

# 2022-2023 Team Handbook



**HARD WORK!  
NO EXCUSES!**

## Coaching Philosophy

**Not everyone can be a champion, but anyone can be a winner!**

This means is that anyone who participates in wrestling regardless of age or athletic ability has the potential to be a **WINNER**. A winner is someone who has learned to face a challenge or overcome an obstacle and has persevered to the end. In other words, a winner is one who “has fought the good fight and finished the race.”

Winning has to do with playing to one’s fullest potential. Now one’s potential is not a fixed entity. It is ever-changing depending upon one’s age, emotional maturity, skill development, and physical conditioning. For example, an eleven-year-old boy wrestling in his first match ever does not have the same potential to wrestle as a college athlete competing in his fourth NCAA tournament.

The role of a coach is to know the difference and prepare each athlete to perform at his or her best on any given day. The most important thing is not who has the most points at the end of a match, but who wrestled to his fullest potential.

Success is not always determined by the skill of the wrestler, but by the **will** of the wrestler. “Victory doesn’t always go to the better man, but to the one who thinks he can.” For as a person thinks within himself, so he is. (Ancient Hebrew proverb)

Many great men of history have been amateur wrestlers: Ben Franklin, Abe Lincoln, George Patton, and Norman Schwarzkopf (Commander of the US Forces in the Persian Gulf War) to name a few. All of these men would agree, I’m sure, with Coach Dan Gable who said, “More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill; none have wrestled without pride.”

**Not everyone can be a champion, but anyone can be a winner.**

**Wrestling is a great privilege, *not* a sacrifice!**

**The Supreme Court has ruled that Athletics is a privilege, not a right. Those who choose to participate in athletics must obey the policies set forth by the coaching staff. Please read the policies in this book before you begin.**

## MHS Wrestling Course Description

The high school wrestling curriculum will concentrate on all areas of physical development. Classes will stress the importance of student participation and sportsmanship while learning and performing various skills. We will teach students to be champions on the mat, in the classroom and in life.

### **Assumption – Role of the Wrestlers**

It is important that you understand that we are making four assumptions about you as a Wrestler. If you are not in agreement with these four assumptions and willing to strive toward each of them, then this is not the program for you.

1. **We assume you want to be the best person you can be.** You must understand that you represent The Wrestling Program. Your character is a direct reflection of our program. There are many benefits that go along with being a part of our program. With those benefits, you will be held accountable for your actions. We will help you become the best you can be on and off the mat.
2. **We assume that you expect to graduate with the highest grades that you are capable of making.** You are responsible to yourself, your parents, and the team to strive for the highest grades possible.
3. **We assume that you want to be the best athlete you can be.** Coaches see what you can and should be and will push you to achieve your maximum potential. Coaches can try to motivate you, but the most effective motivation comes from within. The Cardinal Wrestling Staff will encourage you to strive for nothing less than your best.
4. **We assume that you want to be a part of a Championship Team.** Everything about our program is designed to produce champions. You will be expected to practice, compete, and have the discipline of a champion.

### **Coaches' Expectations of Wrestlers**

1. **Sportsmanship.** Sportsmanship in practice and at competitions is held in the highest regard. Moore Wrestling is known for having great wrestlers, and we don't want that reputation dampened by a lack of sportsmanship. Wrestling is a hard sport, and wrestlers must expect their opponents to try their best to defeat them. If your opponent's effort is too much for you to handle in a sportsmanlike fashion, then I would suggest this may not be the sport for you. Referees are human and may make mistakes at times. NO wrestler or parent at any time is to argue with a referee or execute an unsportsmanlike act toward a referee. Only a coach is allowed to confront a referee.
2. **Accountability.** Coaches will do everything they can to prepare each athlete for competition, but it is up to each individual athlete to make the most of the opportunities provided to them. Practice and competition rules will be set by the coaching staff, and each wrestler will be held accountable for following each of those rules. Moore Wrestlers will be expected to hold themselves accountable for their actions, efforts, grades, conduct, successes, and failures. Excuses and passing blame create weakness and will not be tolerated in the MHS Wrestling Program. A person must have the ability to look himself in the mirror and give an honest

evaluation, as well as accept an honest evaluation from the coaches, in order to reach new heights!

