

GREAT VALLEY WRESTLING RULES & REGULATIONS

You, as a Great Valley wrestler, are expected to positively represent your school, your coaches, and the sport of wrestling. Therefore, your personal conduct is crucial both on the mat and off. The following is a guide to help you know what is expected of you both in and out of school.

GENERAL RULES

1. When you report to Great Valley Wrestling practice, Great Valley Wrestling must come first before any other sports, for the entire season. Any other sports that adversely affect the physical condition of the athlete will not be tolerated (i.e. a wrestling club, snow boarding, etc). You may be suspended from competition or dismissed from the team.
2. You are responsible to listen to the school announcements each day in case there is something concerning wrestling. You should also check the bulletin boards located outside my office.
3. You should keep all your equipment in the locker room in the proper locker. All equipment issued to you by the school is to be returned at the end of your season. Any equipment that you are responsible for that is lost or stolen will be charged to you. There will not be any exceptions.
4. **All wrestlers will be required to take a physical fitness test before they will be able to start practice for the upcoming season. The tests will be designed by our excellent Athletic Training Staff and coaches. The tests will be given on Monday and Wednesday, November 5th and 7th. All wrestlers must be present to take the tests. The tests will include the 2 mile run, pull-ups, sit-ups, and dips. Minimum standards will be determined and all wrestlers will be informed of those standards before the testing takes place. If a wrestler does not meet the minimum standard for a certain test they will receive extra work, to bring up that area of weakness, once the season gets underway.**
5. All wrestlers are expected to follow the schedule for the entire season. Wrestling season officially begins on Monday, November 12, 2007 and ends on Saturday, March 8, 2008 (this is the conclusion date of the Pennsylvania State Tournament). You have an obligation during this period of time to the Wrestling Team. **IF THIS OBLIGATION IS NOT MET, YOU WILL FORFEIT YOUR ATHLETIC AWARDS FOR THE PRESENT WRESTLING SEASON.**

PRACTICES

1. Be on time for every workout session. Afternoon training sessions will begin at 2:50 p.m. sharp. This means mats down, mopped and wrestlers dressed and ready to begin. All weekend and holiday training sessions will begin at 9:00 a.m. unless announced otherwise. All sessions are mandatory. **Weekday morning sessions will begin at 6:30 AM.** If you are not able to attend a practice it is your responsibility to notify Coach Tornetta. Unexcused absences will result in extra work and possibly suspension from a competition(s) or dismissal

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from the team. Family trips and vacations during the season are not considered excused absences.

2. Be prepared with proper equipment: wrestling shoes, running shoes, shorts, T-shirt, and sweatshirt. **Clean gear must be worn to every practice!!!** If clean gear is not worn you will not be permitted to practice. This will be considered an unexcused missing of practice and you will receive the appropriate consequence.
3. Be cooperative and participate in drills to the best of your ability.
4. **Take a shower (with soap!) after every workout. Not doing so will result in suspension and or dismissal from the team.**
5. If at any time, during a practice or a game you become ill or injured, inform one of the coaches at once. This is for your protection.
6. Coaches will recommend when you should see an athletic trainer. You are not to go to the athletic trainers without prior coaches knowledge and or approval.

TRAVELING

1. Be on time for all departures. Coaches will announce the times. If you are not on time you may be suspended from competition.
2. Wrestlers will sit to the rear of the bus. Cheerleaders, managers, etc. will sit in the front when traveling with the team.
3. Obscenities or less than first class behavior will not be tolerated. This behavior will result in suspension and or dismissal from the team.
4. No litter will be left on the bus or in locker rooms. This will result in extra work for the entire team.
5. All wrestlers are to ride on the bus to and from all competitions. There will not be any exceptions. If you can not ride the bus to and from then you will not be able to compete. This will be treated the same as an unexcused missing of a game.

COMPETITION

1. There will be a very important curfew set down the night before our games. The times will be based on what is happening at the time of the competition. (i.e. school the next day). Random phone calls will be made by the coaches and or captains. Violation of the curfew rule may result in extra work and, or suspension for that competition.

