

## **Chantilly Wrestling Team Rules (2015-2016)**

### **1. School First**

- a. Follow school rules at ALL TIMES.
- b. Having a "D" or an "F" in a class is unacceptable. Create a plan with your teachers, coaches, and family to get you on right track.

### **2. Attitude & Respect**

- a. No swearing. There is no situation in which this appropriate.
- b. Always respectfully shake the hand of the opposing wrestler, the opposing coach, and your coach, before and after each match.
- c. Always show respect for the referee. The main objective for the referee is to keep you safe. When this objective is jeopardized it is then the job of the coach to interact with the referee, not the wrestler's job. Speak to the referee when spoken to; otherwise there is no need to talk to the referee.
- d. Respect the sport of wrestling through your attitude. Keep a positive attitude.
- e. Carry yourself with pride as you represent Chantilly Wrestling

### **3. Attendance**

- a. Follow the practice calendar times and dates.
- b. Be dressed and ready for practice on time. Make it a goal to arrive early.
- c. School dismissal is at 2:55PM. You must be in one of 2 places:
  - i. With a teacher seeking after school help. You must bring a note after you leave that teacher.
  - ii. In the wrestling room/weight room with the team
- d. Lack of attendance will result in a decrease of matches and tournaments.

### **4. Equipment**

- a. Be responsible and respectful for team equipment.
- b. WASH UNIFORMS IN COLD WATER. DO NOT USE THE DRYER. AIR DRY OR HANG DRY ALL SINGLETS AND JACKETS.
- c. You are responsible for turning in all uniforms at the end of the season. A lost item will result in paying for that lost item

### **5. Headgear**

- a. Headgear will be worn at all times during practice.
- b. The only exception to headgear is the first week of practice.
- c. Headgear will be worn during conditioning unless otherwise noted.

### **6. Receiving a Varsity Letter**

- a. Must wrestle a minimum of 10 varsity matches and must finish the season in good standing.

### **7. Weight Management & Nutrition**

- a. Please follow the instructions of your coaches and athletic trainers regarding weigh-ins and weight management.
- b. No tolerance for illegal and unhealthy methods of losing weight.
- c. A wrestler must eliminate, or dramatically reduce, the intake of items like candy and soda.
- d. Absolutely no energy drinks!
- e. Discuss a nutrition plan with Coaches or the Athletic Trainers. We will have a dietitian coming in to speak.

### **8. Communication**

- a. Communication is the key! Coaches must be made aware of all situations and issues. Everyone must be honest and accountable.

### **9. FCPS Participation Policy and Chantilly Wrestling Policy**

- a. There is ZERO TOLERATION for alcohol, tobacco, other drugs and steroids. Use of any of these substances will result in immediate dismissal from the Chantilly High School Wrestling team.

**Student's Printed Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Student's Signature:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_