3. **Be Coachable.** The success of the Moore Wrestling Program has been built on those athletes who have decided to listen to the coaches. Coaching is a process whereby we, the coaches, challenge another to find his or her own best answers. Through this process, others are forced to think for themselves. It is a process that develops leaders. If every time you are challenged by a coach you make excuses for where you are and why your way is the best, you will never be able to stretch your boundaries. If you truly wish to strive to be the best you can be, it is essential to listen to your coaches and not question them when you are challenged.
4. **Discipline.** All is lost without discipline. If you don't have the discipline to follow the team rules and the guidelines set forth by the coaching staff, you are going to hold yourself and the team back. No one person is bigger than the program or the others on the team.
5. **Respect.** Moore Wrestlers will show respect to all. Treat others as you would like to be treated. This includes fellow wrestlers, coaches, fans, administrators, referees, and so on. You must also respect the practice facilities and equipment. In the weight room, you must always clean up after yourself and use the equipment in the proper manner. In the locker room you must also clean up after yourself. You are expected to keep the wrestling rooms clean and to participate in any setting up or tearing down of equipment.
6. **"Pay the Price"**. Any wrestler who cannot follow the rules and guidelines set forth by the coaching staff must be willing to accept the appropriate punishment. The punishment will depend on the severity and frequency of the infractions. Punishments can be anything from extra conditioning to suspension from the team. The Moore Wrestling Coaching Staff will decide on the appropriate punishment.
7. **Hygiene.** All wrestlers are required to follow the guidelines outlined later in this handout for hygiene.
8. **Nutrition.** All wrestlers are encouraged to do their best to follow the nutrition guidelines outlined later in this handout.
9. **Return all issued equipment.** Singlets and warm-ups will be issued to the wrestlers and are to be returned at the conclusion of the season. If they are not returned in a timely manner, the parents/guardian of the wrestler will be responsible to pay for the singlets and warm-ups.
10. **Security.** The wrestling program will do the following to provide a secure environment. Practices will be held in the new wrestling facility in Victory Hall. To provide a secure environment at the H.S., each wrestler will be provided a locker in the H.S. locker room. Theft is a selfish act that will not be tolerated, but it is the wrestler's responsibility to secure his belongings. Anyone caught stealing will be dealt with by the coaching staff in a severe manner.
11. **Attire.** Wrestlers are expected to follow all district dress code requirements at all times. Wrestlers are expected to wear practice gear at all practices excluding morning lift. Wrestlers are expected to dress in formal attire at school on all home events.

12. **Attendance.** Wrestlers are expected to attend all practices and competitions prepared and on time unless otherwise instructed by the coaches. If you are injured, you still need to be on time to practice and dressed out. The coaches will give you an alternative workout that will not affect your injury. If you are unable to do any physical activity, you still need to be at practice dressed out and should encourage your teammates.
13. **In the Classroom.** The Moore Wrestling Program is a tool to help motivate our wrestlers to do well in school. Wrestling helps students to stay eligible and could possibly provide an avenue to a college education if grades are good enough. There are two expectations concerning your work in the classroom. The first concerns **ACCOUNTABILITY**. Each wrestler will be responsible for the work that his teacher asks him to complete. The second expectation concerns each wrestler's **RESPONSIBILITY** for how he conducts himself in the classroom. Each wrestler is responsible for his own actions. If you break school or classroom rules, you must accept the school's or teacher's punishment. The wrestling staff will be 100% loyal to the school or teacher. We do not consider wrestling punishment to be "double punishment" because of your obligations to your teammates. ISS/OSS situations where you miss practices or matches will be dealt with as unexcused absences.

## Personnel Decisions

Every wrestler wants to start for the Moore Wrestling Team. Unfortunately, not all of you will. The great thing about our program is that our JV Wrestlers have a schedule and are able to get some matches. The coaching staff will determine the starter at each weight class. It is important for wrestlers to understand how we will decide on the starting positions. The following points will influence the coaches' decisions on starting positions.

