



## **RULES AND EXPECTATIONS**

### **EXPECTATIONS**

- **Respect the authority placed over you.** Respect your parents, coaches, and the referees in charge of your matches. There will be no back talking, arguing, talking over, or snide remarks towards your parents, coaches, or referees. If a coach witnesses any form of disrespect towards your parents, himself, another coach, or a referee, there will be discipline in the form of extra conditioning, withholding from competition, or removal from the team without a refund.
- **Be men and women of your word.** Let your yes be yes and your no be no. If you say you will do something, do it. You tell a coach you will make a certain weight, make it. You say you will be somewhere at a certain time, be there on time. You make a commitment to someone, keep it.

#### **1. USA Wrestling Athlete Membership for Your Wrestler**

#### **2. Attire**

- a. Practices
  - i. Wrestling shoes
  - ii. Shorts and t-shirts, full length sweats or full length tights are acceptable
  - iii. Headgear is optional, but strongly recommended
  - iv. Mouthguards are mandatory for anyone with braces
  - v. No spandex shorts, jeans, or hoodies
- b. Tournaments and duals
  - i. Athlos team singlet
- c. If you are unable to find or afford attire, please reach out to us coaches and we can help you find a way to get some.

#### **3. Parental & sibling attendance to practices**

- a. Parents are welcome to stay for practices, but parents are encouraged to drop their kids off and leave them at practice on their own.
- b. If parents choose to stay for practice, parents are agreeing to:
  - i. Stay off their phones
  - ii. Refrain from side conversations, especially during instruction time, and parents will be asked to stop talking if a conversation is interrupting instruction
  - iii. Not stepping onto the mat and participating in coaching unless asked by another coach
  - iv. Not pulling their athlete from participation because he or she is upset, crying, or hurt - the parent will allow the coach to address the situation. The coach will ask the parent to step in if the coach assesses the situation requires it. You are raising young men and women. Allow us to treat them like young men and women.
- c. Non-wrestling kids and siblings at practice



- i. Siblings are allowed at practice, if they can sit quietly at the matside, if the parent is also at practice
- ii. We are not a babysitting service, and Athlos, coaches, and staff are not responsible for the wrestler's siblings or friends nor for their safety
- iii. If siblings or friends become disruptive or distracting, they will be asked to leave

#### **4. Athlete and parental conduct at tournaments.**

- a. Respect, humility, and sportsmanship
- b. Conduct towards coaches, referees, other athletes, and other parents:
  - i. Athletes and parents will treat others, on both our team and opposing teams, with utmost respect regardless of the situation. A win, loss, or draw will not dictate how we hold ourselves and interact with others.
  - ii. Unsportsmanlike conduct, disrespect, or other poor choices will result in discipline including conditioning, withholding from competition, or removal from the team without a refund. This will be true for both the athlete and the athlete's parent(s).
  - iii. Specific conduct toward referees
    - 1. We (coaches, athletes, and parents) will not show any form of disrespect towards referees, especially when we do not agree with a call that does not go our way. The first time this happens will result in a warning. The second time will result in removal from the tournament. The third time will result in removal from the team without a refund.
- c. Parents in the coaching corner
  - i. Due to the number wrestler to coach ratio, parents are welcome to sit in the coaches corner with a coach, or if a coach is not present
  - ii. However, the athlete listens to the coach over the parent, and the parents will not talk over the coach or undermine the coach in any way.
  - iii. Coaches reserve the right to have the parent leave the coaching corner.

#### **5. Parental concerns**

- a. Concerns towards other parents
  - i. If one parent or set of parents has concerns about another parent or set of parents, they are to discuss it as adults with those parents without involving other parents, their wrestlers, other athletes, or the coaches.
  - ii. Gossip about parents, families, or wrestlers will not be tolerated and could result in removal from our team.
  - iii. If a dispute can not be resolved and either party feels Athlos is involved, then it is to be brought to the head coach, Justin Grant, by both parties. Any involvement Athlos has or appears to have is the only part of the dispute that Athlos will partake in resolving.
- b. Concerns towards assistant coaches
  - i. Step 1: discuss directly with the assistant coach with whom the concern has arisen



- ii. Step 2: if you or the coach feels the concern should be brought to the head coach, then bring it to the head coach, Justin Grant
  - c. Concerns towards the head coach, Justin Grant
    - i. Bring your concerns directly to Justin
    - ii. If you feel you can not bring them to Justin, bring them anyway, but feel free to bring another parent or coach as well
- 6. Communication**
- a. Group communication
    - i. Download the app GroupMe, and you will be added to the group chat
    - ii. To be used for updates and important mass communication
    - iii. Not to be used for conversation or idle chat

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