

2022-23 Indian Trail Wrestling Season

Expectations:

Student athletes will follow the guidelines set forth in the Indian Trail Middle School handbook during home and away contests.

At all Dual Meets athletes and spectators will display sportsmanship and be respectful to all people, including the officials. All IT Wrestlers will treat teammates with respect at practice, meets and during school!

Student athletes are expected to attend all practice **sessions and contests except** when absent from school, medically excused, or excused by a coach. Unexcused absences will result in a forfeit of participation in matches, and possible dismissal from the team.

- **Academics**

- Education comes first, you are a student-athlete! ○ Eligibility is checked weekly, if not more. Your grades come first!

- A pass must be signed by your teacher for your return. "The society that separates its scholars from its warriors will have its thinking done by cowards and its fighting by fools" - Thucydides

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Practices (5:30-7:00 PM - Monday, Wednesday, and Friday)

- Be on time ○ Help rolling out mats / Help rolling mats up ○ Self-control, we are only there for 1.5hrs and we have a lot to cover. ○ Be positive and encouraging to your

- teammates. ○ Bring a water bottle, headgear, wrestling shoes, gym shoes (for running). No **street shoes** on the mat, and do not walk

- outside** with your wrestling shoes on. Change shoes at the mats. ○ For practice wear a comfortable pair of shorts and a tee-shirt. Change these out or wash every night. ○

- Parent pickup needs to be right after practice

If you don't practice you won't wrestle, If you can't make it to practice please let the me know

- Dual Meets:

We are a team, we stay together. During the duals all athletes will remain for all the matches at our benches and cheer on their teammates. If you leave our benches and go up to the stands you may miss your match and risk a

possible forfeit. ○ Away meets - once all matches are over you can be signed out by your guardian. If another person is taking you home

- please provide proof (email/note/call) from your parent. ○ No cell phones or food at the benches unless you have a medical condition. Just water or a sports drink. ○ Eat only

- healthy snacks before **the meets start**, not during the matches. ○ Be respectful towards all wrestlers, coaches, officials, parents, and all staff. ○ If you are found to be

- breaking any of the school or handbook rules you can be dismissed from the team.

Uniforms

○ You will be given a singlet that must be returned at the end of the **season**. ○ Please read the care instructions, cold water and hang dry the singlet to help it last longer. If you lose the singlet there will be a replacement fee.

- Other announcements

- Spirit wear - working on this with the school.
 - Forms - make sure every athlete has completed all of the school forms and returned them to the office.
 - Also make sure all athletic fees are paid as well.
 - Shower every night after going home to prevent disease. We disinfect the mats before and after every practice and do not wear street shoes on the mats for a reason, but it will not stop everything.

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Contact Information

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