

TEAM RULES AND EXPECTATIONS

1. Wrestlers are expected to maintain acceptable academic standing. Beaverton eligibility requirements state you need to have a 2.0 GPA and no more than one F in order to compete. (Quarter grades will count for Winter sports, with another grade check 6 weeks later).
2. All wrestlers will do grade checks. Calls will be made home to parents of athletes not meeting academic standards. While we will not have an official "Study Hall", wrestlers can meet with teachers after school and bring a signed note from the teacher with time on it late to practice.
3. Wrestlers are expected to be in **every** class **every** day. Wrestlers cannot practice if they have an unexcused absence from a class and cannot compete if school is missed that day.
4. Wrestlers are expected to treat all teammates, opponents, coaches and officials with respect. Any "**Hazing**" will not be tolerated and will be followed with immediate disciplinary actions. Please let coaches know immediately if there is a problem. There is also no "Horseplay" or wrestling in the room before or after practice when coaches are not supervising.
5. Wrestlers are expected to attend all practices and competitions, unless you prearrange your absence. In case of an emergency or if you are sick, notify Coach Phillips immediately (503-508-4738/brett_phillips@beaverton.k12.or.us).
6. If you miss a practice (including excused absences), you will owe one makeup practice on the next Tuesday from 5:15-6:00 to stay eligible for the next competition. One Tuesday practice will make up for any and all missed practices from the previous week. Helping at a youth practice will result in earning service-learning credit, but will not make up for a missed practice.
7. Absolutely no drugs or alcohol.
8. When coaches come into the room, we expect your undivided attention.
9. Wrestlers must be in practice gear, have wrestling shoes, running shoes/tennis shoes for team runs, and headgear at all times. Shirts must be tight and tucked in.
10. Absolutely no boxers must have a jock or tight briefs. No jewelry/earrings. For your own safety.
11. Hair must be cut short, cannot touch a normal shirt collar. Sideburns cannot extend past the earlobes. Bangs cannot extend below the eyelashes.
12. Must shave and trim nails, especially on meet days or you will not be allowed to wrestle.
13. Must wear this year's team gear on match days, or you will not be allowed to wrestle.
14. No baseball hats or any hats other than Mountainside Wrestling hats/beanies on match days.
15. Don't leave the practice room for any reason unless you have asked a coach.
16. Keep your locker and team room clean at all times.
17. Buy a lock for your locker!
18. You must wash your gear every night! Do this to avoid infections and to be courteous to others.
19. If you wear braces, you must purchase a mouth guard. You cannot wrestle in competition without it.
20. Must shower after **every** practice with antibacterial soap.
21. Must weigh in and out of every single practice and fill in weight before and after practice.
22. You are responsible for your singlet and headgear checked out to you. There also may be extra varsity gear issued to you. These are expensive and if lost or damaged you will be required to pay for them.
23. Wrestlers will ride to and from meets/tournaments on the bus.
24. Wrestlers must sit together in the bleachers and support their teammates by yelling as loud as possible (Positive and Appropriate).
25. Only Varsity wrestlers on the bench during Varsity competitions. Do not leave the bench for any reason unless you have a coach's permission (No food on the bench, water or Gatorade is ok).
26. Inappropriate behavior or language will not be accepted!
27. Absolutely no spitting or using plastics, rubber suits, or saunas to cut weight!
28. If a wrestler does not make weight for a given competition, he will forfeit his position in a following competition.
29. Absolutely, Positively No Complaining! Wrestling is about preparing your Body and Your Mind to compete with 100% efficiency.
30. Have fun! Do your Best! Set Goals and Achieve those Goals!

*Violation of team rules may include staying after practice for missed time, suspension from practice or meets, or removal from the team.