

Hello Wrestlers and Parents,

I'm very excited to begin another wrestling season. Before we begin practice this year I would like to address some of the rules we will have for our team. Wrestlers, Parents, and Coaches are expected to follow these rules, there will be no exceptions. Please discuss these rules with your wrestler and sign at the bottom. If you have any questions please let me know.

Rules:

1. Respect your teammates, there will be no picking on, bullying, or any kind of hazing activities, violating this rule will lead to removal from the team.
2. Practice begins at 3:00pm, be on time and ready to begin. Shoes, headgear, shorts, and a t-shirt are expected to be at every practice. No cut-off shirts are to be worn at practice, please have shirts with sleeves. If you are late or absent without an approved excuse there will be consequences. Excessive absences from practice will lead to removal from the team.
3. Be quiet during instruction but raise your hand when you have questions. I am eager to answer questions; this will make you a better wrestler.
4. If you leave school for any reason notify me that you will not be at practice, or ask a secretary in the office to notify me that you will not be at practice.
5. If you are going to miss practice I must have a note signed from your parent stating why. If you miss practice the day before a dual meet or miss multiple practices in a week, you will not wrestle, unless excused or approved with Coach Kust.
6. Personal Hygiene is very important. Wrestlers are encouraged to shower right after practice, if not at school immediately when they get home. Always have fresh clean practice clothes.
7. Practice Gear left at practice will be earned back by physical exercises. Please pick up after yourself.
8. Attitude towards officials, opposing teams, and coaches will be respectful. If there is a problem or situation please let me know and I will take care of it.
9. Grades are very important; any wrestler with failing grades will not wrestle during that week. I will help you with homework any way I can. Please let me know how I can help.
10. Communication is essential in a good relationship, I want the communication line to be open, please feel free to contact me at any time. Email is preferred.
11. Coaches have final say in any situation including coaching on the mat. If you as a parent have a problem please contact me to set up a meeting after the competition to discuss it.
12. Any violations to team rules or athletic code could result in removal from the team

Other Notes:

- Please get your wrestler a water bottle with their name on it for practice. Have it filled at the beginning of each practice. The closest water fountain is downstairs and to make practice go smoother, having their water in the wrestling room will help make things simpler.
- Practice will begin at 3pm each day and end around 5pm. It may run a few minutes shorter or longer depending on the day. If there is no school, school is cancelled, or there is early dismissal, there will be no practice that day. School must be in session in order to practice.
- Commitment to the team is essential for wrestling success. Your wrestler should always be in attendance for practice so that they do not fall behind in what is being covered at practice. I would like to keep things moving to cover as many aspects of wrestling as possible. Dedication to the team will benefit your wrestler as well as the rest of the team.

Respect: This includes property, opinions, teammates, other wrestlers and coaches.

Honesty: Dishonesty will not be tolerated, be truthful in everything we do.

Effort: I want your best effort. We will be successful and have a great season. To ensure this give me your best effort every day of practice and every dual meet.

A copy of our schedule is available on the school website.

If there are any questions, feel free to ask.

Thank You,

Jared Kust

Email: jkust719@gmail.com

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Wrestler Signature: _____ Parent Signature: _____