

PRACTICES AND EQUIPMENT

Daily Practices: Expect to practice everyday with practice schedules posted before practice. You must report to practice every day whether injured or not, unless given permission beforehand not to attend. All missed practices must be made up before any meet participation. No one is excused from practice, unless he has checked with a coach beforehand. Late to practice will be dealt with after practice.

Excused Absence: Please inform the coaches with a phone call concerning all illnesses so we know why you are absent. Injured wrestlers will be sent to the doctor and excused. SCHOOL: 829-9913

Unexcused Absence: Any absence without informing the coach results in a one (1) match suspension. Three unexcused absences results in termination from the team.

Meetings: All meetings are treated the same as practices. Late or missing will be dealt with as practices.

Practice Gear: Wrestlers will be expected to wear any "issued" practice gear. Practice gear MUST be cleaned daily. Coaches will check. It should be considered an honor to have the opportunity to wear Middleton practice gear. To wear the "Cardinal Gear" means you are part of an elite group. When you put on the "Cardinal Gear", it is an indication that you are ready to learn, drill, and condition to be the best you can be.

Equipment: All equipment checked out is your responsibility, and must be paid for if lost. Lockers and locks will be checked out to you and must be kept **locked**. Do not give locker combinations to anyone. Equipment left out will be returned to you for \$1.00 (or a Poweraid) with any equipment which you may need to borrow costing you \$1.00 (or a Poweraid) and must be checked back in to the coaches after practice.

Locker Room: Do not pound, kick, write, or destroy lockers or walls in the locker room. The locker room will be locked up during every practice - if you are late, you will not be able to get in.

Equipment Out Of School: No equipment should ever be worn outside of school for any reason (especially meet uniforms).

Training Room: All injuries must be reported to the coach first and the Athletic Trainer if directed to do so. Don't treat yourself - never skip treatments that you have been told to do. STAY OUT OF TRAINING KITS AND TRAINING ROOM UNLESS SOMEONE IS THERE TO TAKE CARE OF YOU.