



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; unexcused
Wrestler spends eight (8) blocks in ISS= 2 PRACTICES MISSED; unexcused
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/Vapes/Drugs: 1st Offense: 2 match suspension. 2nd offense Removal from team



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

PARTICIPATION FEES:

Team dues for the 19-20 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 athlete. There will be a payment schedule that must be followed in order for the athlete to remain in good standing. Fundraising opportunities will be available for each wrestler to earn money towards reduction of dues owed. ****Any wrestler who pays their dues IN FULL by the first payment due date will receive \$50.00 off the cost of their dues. See the payment schedule worksheet that is attached for more info.**

ACADEMICS: Current grades will be checked as of 10/21/19. 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. Any tutoring that needs to take place needs to be set up for the beginning of the week, preferably on Mondays. We will have shortened practice times the week of final exams, however, we will still need to practice as we do have the Coweta Cup during that week.

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 mouthpiece that covers the braces fully. (i.e. top, bottom, both). 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 wrestlers 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.** **There will be ONE out of state event that the varsity wrestlers will need to have their own parents drive them to and from and stay overnight with them.

VARSITY LETTERING: Wrestlers will need to earn 150 points throughout the year that will be used to determine lettering eligibility. See the attached lettering guide to see the point breakdown for lettering. Special consideration will be given at the coaches discretion to letter any wrestler who goes above and beyond to help put the team in a position to be able to win a match/tournament, regardless of their point total. Any wrestler that has been with the program for at least 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.

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.



Lettering Point Values: Must earn 150 total points to letter (summer points carry into the following season)

1 point for each FULL practice attended

2 points for each FULL holiday practice attended

1 point for each varsity match wrestled

1 point for each varsity WIN

1 point for each varsity PIN

5 points for completing a documented and coach approved weight training program: fall or spring semester

2 points for each summer practice attended

5 points for each summer wrestling camp attended

5 points for attending at least one youth practice

5 points for each "A" on semester report card

Negative Lettering Points:

-5 points for each UNEXCUSED practice

-5 points for missing weight

-5 points for each failing grade on semester report card

-5 points for each occurrence of ISS

-10 points for any occurrence of OSS

-20 points for any occurrence of alcohol, tobacco, vape, or drug use



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, Nathan Oertley, Buck Roetman, and Derek Roetman

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 9/15/19, or days thereafter.

Wrestler Name (printed) _____

Wrestler Signature _____ Date _____

Parent Signature _____ Date _____