

1. Follow the School's Code of Conduct
2. Maintain Academic Eligibility
3. **High School Wrestlers** are expected to attend practices until everyone's season is over (we need practice partners and mat time). Wrestlers are expected to compete in every event on our schedule-Wrestling is an INDIVIDUAL sport, but it's also a TEAM sport & your teammate deserve the team to be a priority. If you wrestle **Varsity** and qualify, then you are expected to compete in the Post Season. **Junior High Wrestlers** are expected to attend practices until the entire JH season is over.
- 4.. Be on time for practice – **THIS MEANS IN THE WRESTLING, GEAR ON, AND READY TO START PRACTICE ON TIME.**
5. If you're in school, you are expected to attend practice. If you're in school and can't attend practice, you are expected to let one of your Coaches know or it will be an unexcused absence from practice.
6. If you're struggling to maintain your weight, talk to your Coaches then we can talk with come with a weight plan.
7. Injuries NEED to be reported to Coaches and Trainers. We want healthy athletes competing and injured athletes recovering.
8. No BULLYING, No HAZING, No HORSE PLAY! Absolutely NO STEALING – No Warnings – automatic dismal from the Team!
9. Respect teachers, administrators, coaches, referees, teammates, opponents and your parents. I do not want to see one of our athletes' disrespecting others. You are ambassador for Bermudian Springs School District, your teammates, your coaches, your community, and your family.
10. Please be COACHABLE. **We** will work to help you achieve your goals, but **you** are responsible for the effort and work you put in.