

SYA WRESTLING - WRESTLERS & PARENTS CODE OF CONDUCT

1: STUDENT ATHLETES

Wrestlers are student-athletes and student comes before athlete.

School work comes first, and time management is a part of their discipline of being an athlete.

Poor grades and missed practices due to school work will be grounds for discipline from the coaching staff.

2: SPORTSMANSHIP

Sportsmanship will be a requirement from both wrestlers and parents. *Swearing and fighting* will not be tolerated and will be dealt with on a case by case basis and can result in loss of a JV/Varsity spot.

This also includes throwing of headgear after a loss. Punishment will be fair and consistent.

We ask that *parents show sportsmanship* during our matches. *Yelling / cursing at referees will not be tolerated*. The head coach will deal with any issues concerning refs and/or opposing teams.

3: DEVELOPING ATHLETES

Winning will be stressed but is not the “end all” for our youth team. We are committed to teaching your children the tools they need to succeed at the next level. No one remembers an undefeated 5th grader but a high school state champion is remembered forever.

4: PRACTICE SCHEDULE

In season practices will be held three days per week on Monday, Wednesday, and Thursday from 6 pm- 8 pm. It's is very important that practice begin (all wrestlers on the mat) by 6 pm. Please plan on arriving by 5:45 pm. All wrestlers are required to attend at minimum 2 practices a week. *Failure to meet this requirement may result in suspension from the team*.

Novice Wrestlers

Given the diverse skill levels our Novice (1st & 2nd year wrestlers) will practice only on Monday and Wednesday Practices from 6 pm - 7:30 pm. Please note that depending on ability, a Novice Wrestler may be extended an invitation to come to Wednesday Practice.

Junior Varsity (JV) and Varsity

Varsity and JV will practice on Monday, Wednesday, and Thursday.

5: SICKNESS AND INJURIES

If your child is injured and cannot practice, we would still like him/her to attend practice. There may be some techniques or drills taught that may be helpful to watch.

If your child is sick, we just ask that you email wrestlingsya@gmail.com *to let us know ASAP.*

At the discretion of the coaching staff you may be required to provide a physician's note for an excused absence.

It is especially important for matches. The coaching staff will have to shuffle line-ups that can have an effect on other wrestler's end of year standings.

6: PRACTICE CANCELLATIONS / INCLEMENT WEATHER

During inclement weather, please monitor your e-mail. Depending on the conditions the SYA Wrestling Program may cancel practice.

If schools are cancelled due to weather, the SYA Wrestling Program can not hold practice.

7: ALTERNATE PRACTICE LOCATIONS / SHS HOME MATCHES

Practices may be moved to an alternate location with due notice. These locations can include the high school during home wrestling matches and other local VEWL Teams.

It is expected that your child attends these practices.

Whether its watching high school caliber wrestlers or getting extra mat time with another Team both are incredibly effective way to learn the sport.

Our intention as a youth program is to hopefully provide skilled young wrestlers for the high school wrestling program.

By participating in these practices and supporting our high school wrestler at the SHS home matches is a great way to start the path for a bright future as a wrestler.

8: WRESTLER HYGINE

All wrestlers must shower when they get home from practices and matches. This is to promote cleanliness and to minimize risk against sickness and skin infections.

9: WRESTLING SHOES AND CLEANLINESS

Do NOT wear wrestling shoes outside. If you are a parent going into the wrestling room, you must remove your shoes prior to entry. Our mats are cleaned daily, and we ask that you observe these rules for the safety of our wrestlers.

Monday SHOE CLEANING (mandatory): Come early Monday to CLEAN your wrestling shoes... spray and paper towels provided

10: HEADGEAR

Headgear must be worn at all times unless otherwise instructed by the coaching staff.

11: THERE IS TO BE NO COACHING OF YOUR OWN CHILD

The SYA Wrestling Program understand you want your wrestler to get the most out of every practice.

In general, you as a parent do not know enough about the sport and we've seen it time and time again where the parent is yelling at the wrestler to do something, we either do not approve of or do not teach.

Take your emotions out of it. It is your kid's activity, not yours. Yelling at your child will only distract him from the task at hand. We do not want the wrestler to be so distracted with his parent that he cannot concentrate enough to have a good practice.

Take a step back, and let your wrestler focus on why he's there. Allow your wrestler to do it for himself, not because he's trying to please his parent. You will get more out of your son/daughter by doing this, we promise.

12: THE WRESTLING ROOMS

Practices sessions in the Main wrestling room accessed directly from the front entry room is NOT open to parents. Due to factors of noise level, distraction, and space needs/safety parents are asked to remain in the front entry room.

We will keep the doors open as long as the noise level from the front entry room is not a distraction to the coaches and wrestlers.

Also, the Falcon Wrestling Club (the parent wrestling booster club) has installed a TV monitor and camera that provides a view into the wrestling room.

Please sit back and watch the coaches coaching your children.

13: PARENTS ARE WELCOME TO STAY!

Parents are welcome to stay in the front entry room. If you bring any other children that do not wrestle, please watch them if they are waiting in this area as we still have weight training equipment in this area. There are a lot of pinch points, metal fixtures and heavy objects, and we want to avoid any injuries.

14: DRUG FREE CAMPUS

Our practices and matches are held within school grounds therefore, smoking, the use of e-cigarettes, smokeless tobacco, and the consumption of alcohol are prohibited.

15: DETERMINING TEAM SPOTS

Varsity and Junior Varsity spots are earned, not given. Each child will wrestle for those spots. After the first match, any child can wrestle off again for any spot they qualify. These wrestle-offs will be Wednesdays for varsity and Thursdays for junior varsity. Once a child wrestles 50% of the matches at a Varsity or Junior Varsity weight, that spot is his/hers for the remainder of the year. No other wrestlers may challenge him/her for that earned spot. In order for a wrestler to wrestle off for a spot, he/she must attend at least two practices that week.

16: WRESTLER WEIGHT

We will NOT ask any wrestler to lose or “suck” weight. It is not healthy for any child in youth wrestling to lose a large amount of weight. In fact, we would prefer that they gain muscle and weight during the season to help them in the future. However, if a wrestler has earned a spot and makes weight during the week, we expect that the wrestler will make weight the day of the match.

17: WRESTLING MATCH LOGISTICS

During our matches, wrestlers must stay with their team until that entire team is done with the match. Exhibition wrestlers may leave once all of Exhibition wrestling is done. JV and Varsity must stay in the team area until all of Varsity is finished wrestling.

18: PARENT SUPPORT

For matches and tournaments, we ask that parents work their assignments or find another parent to fill in for them.

Our tournament and concessions are the main fundraisers for our program.