

Wrestling Behavior Contract

1. I understand that participating in an extracurricular activity, such as wrestling, is a privilege, not a right. As such, I will conduct myself with good sportsmanship, respect for my coaches, my teachers, my parents, my opponents, and my teammates.
2. I understand that my coaches will monitor my grades, attendance, and discipline.
3. I understand that the coaches make the decisions of the lineup based on work ethics on the mat and in the classroom.
4. I understand that I must maintain a high level of academic performance and that I am expected to turn in all work on time and completed to the best of my ability.
5. I understand that if my in-class discipline becomes an issue, I may have to sit out a match and that I may lose my Varsity or JV position, and possibly be suspended or dismissed from the team if my behavior continues.
6. I understand that I must come to ALL practices, and ALL matches, and that three unexcused absences will result in my dismissal from the team. Should an emergency situation arise such that missing practice is unavoidable, I will contact Coach Miranda in advance if at all possible.
7. I understand that as a wrestler, I will be expected to act as a leader at Forsyth Central High School. As such, I will not consume alcohol, do illegal drugs, use tobacco products, participate in any unlawful activity at or away from school, or be present during such activity. I understand that failure to abide by this policy will be handled seriously, and may result in my immediate dismissal from the team.
8. I will not participate in hazing. Hazing or bullying WILL NOT BE TOLERATED!
9. I understand that during wrestling season, there will be no intimate or personal contact between wrestlers and managers. Relationships between managers and wrestlers can be a distraction to both people and open acts of affection are not acceptable.
10. I understand that if I am called for flagrant misconduct during the course of a match I may be dismissed from the team at the Coaches discretion.
11. I commit myself to work as hard as I can during practice and matches.
12. I will not allow doubt to discourage me from trying. I will not allow myself to believe that I can't and I will work as hard as I can to believe in myself.
13. I will eat right and keep my body hydrated
14. I will never quit.

I commit myself to the Forsyth Central Wrestling Team and will conduct myself in a manner that is in my best interest and the best interest of the team. I will be a hardworking, attentive student that respects myself, my parents, my peers and my teachers.

Signature of wrestler: _____ Date: _____

Printed Name of wrestler: _____

Signature of parent: _____ Date: _____

Printed name of parent: _____

Signature of Coach: _____ Date: _____