

Oak Lawn Spartans Wrestling



Team Rules

1. Attend every practice. (Exceptions = after school academic help, doctor/dentist appointment, go home sick [must tell a COACH before leaving], family emergency [note from parent/guardian needed],...other situations at coach's discretion). *If you are wondering if you have a reason that qualifies as "excused", it's probably best to ask a coach. **Being placed on social suspension or repeated weeks being ineligible can lead to dismissal from the team.***

2. Attendance policy for varsity wrestlers:

A. first unexcused absence = warning

B. second unexcused absences = warning

C. third unexcused absence = kicked off the team

***Coaches reserve the right to dismiss any wrestler not putting forth the effort we require or for any practice disruption at any time... being booted from practice is considered an "UNEXCUSED ABSENCE".

3. Everyone will be to practice on time, unless excused. Anyone late to practice will make up missed time by running on Saturdays. Practice is pretty much regularly scheduled from 3:15-5:30/6 pm during the week if we have school. Non-school days and Saturday practices are held from 8am until 10-11am. Study tables are mandatory for those meeting the criteria.

4. Everyone on the team attends home meets; everyone on the team helps to set up and clean up after meets.

5. Everyone attends away meets (not tournaments) and rides the team bus to away meets (everyone weighs in!); everyone rides the team bus home after away meets--school rules apply to waive this rule. **Huggy Rule: Those missing the team bus will not wrestle at that meet.**

6. Coach Long will be notified as to which weight *each student-athlete plans* to wrestle at for the upcoming week(s); each wrestler is expected to weigh-in at that specified weight class that *they* commit to.

7. Missed weight policy:

- A. one missed weight = miss one meet, in addition to the missed weight meet
- B. two missed = same punishment as above
- C. three missed = kicked off the team

**WEARING PLASTIC SUITS IS STRICTLY FORBIDDEN AND IN VIOLATION OF
IHSA RULES**

8. Do **NOT** lose us team points. (For example: bad sportsmanship, improper equipment, throwing headgear, swearing, unprepared to wrestle, etc.)

9. During meets (excluding tournaments), no one changes out of uniform until all of your teammates are done wrestling and the meet is over. **Your uniform, including warm-up is to be worn during competitions. No cell phones on the team sideline during competition.**

10. The following will not be tolerated: F-bombs, hazing, inappropriate behavior--like stealing. **Incidents of hazing and theft will be investigated and could result in dismissal from the team.**

11. Give 100% at ALL times.

12. Ultimately, the starting lineups at all three levels will be determined by the coaching staff. Wrestle-offs will factor into that decision, but may not be the sole determining factor.

All wrestling practices begin at 3:15-3:20 pm every day.

All wrestling practices end between 5:00-6:00 pm every day.

All Saturday practices will begin at 8:00am, unless otherwise noted on the calendars that are distributed to the athletes as well as posted in the locker and mat rooms.

All Saturday practices will end between 10-11am.

If you cannot make it to practice, you must inform Coach Long, or Coaches Robinson, Arthur, or Probst no matter what the circumstances may be. Additionally, to have a missed practice be excused, an email must be sent with a time-stamp *prior* to the beginning of that practice!

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Parental/guardian signature(s)

Wrestler's signature

