

3 Strikes and You're out!

Offenses include: behavior (in school, at matches, at practices, and disrespect at any level to coaches or any teacher), grades, and practice-no shows.

You will receive a strike whenever one of those things happens:

1st strike-requires extra work at practice, sprints 10 min. miss a match, and meeting with coaches.

2nd strike-20min, miss a match, meet with coaches, and call home to parents.

3rd strike-meet with parents and coaches suspended from team until decision is reached about whether or not to allow you to continue on our team.

Wrestler sign:



Parent sign:



Coach sign:

