

Redbird Wrestling : Commitment Contract

Congratulations on your decision to be involved in one of the most challenging yet rewarding sports. As you know, the decision to join the wrestling team means commitment to the program, coaches, and your teammates. At Alton High School, we take this commitment very seriously. This contract must be signed by you AND your parent/guardian before you can be on the wrestling team. PLEASE READ AND SIGN BOTH SIDES OF THIS FORM.

With your decision to wrestle at AHS , you will agree to the following:

- I will agree to make **ALL** scheduled practices and meets, unless your absence has been authorized by the coaching staff BEFORE THE ABSENCE OCCURS.
- I will represent Alton High School, my coaches, my teammates, my parents, and myself in a manner which follows the Athletic code of conduct.
- I will maintain average or above average academic standing and use appropriate behavior in the classroom, hallways, and at other venues we may be competing at.
****ATHLETES ARE HELD TO A HIGHER STANDARD****
- I will arrive to practices and meets at the designated times with the appropriate equipment, dress, and uniform.
- I will show support for ALL my teammates during matches , and sit as a team on the team bench, and encourage whoever is wrestling AND have my cell phone and/or all electronic devices out of sight. Ear buds may be used during your warm ups if on deck or in the hole.
**** wrestlers are required to stay until the meet ends, and ride team bus home****
- I will make every effort to practice at a level that will make myself a better wrestler, and help my teammates to improve.
**** Remember.....Practice does not make perfect,, PERFECT PRACTICE MAKES PERFECT.****
- I will fulfill my commitment to complete the season, because **"IF YOU START SOMETHING, YOU SHOULD FINISH IT"**
- I will follow the hygiene rules of the team, including showering daily after practice, changing and washing workout clothes daily.
- If your name appears on the **weekly athletic grade check sheet** with a D or F:
1st time= Warning
2nd time or more = Conditioning after practice
ELIGIBILITY: Wrestlers who are academically ineligible for 3 consecutive weeks will be dismissed from the team.

IF I AM UNABLE TO FULFILL THE TERMS OF THIS CONTRACT, I UNDERSTAND THAT I MAY RECEIVE CONSEQUENCES AND DISCIPLINARY ACTIONS.

WRESTLERS SIGNATURE : _____

PARENT/GUARDIAN SIGNATURE: _____