Adherence to Team Rules:** Athletes are expected to follow all instructions given by coaches, including maintaining focus, listening attentively, and following safety protocols.

**Behavior During Competitions:** Win or lose, athletes must demonstrate respect for their opponents, referees, and the other coaches. Disrespectful behavior, such as taunting or unsportsmanlike conduct, will not be tolerated.

**Anti-Bullying:** The club has a zero-tolerance policy for bullying. Any form of bullying, whether physical or verbal, will result in disciplinary action.

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## 3. Participation Expectations

The success of each athlete and the team depends on full participation. As a member of the Hoquiam Junior Grizzly Wrestling Club, you are expected to commit to both practices and competitions.

**Attendance at Practices:** Consistent attendance is essential to improve technique and conditioning. Failure to attend practices consistently could result in the athlete unable to compete in future competitions.

**Punctuality:** Athletes are expected to arrive on time and be ready to wrestle for practices and competitions. Late arrivals may miss valuable warm-up time or instruction. Doors for practices will typically be open twenty minutes prior to start time.

**Competition Participation:** All athletes are expected to participate in competitions when scheduled. If an athlete is unable to attend a competition, they should inform the coach as early as possible.

- Athletes are required to make four PCJWL official events to be eligible for League postseason and end-of-year awards.
  - Athletes are also required to make the same weight at least four times in PCJWL official events.
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## 4. Fundraising Expectations

As a non-profit club, the Hoquiam Junior Grizzly Wrestling Club relies on fundraising to support our scholarship program, offset the cost of equipment, postseason events, and mat maintenance. We encourage all athletes and their families to actively participate in fundraising events.

**Participation in Fundraising Events:** Each athlete is required to take part in at least one fundraising activity per season.

**Parental Involvement:** Parents are strongly encouraged to support fundraising efforts, whether by helping to organize events or contributing directly.

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## 5. Parent & Family Involvement

The success of the Hoquiam Junior Grizzly Wrestling Club depends not only on our athletes but also on the support of their families. Parents are encouraged to:

**Attend** matches and practices to show support for their children.

**Volunteer** to assist with fundraising, event planning, or other club activities.

**Be a positive example** of sportsmanship and encourage their children to embody the same values.

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Thank you for being a part of the Hoquiam Junior Grizzly Wrestling Club! By following these expectations, we can ensure that our club remains a positive and supportive environment for all athletes to grow, learn, and excel in the sport of wrestling. We look forward to a successful season and wish all of our athletes the best of luck in their wrestling journey!

If you have any questions or concerns, please feel free to contact the coaches or club leadership.

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