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2. Have all equipment ready for weigh-ins.
3. Be on weight for the weight class that you have committed to. If a wrestler fails to make weight he will be suspended for two competitions. He will still be required to make the weight he missed at the suspended competition weigh-ins, as if he is wrestling.
4. **All wrestlers** will help set up and break down the gym for home meets. Failure to do so will result in extra work.
5. Wrestlers are to dress neatly for away matches. (Jeans and T-shirt are not acceptable). If not dressed accordingly, you will not be permitted to accompany the team to the competition. **Team Shirts with a collar shirt underneath and Kahki pants.**
6. Wrestlers are expected to behave in a sportsmanlike manner at all times. No critical comments will be directed at officials or opponents at any time.
7. All wrestlers who are involved in the dual meet will remain at the bench. After the completion of each individual bout the Great Valley wrestler will get dressed and join the team on the bench without delay regardless of the result of his match. **This area is not for parents.**
8. **Wrestlers will take directions from the coaches - not from other people (fathers, brothers, etc.) in the stands.** This is important for both parents and wrestlers alike.

INITIATIONS

1. Intition of any wrestler will not be tolerated. This initiation may occur in or out of school, i.e. summer camp. If it occurs, the people involved may be suspended from participating in upcoming competitions and or will be removed from the team. Any incidence of initiation will be reviewed by the Coaches, Athletic Director and Administration and they will recommend what penalty should be enforced. If you are aware that this type of behavior is going to take place, you should inform the coaches immediately.

ALCOHOL AND OTHER DRUGS

1. When it becomes known that a wrestler is abusing drugs (underage drinking is included) he will be:
 - a) referred to the Athletic Director to have the athletic department policies and procedures implemented.
 - b) referred to the Student Assistance Program.
 - c) removed from the team if any further drug use occurs.

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PLAYER CODE OF CONDUCT

As an athlete you also have responsibilities outside of school as well as in. If you choose to be a member of our team this needs to be understood. Your behavior at anytime has a direct impact on your high school team and teammates. Thus the following Code of Conduct must be adhered to or you may be suspended from the team or be removed permanently. I will try to be as specific as possible and I am sure this will grow as time keeps moving on.

1. **YOU MAY NOT HOST ANY DRUG/ALCOHOL PARTIES.** This will lead to immediate dismissal from the team.
2. **ATTENDANCE AT A PARTY WHERE DRUGS/ALCOHOL ARE PRESENT, WHETHER YOU ARE PARTICIPATING IN THE USE OF THE SAID SUBSTANCES OR NOT** will lead to suspension(s) from upcoming events. You should not be there and you need to take the initiative to avoid the situation. (Exclusions would be family functions with adults, i.e a wedding, etc.)
3. **PERSONAL USE OF DRUGS AND OR ALCOHOL IS PROHIBITED.** You will be referred to the Athletic Director and school policies/practices will be administered. A minimum of 3 week suspension will follow.
4. **DETENTIONS FOR ANY REASON DURING THE SEASON** will result in extra work to make up for the time you are missing from practice. If detentions continue to be a problem, suspension from competition and or dismissal from the team may occur.
5. **IN SCHOOL SUSPENSION IS NOT ACCEPTABLE FOR AN ATHLETE. YOU MUST SHOW SELF DISCIPLINE AT ALL TIMES!** If you are assigned In-School for any reason you will be suspended from the next competition.
6. **ANY PROFANITY OR OTHER FORMS OF DISRESPECT TOWARDS THE COACHING STAFF** will result in suspension from competition or dismissal from the team.

If you are willing to abide by these rules and regulations, we welcome you as a candidate for the team. In order to have a successful season, it will mean that everyone will have to cooperate with the coaches, your teammates, and abide by the rules of our school. It will require work!! If you want to be a champion and have a championship team, these rules and regulations will not be a problem.

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The Current Wrestling Calendar and schedule can be found at the following web site at any time:

https://calendars.office.microsoft.com/en-us/pubcal/viewer.aspx?path=/pubcalstorage/0163kf5z115606/GVHS_Wrestling_Calendar.ics&yr=2007&mn=11&dy=11&tz=-300&vw=1

This will be kept current with practice schedules and any schedule changes etc throughout the year. So bookmark the site and keep yourself up to date.

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The following web address will take you to links for the schedule / calander page and the wrestling web page.

<http://fcis.gvsd.org/~jtornetta/index.html>

Thanks
Coach T