

Philosophy

Our wrestling program will be known for respect, responsibility, and sportsmanship. We will work hard and have fun. Win or lose, we will respect ourselves and our opponents. We will be known for giving our all and not backing down from a fight. Wrestling will teach us discipline, dedication, and loyalty.

Our program will be known for ALWAYS doing the right thing. We will put ourselves and our teammates in a situation to be successful. We will lead by example through modeling unselfish, positive behaviors, and always putting the team first.

Participation in wrestling at Damonte Ranch is completely voluntary. However, it does require dedication and a commitment to academics, athletics, and overall behavior. In addition to the requirements set forth by WCSD and the NIAA, the following rules/regulations have been established and are expected to be followed.

Damonte Ranch Wrestling Team Rules

1. All school rules apply. In addition, anything that doesn't reflect the values of the program whether at school, off campus, or on social media may result in extra conditioning, suspension from team, or dismissal. Do the right thing!
2. No alcohol, No drugs, No tobacco, No Parties. Be Responsible.
3. Accountability! Attend all practices and scheduled events. 3 strikes and you're out. If events come up that need to be addressed, let the coaches know. Communication.
4. Grades! Must have a 2.0 to compete for the season! If a student has an F in the class, they are expected to bring it up before competing.
5. Injuries and sickness happen. Report to the coaches and let us know. If at school, we expect athletes to attend practice.
6. Hygiene! Wash immediately after practice! If you notice any skin conditions report to the coaches. Clearance by a professional need to be completed before competing again.
7. Be prepared for practices and matches. That means have your shoes, singlet, headgear, and spirit packs.
8. No Cell Phones during dual meets (recording someone else's matches may be acceptable). Cheer your teammates on during all matches.
9. Appearance. Wear Damonte Wrestling gear at dual meet days and tournament days.
10. Listen to your coaches during the matches. Shake opponent's and other coach's hand. Report back to us after match.
11. Wrestler's parents/guardians will assist in getting their wrestler to practice, duals, and tournaments on time.
12. Wrestle-offs will be every week on Monday. Wrestlers must be able to make the weight you are wrestling off for. Follow the weight management plan. Winner earns Varsity Spot!
13. This is wrestling season for Damonte Ranch. Other sports or clubs are put on hold until the season is over. If athletes get hurt outside of our program, they are hurting our team.

Failure to comply with any of the above established rules/regulations will be grounds for immediate suspension or dismissal from the wrestling team.

I, _____, have read and understand the above rules/regulations for the DRHS wrestling team. I am fully aware that if any of the above rules/regulations are broken by me, I will be suspended or removed from the team.

Student-Athlete Signature

Date

I, _____, the parent/guardian of _____, have read and fully understand the above rules/regulations for the DRHS wrestling team. I am fully aware that if any of the above rules/regulations are broken by my child, they will be suspended or removed from the team.

Parent Signature

Date