1. **Performance, Practice, and Wrestle-offs** are the three main determinants in who will be the starting wrestler at each weight class. The goal of the coaching staff is to have the wrestler who will best represent the program in each position. Wrestle-offs alone will not determine the final starting position. If a wrestler is losing to a competitor in the practice room and in a wrestle-off, but is performing better in competition, that wrestler may get the starting spot. If a wrestler cannot show that he is able to compete with a weight class competitor in practice and is not performing up to the competitors' level in competition, there may not be a wrestle-off. The coaching staff has the final say in all wrestle-offs and final starting positions. **If two wrestlers are competing for the same spot and are close in wrestle-offs, practice, and competition, then the following criteria may come into play when deciding on the final starting position.**
2. **Attitude.** The wrestling season can be long and demanding. The best way to make it through the ups and downs of the season is to keep a positive and optimistic attitude. A wrestler's work ethic and attitude throughout the season will be looked at by the coaching staff when determining the starting wrestler of a weight class.
3. **Dependability.** The members of the Moore Wrestling Team depend on each other for many reasons. A wrestler's physical, mental, academic, and behavioral dependability can be criteria considered when determining a starter.
4. **Contribution to overall team.** Wrestling is both a team and individual sport. The coaches will communicate with the wrestlers what is expected of each to help the

team. Team members must be willing to wrestle where it will most benefit the team.

5. **Sportsmanship.** Most people's only contact with our team is on match day. Unsportsmanlike behavior is a bad reflection on the entire program. A lack of sportsmanship can be a determining factor in the final decision on who gets a starting position.
6. **Mental toughness.** For a wrestler to be able to compete at a high level, he must be able to display mental toughness on a consistent basis. A wrestler's level of mental toughness may be weighed when determining the starting position.
7. **Being Coachable.** Wrestling is a sport that is defined by discipline Moore wrestlers need to follow the coaches' rules and guidelines. A wrestler's willingness to follow the rules and guidelines set forth by the coaching staff may come into play when solidifying a starting position.

## Grading

Grades will be demined in a point system. Total points earned divided by points possible.

90-100 A      80-89 B      70-79 C      60-69 D      0-59 F

- Competitive season (October 1<sup>st</sup> -February 28<sup>th</sup>)

Student athletes are expected to participate in wrestling practice from 2:25-5:00pm  
(Practice start/stop times differentiate between men's practice and women's practice)

- Off season (March 1<sup>st</sup> -September 30<sup>th</sup>)

Student athletes are expected to participate in wrestling practice from 2:25-3:11pm

1. Student athletes earn 20 points a day for dressing out and participating the entire length of practice.
2. If a student decides not to dress out and participate. He/she could earn the 20 points by writing a two-page sports related article and make up conditioning.
3. If a student decides to leave at 3:11 during season. He/she could earn the 20 points by writing a one-page sports related article and make up conditioning.
4. If a student is under a doctor's care (excused with current note) and cannot participate in practice, he/she should either
  - Stay for the duration of practice and receive treatment from the trainer;
  - OR
  - Leave early from practice and complete the required assignment (see#3).

## Absences

- **Excused absences with contact** (on remind) signed doctors note. Nothing needs to be made up.
- **Excused absences without contact**(remind) signed doctors note. Conditioning will need to be made up.

- **Unexcused absences with contact**(remind) 0 points for the day. Conditioning will need to be made up.
- **Unexcused absences without contact**(remind) 0 points for the day. Conditioning will need to be made up and a 4x4.

## Returning from Injuries

Before returning to competition, all paperwork must be completed. When an injured player returns, he must demonstrate that he is capable of returning to the mat and will be given every opportunity to win a starting spot. If a starting spot is in contention with another wrestler competing close to the same level, the physical stability of the injured athlete may be criteria that is considered when deciding on starting positions.

## Skin Disease Prevention

Unfortunately, wrestling, like many other contact sports, carries a risk of transmitting diseases. The Moore Wrestling Team takes every precaution to prevent this from happening. It is extremely important for all wrestlers to follow the guidelines described in this handout to protect them from this.

1. ALL Wrestlers must shower with soap and water directly after practice.
2. DO NOT Share or REUSE towels!!! Wash them after every use!
3. If any clothing is left in the locker room, it will be thrown away.
4. DO NOT REUSE workout clothes. Wash workout clothes after every workout.
5. Wash kneepads, headgear, and shoes on a regular basis.
6. NEVER leave your wet shoes or kneepads in your bag over night. Let them dry out.
7. NEVER wear your wrestling shoes outside.
8. Check yourself for rashes and skin abrasions daily and immediately report them to a coach.
9. Wash hands regularly.
10. Use a disease prevention spray or foam on days of competition, and shower after matches.

## Prevention of Illness

Sickness can be prevented or at least kept to a minimum throughout the wrestling season if you take care of yourself. Below is list the coaching staff recommends each wrestler follow throughout the season.

