

# KOLAT WRESTLING CLUB RULES

Our mission is to not only teach proper wrestling technique and skills, but to promote sportsmanship, self-discipline, hard work, and integrity to become successful in society. The rules below have been put in place for wrestlers and their parents to understand their expectations and accept their responsibilities on and off the mat. The rules are fair, non-judgmental, and will be strictly enforced; if any rule is broken, it will result in immediate disciplinary action towards anyone involved, including parents and wrestlers.

## RESPECT EVERYONE

- We encourage parents to stay and watch their child practice and learn as much as they do, however please be considerate of the coaching staff, other parents, and wrestlers on the mat. Keep your conversation levels to a minimum and do not coach, speak to, or yell at wrestlers practicing. All of the parents may be asked to leave the wrestling room for an indefinite period of time if the wrestlers and coaching staff are distracted in any way whatsoever.
- While in practice, coaches are always right. Back talk from parents and or wrestlers will not be tolerated. The coaching staff reserves the right for immediate dismissal for any behavior deemed disrespectful (parent(s) and wrestler).
- Conflicts that may have gone un-noticed by the coaching staff must be addressed by a wrestler or parent(s) at that time, during a water break, or after practice. Failure to raise an incident that occurs within the same day often leads to inaccurate facts and or the embellishment of the incident. Resolution and mediation will not be seriously considered if an incident is brought up a day after it occurs.
- Derogatory language, creation of tension, negative comments, obnoxious behavior by anyone about another within the club, coach(s), parent(s), wrestler(s) in or out of the wrestling room will result in parent(s) and wrestlers' indefinite dismissal from the club. Please remember that this is about the kids, not you!

## HYGIENE/CLEANLINESS

- Clean your shoes every time you walk into the wrestling room from outside or the bathrooms. No street shoes are allowed on the wrestling mats.
- Wash your hands thoroughly or use the hand sanitizer dispensed throughout the wrestling room after bathroom use or exposure to blood.
- Always shower after practice, between practice sessions (change your workout clothes), wash your previous day's workout clothes, knee pads, and clean head gear. Skin infections are more likely to spread when poor hygiene is practiced. Carefully monitor yourself and others around you to keep infections at an absolute minimum. If you have an infection or any airborne illness that may spread, you must be cleared with a doctor's note prior to practicing.
- Failure to remove personal belongings, including trash (empty water bottles, empty fast food bags, candy wrappers), sweaty dirty clothes, as well as keeping the bathrooms clean (toilets, blood in or around sink), will not only result in the disposal of your items, but the next scheduled practice will be the wrestlers cleaning the entire wrestling room.
- Wrestling shoes and other belongings (books, bags, street clothes), that appear to have been left by accident will be held for a maximum of 2 weeks in the lost and found box. After that, they may be thrown out.

## INJURY PREVENTION

- If a wrestler appears to be injured, please notify a coach immediately to assess and determine if the situation requires further medical attention. Please do not attend to your child on the mat (unless you are part of the coaching staff) as you may further injure or agitate your child.
- For our records, an injury report must be filled out anytime your child gets hurt, requires/receives further medical attention. Current/Valid USA Wrestling Cards are required for anyone who steps on the mat.

- Wrestlers are not allowed on the mats, plyo boxes, to use boxing gloves, exercise bike, crash mat, prior to practice, after practice, or in between practice sessions due to the fact that injuries may occur. In addition, horseplay, such as football, tag, dodge ball, (including wrestling) will not be allowed. We are not babysitters and are often not even supervising the room during the above mentioned times. If you are caught horse playing, you will not be allowed to practice that day. Use your rest time wisely as practice is when you should be expending all of your energy!
- If you wish to use the kettle bells before, after, or in between practices, please have a parent or coach supervise you.
- No horseplay during practice! This includes grabbing, pushing, shoving, tag, inappropriate gestures and comments.
- Anytime a wrestler feels that a hold hurts beyond what most would consider a tolerable painful move, the wrestler should either tell the other wrestler to stop, tap their opponent to stop, or give up so that the pressure of the hold is no longer being resisted. While we do not ask you to go less than 100%, an injury to yourself or another is not worth a win or loss, especially in practice. Safety of all wrestlers must be kept in mind at all times, including those wrestlers who may be putting another in the foreseeable danger of an injury. Likewise, wrestlers who may be resisting a move may be even putting themselves in a foreseeable danger of injury, so please be smart. It's just practice!

## OTHER

- All wrestlers must keep up with the pace of the rest of the room, including whistle starts, sprints, and drills. I don't care if you are the last one every single time in a sprint, but if you are not giving 100% like everyone else, you will be asked to get off the mat and your practice is over. Your attitude affects everyone else, but more importantly, don't let yourself down. Winners never quit and quitters never win!
- If you wish to wear the Kolat singlet, shirt, sweatshirt, please wear it with pride, respect and honor. When parents and or wrestlers wear these items and chose to conduct themselves in an inappropriate manner outside of the club, it reflects poorly on the club. Any incident that is reported to be a bad reflection on the club may result in the parent(s) and wrestler's indefinite dismissal from club and a 50% buy back off all Kolat gear.
- Gear is only available to club members. Any trading or selling of your Kolat Wrestling Club gear may result in the removal of you from the club.
- Win with class and lose with class. You're representing your club, your family, and yourself. Make everyone proud of Kolat wrestling and more importantly yourself. Never demean your opponent in any way, no taunting or showing up an opponent. Wait for personal celebrations and frustrations off the mat.

I, the undersigned have read and understand the rules and policy's set forth (above) for the Kolat Wrestling Club. I understand that if any of these rules are broken, there may be undue consequences, which may result in your dismissal from the club.

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Wrestler's Name (print)

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Wrestler's Signature

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Date

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Parent/Guardian Name (print)

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Parent/Guardian Signature

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Date

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Parent/Guardian Name (print)

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Parent/Guardian Signature

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Date