



## Arlington Storm Wrestling Club WRESTLING ROOM RULES AND BEHAVIOR CONTRACT

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**Instructions: Wrestler and Parent—please read carefully and sign.**

Wrestling is a fun, yet intense sport. With that in mind, there will be certain procedures in place to insure that everyone benefits. Failure to recognize the following may result in disciplinary action or dismissal from Arlington Storm Wrestling Club.

### **While at Practice Wrestlers Will:**

1. Follow all directions of the Coaches—no exceptions
2. Not fight with, mistreat, taunt, or in any way intentionally injure another wrestler
3. Understand that they are there to wrestle, not play
4. Not misuse the facilities or equipment
5. Participate in all activities—stretching, instruction, live wrestling, conditioning, etc.
6. Will work hard on and off the mat to improve themselves and their teammates
7. Will help with setting up and cleaning up the wrestling room each night.

### **Facilities:**

1. Arlington High School and Arlington Independent School District are allowing us to USE their facilities. We must recognize that we are guests and our future use depends on our actions today.
2. Wrestlers will not play on equipment (ropes, peg boards, etc.)
3. Wrestlers and families will clean up after themselves
4. We rent only the wrestling room, all other areas of the building are off limits
5. All wrestlers will help with unrolling and rolling mats

### **Coaches:**

1. All Storm coaches are volunteers and are to be treated with the highest respect
2. Are your wrestling teacher, not your babysitter or playmate
3. Will do everything they can to help you improve, they are to be listened to

Failure to follow these rules will result in you sitting out the practice, sitting out the next tournament, suspension, or in severe cases or with repeated offenses, dismissal. The Coach or Coaches and Club Director will make decisions regarding wrestler discipline.

### **Signatures:**

#### Wrestler

Name (print) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

#### Parent

Name (print) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_