1. Shower *immediately* after getting home after practice.
2. Take a multi-vitamin every day.
2. Get a minimum of eight hours of sleep each night.
3. Maintain your sleep patterns on weekends and don't stay up too late.
4. Take Vitamin C tablets each day.
5. Take ZMA before bed.

6. Don't share drinks.
7. Avoid close contact with others who are sick, and if you are sick keep your distance from others.
8. Wash hands regularly throughout the day.

## **Team Captains**

Within the first two weeks of the season, the team captains will be announced. Two of the team captains will be chosen by the team and the remaining will be designated by the coaching staff. Everyone, not only the team captains, is expected to be a leader!

## **Lettering Policy**

A wrestler will receive a varsity letter if he finishes the season in good standing with the team and received 20 team points. Points are calculated at all varsity and Jr. varsity team events. A wrestler may also receive a varsity letter if he/she is an example of our team standards (determined by the coaching staff). Any wrestler who quits or is dismissed from the team forfeits his letter and all other privileges and awards normally given to Moore High School Wrestlers who are out for the season due to injury will not letter unless they remain a part of the team and contribute (as designated by the coaching staff).

## **Awards Banquet**

Awards handed out at the season ending awards banquet will be nominated by the coaching staff.

## **Team Medical Care Policy**

Our philosophy concerning injuries is two-fold. First, the health and safety of the player is our number one concern. Second, we want to get an injured player ready to Wrestle again as quickly as possible. In the unfortunate incident that a player becomes injured, we have established a Team Medical Policy designed to evaluate and treat the player as quickly as possible. Should an injury occur, we would like to follow this protocol:

1. Evaluation by a Trainer, Team Doctor, or an Assistant Coach (depending on when the injury occurs and upon who is present at the practices or games). Please notify the coaches and/or team trainer if you think you need to go to the doctor so that they can refer you to a sports-minded doctor. Some minor injuries can be evaluated without a doctor's visit. Coach Washington would like to be aware of all injuries and not be surprised.
2. When a wrestler is being seen by a doctor, please relay any information pertaining to the injury to Coach Washington. It is very important that Coach Washington and the rest of his staff are kept up-to-date on the status of all serious injuries.
3. Parents will be notified in the case of any injury serious enough to be evaluated by a physician.
4. A doctor's note will be required for your child to be excused from practice for an extended period of time. However, wrestling is a contact sport, and many minor injuries can occur. The Trainer and/or the Moore Coaches will work with each injury and each athlete on an individual basis and some practice time may be



missed without a doctor's note. Wrestlers are expected to attend practice even if they cannot participate.

## **Emergency Action Plan**

In the event of an emergency, we have established an Emergency Action Plan to handle such injuries.

1. A phone is always available at practices and competitions.
2. MHS has provided the team with a medical kit that is with us at practices and competitions.
3. The coaching staff will have specific assignments concerning their role in the event of a catastrophic injury, such as: who makes the 911 call, who stays with the victim, who stays with the team, who calls the injured wrestlers' parents, and so on.

## **Physicals and RankOne**

You must have a physical examination before you can participate in any Moore wrestling workouts. You will have 2 weeks from the beginning of school to complete RankOne.

## **Sportsmanship**

### **Points of emphasis for those who attend a sporting event.**

One of the greatest perils to athletics is overzealous fans. For athletic programs to provide the best experience for their student-athletes, coaches, officials, and spectators, implantation of good sportsmanship is key. Below are some points of emphasis on sportsmanship that may protect the integrity of athletics and enable fans and participants to better enjoy the contest.

1. Show interest in the contest by enthusiastically cheering and applauding the performance of all teams.
2. Show proper respect for opening ceremonies by standing at attention and remaining silent when the national anthem is played.
3. Understand that a ticket is a privilege to observe the contest, not a license to verbally attack others or to be obnoxious. Maintain self-control.
4. Do not boo or make disrespectful remarks toward players or officials.
5. Learn the rules of the game so that you may understand and appreciate why certain situations take place.
6. Know that noisemakers of any kind are not proper for indoor events.
7. Obey and respect officials and faculty supervisors who are responsible for keeping order. Respect the integrity and judgment of game officials.
8. At all times, stay off the competition area and out of the areas marked for coaches and wrestlers.
9. Do not disturb others by throwing material onto the playing area.
10. Show respect for officials, coaches, student-athletes, and cheerleaders.
11. Respect public property by not damaging the equipment or facilities.

