

## **GENERAL CONDUCT**

**On Being A Gentleman:** All wrestlers are expected to be gentlemen both on and off the mat. Undesirable or unacceptable actions or conduct will not be tolerated. This definitely includes behavior in the wrestling practice room, on the bus, at motels, and during duals and tournaments. Remember, when other people are present, always be on your best behavior.

**On Being A Lady:** Any female student who wishes to be a manager or wrestler is expected to act in an appropriate manner while attending any wrestling event. Undesirable or unacceptable actions will not be tolerated.

**Sportsmanship:** We expect every wrestler to display good, clean sportsmanship while wrestling hard and tough, giving everything humanly possible, while still playing the game as intended.

**Horseplay:** Injuries often result because of horseplay in the dressing room, both before and after practice, and even during practice. **Don't!**

**Language:** Please watch your language both on and off the mat, your reputation and that of your coaches, school, and community will be under close scrutiny by others. Also, because of the penalties which may occur for such conduct, you may cost your team points! Not getting in the habit will eliminate this problem from the beginning. **Watch Your Language!**

**Away Meets:** Report promptly to locker room and check all gear before leaving. The coaching staff EXPECTS the buses to be quiet on the way to meets to allow for mental preparation for upcoming opponents. Do not take anything that does not belong to you when leaving another school. You must return with the team unless given special permission!

**Dress:** Meet warm-up tops will be worn only on the day of the meet. Proper attire will be expected on trips away from home. Proper attire will be designated by the coaching staff.

**Curfew:** All wrestlers should be home by 10:00 p.m. and in bed NO LATER than 10:30 p.m. the night before all meets. This is critical rest!

**\*ALCOHOL:** Absolutely prohibited.

**\*DRUGS:** Absolutely prohibited.

**\*TOBACCO:** Absolutely prohibited. All tobacco products will be considered.

\*These regulations will be enforced as an IMMEDIATE SUSPENSION from the squad pending a review with staff, wrestler involved, and his parents. The staff will make every attempt to eliminate the wrestler who must PARTY while on our TEAM.