

EAST COWETA WRESTLING

Welcome to the EC Wrestling Family! We are glad that you have chosen to be a part of our tradition of excellence. Please review the wrestler/parent expectations so that we are all on the same page.

PRACTICE TIMES/EXPECTATIONS: Be prepared for and on time to all practices. This includes all practice gear and proper attire. Each wrestler will be in the wrestling room dressed and ready to begin practice by 3:45 pm. Unless previously cleared with coaching staff, do not miss practice. Three unexcused practices will result in removal from the team. Practice time will be until 6:00 each night. JV practice will end earlier than 6:00 on some days. Do not plan to leave early unless previously cleared with coaching staff. **NO CELL PHONES WILL BE ALLOWED AT/DURING PRACTICE.** They need to be secured in your locker/bag.

DISCIPLINE: ISS Policy:

Wrestler spends four (4) blocks in ISS= 1 PRACTICE MISSED.

Wrestler spends eight (8) blocks in ISS= 2 PRACTICES MISSED.

Wrestler spends twelve (12) blocks in ISS= 1 MATCH SUSPENSION

Wrestler spends sixteen (16) blocks in ISS= REMOVAL FROM TEAM**.

DISCIPLINE: OSS Policy:

Wrestler is suspended OSS first offense: TWO (2) MATCH SUSPENSION.

Wrestler is suspended OSS second offense: REMOVAL FROM TEAM**.

SOCIAL MEDIA POLICY:

FIRST confirmed case of taunting, unsporting conduct/inappropriate posts, tweets, or other media posts, or behavior unbecoming of an athlete at ECHS will result in a ONE (1) MATCH SUSPENSION.

SECOND confirmed case = REMOVAL FROM TEAM**.

INCARCERATION: On or off campus = REMOVAL FROM TEAM.

OTHER:

Match/Tournament Ejection: See GHSA guidelines.

Alcohol/Tobacco/Drugs: See Coweta County Student Handbook.

**If a wrestler is removed from the team in any instance, team fees WILL NOT BE REFUNDED.

PARTICIPATION FEES:

Team dues for the 17-18 school year are \$350.00. This fee will help to cover the cost of travel expenses, entry fees, officials, other supplies, awards, and clothing for each

EAST COWETA WRESTLING

athlete. Team dues are expected to be paid in full by NO LATER THAN 11/1/17. **See attached form for fee info, payment info, and ways to reduce cost.

ACADEMICS: Current grades will be checked as of 10/23/17. A three-week grace period will be given from this date. Any wrestler with failing grade(s) as of the first date of competition will be placed on Academic Probation. 1 failing grade = WEEKLY CONTRACT PLAN. Two or more failing grades = NO PRACTICE OR COMPETITION. These grades will be rechecked weekly for progress, but it will be the wrestler's responsibility to meet with teachers in question to set up Unit Recovery, if applicable. They will be responsible for bringing evidence of a passing grade from their teacher to the coaching staff in order to be removed from Academic Probation. We will give the team the following days off to concentrate of their studies. They need to plan to meet with their teachers for any tutoring/unit recovery/etc... on these dates. December 4th, December 11th. We will have a shortened practice schedule during final exams as well. That schedule is TBA. After the semester, we will not take any other pre-scheduled dates off for academic reasons.

EQUIPMENT: Any equipment issued is your child's responsibility. Please wash singlets on COLD and tumble dry on LOW or hang dry. If the wrestler has braces, he will need a mouth piece that covers the braces fully. (i.e. top, bottom, both). You can go to www.dentakit.com and order brace covers that are GHSA approved and much easier to breathe through. You will be responsible for securing an acceptable headgear and wrestling shoes. Suggested headgear: Cliff Keen Signature Headgear. Suggested shoes: Asics Aggressor.

LOCKERS/EQUIPMENT STORAGE: Lockers will be assigned to seniors and team captains (if applicable). There are 50 storage cubbies in the wrestling room as well for the wrestler's to place their bags/stuff each day. We will lock the room down in the am, so each wrestler can store their stuff in the room during the day. Valuables should still be kept on their person during the day to keep theft to a minimum. **ANY WRESTLER CAUGHT STEALING FROM THE WRESTLING ROOM WILL BE IMMEDIATELY DISMISSED FROM THE TEAM.**

TRANSPORTATION: Transportation will be provided for all trips via Coweta County School bus. Wrestlers must be on time to ECHS for weekend dismissal or risk being left behind. If this occurs, the wrestler will need to ride to the given tournament WITH THEIR PARENTS or should stay home. **NO WRESTLER SHOULD BE DRIVING TO ANY AWAY EVENT.**

EAST COWETA WRESTLING

VARSITY LETTERING: To become a varsity letterman, you must score 30 team points during the season. These points can be in dual or traditional format. Any wrestler that has been with the program for at three years and remains in good standing will also earn a letter, regardless of team points scored. The wrestler must be **COMPLETELY** paid in full for the team fees in order to letter. The wrestler must also volunteer a minimum of eight (8) hours to the Tomahawk Junior Wrestling Club throughout the season. They will be responsible for signing in with the junior coaches for each practice attended.

COMMUNICATION: The easiest way for us to maintain communication is through email. **PLEASE** check your email each day, as this is my main way of sending information to you. See the communication sheet that is attached for email addresses, phone numbers, remind instructions, and other media information. Do not hesitate to contact us by any method, but please do not call after 9:00 pm unless it is an emergency.

OVERNIGHT TRAVEL: When staying overnight, room doors will be propped open when occupied. No one shall leave their room once door check has been completed. Wrestlers will not leave the tournament venue or the hotel without consent of the coaching staff. Disciplinary action for doing so can include removal from the tournament and dismissal from the trip. **IT WILL BE THE PARENTS RESPONSIBILITY TO PROVIDE TRANSPORTATION BACK FROM ANY TRIP IF DISCIPLINARY ACTION IS TAKEN.** Only ECHS team members are allowed in any room. Notification of prior rooming arrangements need to be communicated **BEFORE** we leave on any given trip. It is the parent's responsibility to call and secure rooms for any given trip. Ask for the East Coweta rate when calling. One meal per day will be paid for by ECHS wrestling. All other meals are the responsibility of the wrestler. We will do our very best to take drinks/snacks for tournaments as supplies last.

We really appreciate your understanding and desire to be a part of the tradition at East Coweta. Hopefully, by working together, we can make this the best year of wrestling and competition as well as set a standard to always work towards.

Yours in Wrestling,

Matt Ferrari, Chad Kollert, Nathan Oertley, Martin Benavidez, and Buck Roetman.

EAST COWETA WRESTLING

I have read and understand the preceding rules and regulations as they relate to my child and the ECHS wrestling team and agree to abide by them, as presented to me at the parent meeting on 10/22/17, or days thereafter.

Wrestler Name (printed) _____

Wrestler Signature _____

Date _____

Parent Signature _____

Date _____