12. Know that institutional officials reserve the right to refuse attendance of individuals whose conduct is not proper.
13. The use of alcohol and drugs will not be tolerated and will immediately be reported to the appropriate authorities. If there is suspicion of alcohol or drug use, Moore coaches are dedicated to honoring the Moore Public Schools Board of Education Policy 2170 to which any suspicion will be immediately reported to the principal. Any suspension and/or search of said student shall be subject to any applicable school policy, state law or student handbook regulations.

## **Discipline**

If at any time a student athlete is not following this handbook, MHS student handbook and/or team standards the following disciplinary action will be taken.

1. First offence the student will get a quick warning from one of the coaches.
2. Second offence the student will have a sit-down meeting with coach Washington and an assistant coach after practice.
3. Third offence the parent will be asked to come to a meeting with the athlete, the coaching staff.
4. Fourth offence the parent will be asked to come to a meeting with the athlete, Coach Washington and the Athletic director and possibly be dismissed from the team.

All disciplinary action will be handled on an individual basis. In each meeting, we will determine a plan of action so that that student can return to practice/competition. Depending on the severity of the infraction more aggressive disciplinary action may be required.

## **Parent's Guide to Wrestling**

### **Parent Expectations**

1. As a parent of a Moore student athlete, you must acknowledge that you are a role model for your child. Remember that high school athletics are an extension of Moore's academic mission, and serve educational, developmental, and health purposes in the life of your child. As a parent, you must show respect for all players, coaches, officials, and supporters of your child and participating institutions. You accept and understand that the spirit of fair play and good sportsmanship are expected by MHS at all athletic events on and off campus. You need to accept your responsibility to be a model of integrity and good sportsmanship that comes with being the parent of a Moore student athlete.
2. Take ownership of your part in this program. Make sure your child attends every function, workout, and practice, prepared and on time.
3. Monitor your child's academic progress and make sure he completes his assignments on time. A typical high school student will have homework or something to study each night.
4. Respect all rules and guidelines set forth by the coaching staff and support disciplinary actions taken on your child by the coaching staff.
5. During competitions, please stay in the stands and cheer on all members of the Moore Wrestling Team.

6. In coordination with OSSAA's new, *Suspension from Athletic Activities for Unsportsmanlike Behavior Rule*, fan behavior that is considered "egregious" unsportsmanlike behavior could directly affect the eligibility of the wrestling team. As such, it is important to acknowledge that the behavior portrayed at any wrestling event, including but not limited to, practices, duals, tournaments, or team/booster meetings will be expected to reflect the same expectations set forth by OSSAA. Disorderly conduct will not be tolerated. As role models to which our athletes look to for guidance, the importance of practicing this rule consistently is vital to the success of our team and eliminates any worry or concern of parent actions adversely affecting the progression of our team.
  1. First offense – Verbal warning given by wrestling coaches.
  2. Second offense – Individual will be dismissed from event.
  3. Third offense – Individual will be placed on suspension from future events pending discussion with coach and Athletic Director.
  4. Fourth offense – Individual will be placed on suspension from future events for remainder of wrestling season.
7. Make a deposit into your child's life and join the Moore Wrestling Takedown Club. This organization's sole purpose is to benefit your son/daughter while he/she is part of this program. WE NEED HELP!
  - a. If you have any questions or concerns about our program, please go to Coach Washington first. Please do not go to the Principal, Assistant Principal, Athletic Director, or Assistant Coaches; they will refer you to Coach Washington. You may contact coach Washington at 405-326-7931. If you cannot reach him, please leave a message and he will return or respond to your call as soon as possible.
  - b. Please do not approach the coaching staff with a problem directly before competition or practice, during competition or practice, or directly after competition or practice. Please be aware that the Moore Coaching Staff will not discuss matters of other athletes with you.

At any appropriate time, Coach Washington will, in a civil manner, discuss the philosophy behind the policies in this handbook and ways that we can improve your child's performance in the classroom or on the mat.

## **Promoting a Positive Athletic Experience: The Parent's Guide**

By: Greg Dale, Ph.D., Mental Training Coach, Duke University

1. Be the best supporter and role model you can be. You, as parents, will have a bigger influence on your child's life than **anyone** else.
2. Communicate with your athlete and find out **his/her** goals in the sport. These goals may be different than what you want. Intrinsic motivation is much stronger than extrinsic motivation!
3. Let them know that anything worth achieving is going to take a lot of hard work.
4. Support your child and be realistic in his/her ability and skill level and encourage them to strive to higher levels. **DON'T** compare your athlete to others!

