

## TITAN WRESTLING CONTRACT

The goal of Union Wrestling is to have our athletes attain success on the mat as well as in life. As coaches, we understand that dedication, hard work, perseverance and teamwork is the way to success.

Given our goal, we have certain expectations of our wrestlers. This contract is a list of those expectations are not met, the wrestler then becomes a hindrance to the rest of the team and will be removed from the team.

1. **Every practice is mandatory.** Excused absences must be approved prior to the practice (barring emergencies). More than 3 unexcused absences will result in removal from the team.
2. **Wrestlers that are not at practice the day before a match or tournament, they will not be eligible to compete at the event.** If the wrestler is a Varsity team member, then they will be replaced by the first JV wrestler in the weight class. **Wrestle-offs** will take placed minimum of three times during the season. You will be given notice ahead of time. The wrestling coach has the option of changing the line-up at anytime if it is for the best interest of the team.
3. **Wrestlers are expected to make the weight class that they commit too.** We will be fundamentally sound and good shape. Our weight isn't our major concern, however, we are concerned with how good of wrestlers we become!
4. **Our practice gear will be clean every day.**
5. **Shower and weigh out daily after practice is mandatory.**
6. **Wrestlers are expected to be good citizens in and around school at all times!** As representatives of the sport, the school, and coaches, it is imperative that each athlete maintains excellent attendance, academics, and follows all school rules and procedures at all times.
7. Using illegal substances and attending parties may subject wrestlers to removal from the team.

### LETTERING POLICY

**Letters are awarded to wrestlers for obtaining the following criteria:**

1. Wrestlers reach 250 points based on the following scale.

Practice-1	District Pin-24	Regional Pin-32	State Pin-48
Holiday Practice-2	District Win-18	Regional Win-24	State Win-36
Varsity Pin-16	District Match-12	Regional Match-16	State Match-24
Varsity Win-12			
Varsity Match-8			
J.V.-Win			
J.V. Match-6			
2. Wrestler must complete the season in good standing: attend practices through our state tournament, attend and work all tournaments/dual meets at Union, participate in all fund-raisers.
3. Attend our end of the season awards banquet.

By signing this contract, the wrestler and Parent are committing to meet the expectations stated above.

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Wrestler's Signature

Parent Signature