

Code of Conduct for Pinnacle High School Wrestling (PHSW)

Purpose: *Provide clear expectations of the personal conduct expected as a member of PHSW.*

******* *This document shall be considered an addendum to the PVUSD Parent & Student Handbook.*

PHS Wrestling Core Values:

- Family – Recognize that you belong to a group BIGGER than yourself. *#BeBold*
 - ✓ *In wrestling we are NOTHING without a partner & it is definitely a TEAM effort!*
- Commitment – Consistency is the key to.... Consistency is more important than....
 - ✓ *Show up! There is never a shortcut to any of our successes.*
- Purposeful Hard work – Focus on the improvement process, not the outcome.
 - ✓ *Embrace the challenges and have a purpose every day!*
- Gratitude – Enjoy our time together. Embrace the grind. Fall in love with YOUR journey.
 - ✓ *It's not about the goal, but who you become in the process!*

On & Off Campus Behavior:

- You represent WRESTLING as well as PHSW. Be respectful at all times.
- Follow all PHS rules and regulations, as well as the PVUSD Parent & Student Handbook.
- ANY substance use/abuse, in any capacity (regardless of student-athlete's age), is strictly forbidden.
- All members of the team will be treated equally. NO forms of hazing will be tolerated!

Social Media Policies:

- Student-athletes are encouraged to follow all PHS Wrestling social media platforms.
 - ✓ *Support the Team – Results – News – Updates – Technique – Encouragement*
- Student-athletes are **not** allowed to follow the coaching staff's personal accounts.
 - ✓ *Coaches are **not** allowed to follow the student-athlete's personal accounts.*
- Suggested Example Header: Pinnacle HS | 202X | Wrestling 138 | 3.5 GPA (*School, Sport Info, GPA*)
- Be respectful on social media, as student-athletes represent far more than just themselves.
 - ✓ *Student-athlete's social media is monitored through the Team Accounts.*

Academic Eligibility:

- Maintain PVUSD academic standards. Student-athlete's eligibility based on end of Quarter grade.
 - Failing at End of Quarter: Ineligible to compete for (3) weeks, but still practices.
 - Passing at 1st Grade Check: Eligibility reinstated. May compete at Head Coach discretion.
 - Failing (One Class): Ineligible to compete for (3) additional weeks, still practices.
 - Failing (Two or more Classes): Suspended from team until next Grade Check.
 - Passing at 2nd Grade Check: Eligibility reinstated. May compete at Head Coach discretion.
 - Failing at 2nd Grade Check: Student-athlete will be removed from the team.

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Practice Expectations:

- Student-athlete is responsible for practice attendance. Pay attention to the website calendar!
- Arrive 15 minutes early for all practices. On time = Fully ready to participate.
 - ✓ *Rehab, stretching, tape, or wrapping should be completed **before** practice.*
 - ✓ *Student-athletes that are late to practice will face disciplinary action.*
- Restroom breaks may be taken only with the coaching staff's awareness. One athlete at a time.
 - ✓ *As we are a co-ed sport, some practice precautions are required for safety purposes.*
- All members of the team will be treated equally. NO forms of hazing will be tolerated!

Practice Injuries:

- The Athletic Training staff at Pinnacle are **not** school employees. They are placed by Banner Health, and are highly trained health care professionals, **specializing** in injuries to athletes.
- All injuries taken seriously. Check in with the coaching staff prior to visiting the Athletic Trainer.
 - ✓ **Always talk to the Athletic Trainer prior to talking to a doctor!**
- If the Trainer decides an athlete cannot compete, **only** the Athletic Trainer can clear them.
 - ✓ *Neither the coaching staff, nor the parents will be allowed to override the Trainer's decisions.*

Practice Attendance:

- Student-athletes are allowed a total of (5) excused absences per season.
- Attendance does not equal participation. Sick, injured, etc. Still expected to be in attendance.
- Absences are submitted by the student-athlete. Parent/guardian communications not preferred.
- Excused absences are submitted in email form ONLY.
 - ✓ *Sick AND missed school*
 - ✓ *Doctor appointment*
 - ✓ *Other required school functions*
 - ✓ *Personal and/or other miscellaneous absences are unlikely to be excused.*

⇒ **Make a COMMITMENT to the season and HONOR it.**
- Excessive tardiness and/or unexcused absences from practice will result in disciplinary action.
 - ✓ *Generally, student-athletes missing practice will not compete in the next competition.*
 - ✓ *After a 2nd unexcused absence, the student-athlete will be placed on a disciplinary contract.*
 - ✓ *After a 3rd unexcused absence, the student-athlete will be removed from the team.*

