



MAHONE WRESTLING



Team Expectations

1. All student-athletes must be academically eligible to participate. Any wrestler who has one or more D or F grades will have one week to improve that grade to a C or better in order to compete with the team. Grades will be checked weekly.
2. All wrestlers must have a written note, signed by a parent/guardian, prior to the day of an arranged absence. If a wrestler leaves school due to an illness or is absent from school, please bring a note the following day.
3. All wrestlers must attend a full day of school the day of a match. Wrestlers may still participate if part of a school day is missed due to a scheduled appointment.
4. Referrals or conduct detrimental to the team will result in suspension from matches and potential dismissal from the team.
5. Wrestling teams have a large number of wrestlers with limited spots to wrestle. Only those who work hard, attend practice, achieve passing grades, and act appropriately in school will be competing in matches.
6. Practice will be a safe instructional environment. Given the wrestler to coach ratio, inappropriate behavior will not be tolerated.
7. **All wrestlers are expected to attend practice every day.** Given the fact that wrestling is a highly technical sport, missing practice is not acceptable. The only way to become a skilled wrestler is to practice. **All wrestlers are expected to attend practice every day.**