Patriot Wrestling 23-24’ Team Rules:

1. Be on time and be a good neighbor. If you are going to be late or miss practice, send myself, Coach Fisher and Coach Hildreth a note. Telling your teammate does not count as notification. Continued unexcused absences will prevent you from competing and can lead to dismissal.
2. Bring the right equipment: clean gym clothes, shoes, headgear, dual sided mouthpiece (if you have braces) and water bottle.
3. Shoes, worn in the practice room or at competitions only, not outside. Hand carried.
4. Practice good hygiene, shower after practice, change out your clothes after every workout. Keep your fingernails trimmed, facial hair neat. Hair should be cut to length as to not interfere with wearing headgear or cover your eyes.
5. Breaks during practice, we will take them together, if you need to leave the room for any other reason (i.e. trainer), check out with a coach.
6. Respect:
   1. Your coaches- when we are talking, you are listening with both your ears and your eyes
   2. Your teammates- be a good partner, help them during technique time and knowing when to push during live drills, support each other
   3. Referees- they make good calls, they make bad calls. Coaches advocate for you if they make a mistake. You should never challenge a ref, if you do, you can be suspended from competition
   4. Your opponent- Win with humility, lose with grace. These are opponents, not enemies. Could easily be your teammate if they had a different zip code
   5. The sport- Use good judgment, don’t do anything that would harm your reputation, the team’s and Patriot HS. No profanity or slurs, they can cost you penalty points, suspension and just reflect poorly on your ability to communicate
7. Communication. The coaches will communicate through the team’s webpage or via email. If we contact you, the other coaches will be copied on the note. If you write to us copy your parents.
8. Team Communications and Social Media. Keep it to team information, no toxic communications, bullying or disparaging each other or other schools.
9. Weigh in/out at every practice. Keep track of your weight allowances and weight control plan
10. Academics come first. If your parents tell you that you need to back off practice or competitions to catch up on grades, do it. We will support their decision and hold you out until they are comfortable that you are in the right spot. You are a student first.
11. No phones or headphones in the practice room. Too much of a distraction, if you are caught, first time is a warning, second, you will be excused from practice. We need your attention and focus for the time we have.
12. Everyone rolls out mats to get the room ready, everyone rolls up to recover the room. No one is dismissed until we get it done, goes back to respecting your teammates