Additional Expectations & Info:

- Final Exam dates are known in advance ---> Prepare yourself without missing practices.
 - ✓ *After school Study Hall may be required the week before and/or the week of Final Exams.*
- All athletes are expected to attend practice over the holiday breaks (Thanksgiving & Christmas)
- Student-athletes shall **not** participate in practices, sporting events, or other club activities without previously discussing with the Head Coach. *(There is a high likelihood of AIA restrictions.)*
 - ✓ *Student-athletes may not attend Spring Sport practices during wrestling season.*

Cleanliness:

- Shower with antifungal soap within 60 minutes of practice. *Use antibacterial soap at all other times.*
- Keep your workout AND competition gear washed and clean. Use wipes on hard surfaces.
- All forms of fungal or bacterial infections seen in wrestling can easily be prevented.
 - ✓ *Most athletes foot/anti-fungal cream can cure fungal based scenarios without a prescription.*
 - ✓ *Any bacterial or viral based infection will require a doctor's prescription.*

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Equipment:

- Equipment issued to student-athletes must be returned in its original condition at the end of the season. PHSW reserves the right to charge for any ruined, damaged and/or lost equipment.
 - ✓ Warm-up Top ✓ Warm-up Bottom ✓ Singlet(s) ✓ Headgear ✓ Backpack
- Team warmups will be handed out prior to the first competition.
 - ✓ Warmups are **not** to be worn at school, practice, or any other non-competition event.

Competition Behavior:

- The final decision for the Varsity starting line-up will be made by the Head Coach.
 - ✓ *Wrestle-offs are the primary method. Must be within (3) pounds, of the respective weight class.*
- Varsity wrestlers must be on weight for their respective weight class at the time of competition.
 - ✓ Typically, Freshman & JV wrestlers do not weigh-in, **but** some events will require weigh-ins.
- All student-athletes are expected to attend competitions of their respective level to support their teammates (Freshman, JV and/or Varsity), even if not competing.

Sideline Rule:

- Wrestlers are not allowed to leave the team's competition area (bench) during a team event.
- Parents are not allowed to enter the competition area (gym floor) during a team event.
 - ✓ *Athletes AND Parents are expected to treat our high school events in a professional manner.*
- All wrestlers are expected to stay until the last wrestlers finishes competing, the team has had post competition discussions, and are then dismissed by the Head Coach.

Varsity Letter:

- In order to earn a PHSW Varsity Letter, the student-athlete must attain 5 varsity wins during the season. 1 of the 5 wins must come outside of a forfeit. 4 of the 5 wins can come by forfeit which do give the team points. Generally, varsity wrestlers will have the opportunity to wrestle 35-50 matches in the season. The final decision for the Varsity Letter will be made by the Head Coach.

Disciplinary Action(s):

- If disciplinary action is required (*i.e., academic ineligibility, attendance, rule violations, personal infractions, etc.*), the student-athlete will be placed on a 'Personal Wrestling Contract'.
 - ✓ The contract will state the issue, how it affected the student-athlete, and potentially affected his family and/or his teammates.
 - ✓ Contract details will state the conditions required to resume wrestling activities. These may include extra conditioning, wrestling based cleaning, loss of practice time and/or loss of competition opportunities. *We can only learn from our actions if we are aware of them.*

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Off-Season:

North Valley Regional Training Center (NVRTC):

- We recommend that all wrestlers not involved in a Spring Sport, participate in practices with our offseason wrestling club. (*USA Wrestling Membership required*)
 - ✓ *One of the largest wrestling clubs in Phoenix is right here on the Pinnacle Campus!*

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The participation of students in high school athletics, is a privilege that shall be respected, and in turn may be taken away. Student-athletes choosing not to adhere to the PHSW Code of Conduct outlined herein may be subject to the full range of disciplinary penalties including, but not limited to: additional conditioning, suspension, or dismissal from the team. The final decision for any and all disciplinary actions, in regards to PHSW, is at the sole discretion of the Head Coach, unless delegated.

Respectfully,

Zack Surdyka

Head Wrestling Coach

jsurdyka@pvschools.net

***** Please keep the first three pages for your personal records. *****

***** Sign and remove the last page, returning to the Head Coach. Thank you. *****

By signing, the undersigned acknowledges they have read, understood, and will abide by the PHSW – COC.

Student-Athlete (print name): _____

Signature: _____ Date: _____

Parent/Guardian (print name): _____

Signature: _____ Date: _____

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