5. Show **unconditional** love and support for your child NO MATTER how he/she performs!!!! Realize that nobody loses on purpose.
6. Let the coaches be the coach. The worse thing to have to overcome is a confused athlete during or right before competition.
7. Encourage your athlete to be a leader. Let **him/her** communicate with the coaches and let **them** make decisions.
8. Don't make excuses for your athlete.
9. Game Day Rules:
  1. Passionately cheer and support your wrestler and the team.
  2. Please stay off the competition floor and out of the wrestler's corner.
  3. While in the stands be positive. Don't yell criticisms or do anything to draw attention away from the athletes and toward you.
  4. While your athlete is competing, please don't make an effort for the athlete to focus on you rather than the coach. Once again, we don't want a confused athlete.
  5. Please refrain from yelling derogatory comments to the officials, fans, or anyone else involved in the event.
  6. Let the coaches deal with referees. I have never seen abusing a referee lead to a positive reaction.
  7. Let the coaches coach and please don't interfere with coaches during competition.
  8. Support the coaches' decisions and any disciplinary actions by the coaches.

**Thank you for allowing your child to wrestle for us. We know that each wrestler will become a better person for being in our program.**

## Contact information

<u>Name/Title</u>	<u>Contact Number</u>	<u>E-mail</u>
<b>Robert Washington</b> Wrestling Head Coach	405-326-7931	<a href="mailto:robertwashington@mooreschools.com">robertwashington@mooreschools.com</a>
<b>Tim Thomas</b> Assistant Men's Coach	405-882-0518	<a href="mailto:timothythomas@mooreschools.com">timothythomas@mooreschools.com</a>
<b>Cory Wilson</b> Assistant Men's Coach	817-676-1967	<a href="mailto:corywilson@mooreschools.com">corywilson@mooreschools.com</a>
<b>Matt Douglass</b> Women's Head Coach	405-882-0518	<a href="mailto:matthewdouglass@mooreschools.com">matthewdouglass@mooreschools.com</a>
<b>Sarah Simmons</b> Assistant Women's Coach	806-341-8743	<a href="mailto:sarahsimmons@mooreschools.com">sarahsimmons@mooreschools.com</a>
<b>Steven Jackson</b> Junior High Head Coach	405-659-9185	<a href="mailto:stevenjackson@moorschools.com">stevenjackson@moorschools.com</a>
<b>Memory Taylor</b> Moore Takedown Booster President	405-415-5244	<a href="mailto:info@mooretakedown.org">info@mooretakedown.org</a>

**Join Remind** Text @lionswrest to 8101

Handbook can be found @ <https://mooretakedown.org/program-handbook>

**Most people come in contact with this program solely through the wrestlers, coaches, parents, and fans at competitions. How we act will stick with them. Let's all be a class act!**

# **HARD WORK! NO EXCUSES!**

**I have read and understand the Moore wrestling Handbook. By signing below, I agree to follow the rules and guidelines set forth in this handbook to best of my ability and accept the consequences for not following these rules and guidelines handed down from the Moore Wrestling Staff and/or MHS Administration. I also understand that one parent/guardian signing this holds both to this agreement.**

**Parent/Guardian** \_\_\_\_\_  
**Print Name**

\_\_\_\_\_  
**Signature**

### **Athlete's Pledge**

To be a member of this team, I know it is an honor and a responsibility. I am no longer an individual; I am a part of a family. Within the family is a brotherhood/sisterhood. Being a part of this Team has its costs and responsibilities. I make my commitment to uphold and protect the legacy of my family and my brotherhood/sisterhood.

I know that when I take the mat I represent all those that came before me and that have worn the colors of my school and all those that will come after me.

Now it is my time in history. I pledge that before I leave, history will remember me as a champion both on and off the mat.

**I Promise to Follow These Vows, Rules and Guidelines set forth in this handbook.**

**Wrestler** \_\_\_\_\_  
**Print Name**

\_\_\_\_\_  
**Signature**

**MOORE WRESTLING  
PHOTO RELEASE FORM**

I hereby grant permission to *Moore Wrestling* to use photographs and/or video of your wrestler in publications, news releases, online, and in other communications related to the mission of *Moore Wrestling*.

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(Signature of Adult, or Guardian of Children under age 18)

Name

Address

Phone (day)

(evening)

Email Address

**Thank you!**