

# ALTON REDBIRD WRESTLING

## Attendance Expectations/Policies

**ATTENDANCE:** Regular attendance is required for all practices and meets.

### PRACTICES:

#### Absences-

-If missing a practice FOR ANY REASON, please notify coach Roberson PRIOR TO THE ABSENCE. Advanced notice is required. Please note all contact numbers and emails on the season calendar and match schedule. Otherwise, it will be an UNEXCUSED absence.

\* 1<sup>st</sup> Unexcused Absence- Will result in conditioning after practice.

\* 2<sup>nd</sup> Unexcused Absence- Will result in conditioning after practice AND suspension from competition.

\*3<sup>rd</sup> Unexcused Absence- Will result in dismissal from team.

**TARDIES:** Wrestlers are expected to be at practices, meets, home meet check- ins, and bus departure times at the notified time.

### Practices:

- 1 Tardy to practice/week- stay after that practice for extra conditioning.
- 2 tardies to practice/week- stay after practice for 5 consecutive days for conditioning.
- 3 tardies to practice/week- suspension from competition.

### Meets:

>Tardy to meet check in= Penalty at the end of each practice for one week.

> 1 unexcused absence for any meets = Suspension from competition.

> 2 Unexcused absences for any meets = Dismissal from team.

\*Missing weight for a meet = 300 Hit-Its at the end of practice.

Signed (Wrestler): \_\_\_\_\_

Signed (Parent): \_\_\_\_\_