**ATTENDANCE**

* **Wrestlers** are required to attendall meetings and practices unless prior arrangements have been made. **Attendance rule**: **(3) unexcused absences** will need a meeting w/wrestler and parents to discuss discipline, AD will be informed. **(4) Unexcused absences** the athlete will be dismissed from the team. A wrestler must attend a full day of classes in order to participate in practice or matches, unless prior arrangements have been made with an administrator.
* **Disciplinary Hours** given by an administrator will be treated as an unexcused absence. \*\*You are still required to attend that day’s practice after your time is made up. If wrestling is important to you, you will not get any hours.

**CONDUCT**

* **Exhibit good** conduct during matches and tournaments. Good behavior is also expected in the classroom and at all school related activities. You not only represent our School, but our Team, our Coaching Staff and your parents/guardians.
* **Unsportsmanlike conduct** by an athlete during any match will result in immediate disciplinary action administered by the Head Coach. This could result in “sitting out” of a league match, a tournament or forfeit of next match in a tournament. *(Examples of unacceptable behaviors):*

**Emotional outburst** -- throwing head gear or damage to school or other’s property.

**Profanity –** will not be tolerated by any wrestlerfor any reason.

**Retaliation** – because you felt your opponent was taunting you.

These examples also apply to our fans. Unsportsmanlikecomments directed at other teams, coaches or referee’s is reflection on our program. The WIAA emphasizes good sportsmanship in all contests. **Take control of your emotions.**

* **Respect** for coaches and teammates. This means carrying out all demands made by the coaching staff and team leaders in a way that shows your commitment toward a successful program.
* **Disciplinary actions for unacceptable behavior** will be progressive and are as follows: **(1)** Verbal Warning, **(2)** a Written Warning will be given to the athlete and parent/guardian to be signed and a copy will be given to the Kentridge Athletic Director (AD), **(3)** 1 week Probation will be given and a signed copy will go to the athlete, parent/guardian and AD, **(4)** The athlete will be **Dismissed** from the team. ***The Head Coach will hold a conference with the athlete being dismissed, parent/guardian and AD.***

**SMOKING, DRINKING OR USE OF ILLEGAL DRUGS WILL NOT BE TOLORATED!**

* Use of any of these items can be harmful to the individual and decrease athletic ability. Athletes who violate this rule face immediate disciplinary action. A conference with the Head Coach and Kentridge High School Administration will determine the disciplinary action administered according to KSD Athletic Regulations. ***KSD Student Athletic Handbook*** Athletes will agree to sign the athletic contract regarding training rules and the subsequent disciplinary action should a violation occur. (Athlete and parent/guardian will sign and return. This will remain on file in the Kentridge High School Athletic Office).

**ELIGIBILITY RULES**

* Please review ***KSD Student Athletic Handbook***- Students earning 2.0 or above cumulative GPA or a 2.0 GPA in the preceding semester will be eligible for immediate participation. Students in this category must maintain passing grades in (4) fulltime subjects based on a mid-term grade report (i.e., the ninth week report).
* If the student athlete does not maintain this requirement, he/she will be placed on athletic probation. The probation period will affect your participation. Following a probation period, grades will be checked weekly to determine eligibility.

**VARSITY/ JV**

* Traditionally a wrestle off will be held each week leading up to a match or tournament for available spots on the Varsity/JV team. If time becomes a factor, it is up to the discretion of the Coaching staff to determine who wrestles that week.
* Head coach or Assistant coach will referee and score the match.
* If a spot is held in the line-up for more than 2 weeks, anyone who challenges for that spot will have to win 2 out of 3 matches.
* If a Varsity wrestler has been injured, that wrestler still retains in that varsity spot.

**VARSITY LETTER**

* If you participate at the Varsity level for **10** or more matches and complete the full season you will receive a letter.
* If a Varsity wrestler completes **10** or more matches and then is injured during the season, determination of a letter will be considered on a case by case basis.
* If you wrestle in the League Tournament at the end of the season, you will receive a Varsity Letter.
* ***Iron Charger*** = Varsity Letter. This will be given to individuals **that do not miss any practices or matches, no excuses.**

**PARTCIAPTION IN OTHER SPORTS/PROGRAMS**

* Any student athlete who participates during the season in a program outside of Kentridge Wrestling, i.e., club sports, the #1 priority needs to be your school team. The club team cannot take precedence over the athlete’s current season schedule.

**PARENT PARTICIPATION**

* Please allow the coaches to coach your wrestler. During league matches and tournaments, **ALL PARENTS** are to remain seated in the stands and are not allowed on the mat.
* Although we appreciate your support, please allow the Kentridge coaches to coach each wrestler. It becomes confusing and difficult for the wrestler if they have too many “coaches” instructing them during their match.
* The coaches have the best intentions for all wrestlers and will instruct as they feel appropriate.
* If you have an issue with a coach, a referee, or another wrestler please bring all concerns to the Head Coach.