

Coach Durning's RULES & EXPECTATIONS

Wrestlers must have a USA Wrestling Card that is current. If you are 18 years of age or older you must also be SafeSport Certified.

NO STREET SHOES on Wrestling Mats. WRESTLING shoes ONLY. This applies to EVERYONE!

Be ready to wrestle on time: wrestling shoes on, athletic attire (no zippers, hard plastic, metal, buttons, hooks, jewelry, etc. or anything that might injure someone).

Wrestlers are expected to come to practice ready to listen and learn. This is not a playground.

Parents' behavior during practice: No input during practice. Let me coach. I am available outside of practice if you need to talk, and you may set a time to discuss any concerns.

Illness: skin, viral, or otherwise. DO NOT come to practice. Sharing may be caring, but not here! STAY home.

Rules for food and beverage in room and during practice: water only, unless there is a medical reason, then let me know ahead of time.

Bags and personal belongings will have a designated spot TBD.

Parents or whoever is picking up your athlete(s) must be on time. After the first 5 min. you are late, there will be a \$5 late pick up fee.

Any athlete needing to come to practice late or miss practice, should communicate with me via the sportsYou App under Highlander Wrestling Club.

***Violating these rules may, and likely will, result in being asked to leave practice; students and parents alike.

Parents and athletes please sign and date that you have read and understand the above. Include a copy of your USA Wrestling Card.

Parent Print Name and Sign

Date

Athlete Print Name and Sign

Date