**Team Rules**

* All wrestlers will abide by rules set forth by the FHSAA, Pinellas County Schools, East Lake High School & the coaching staff.
* No hazing will be tolerated.
* Advocate for yourself. If there is an issue, question, or concern, I want the wrestler to communicate with me directly. I don’t mind a parent emailing me, but I am trying to encourage the wrestlers to develop into effective communicators.
* You will be held to a high standard by joining this team. Hold yourself and your teammates accountable. Wrestling is both an individual and team sport.

-Wrestlers holding a leadership role will be held to an even higher standard.

**Attendance**

* Attendance at all practices & events is mandatory. Absences may be excused under special circumstances. 3 unexcused absences will result in being dismissed from the team. Excused absences include illness (stayed home from school) and serious family emergencies.
* Practice will begin promptly at 2:15pm.

-Wrestlers should be fully dressed and ready to stretch at this time.

-Wrestlers who are late to practice will be given “extra credit” to catch up for the time missed.

Excessive tardies will lead to a suspension and possible dismissal from the team.

* During Thanksgiving & Winter break we do hold practices. A wrestler who is in town during this period is expected to attend. Rides should be arranged ahead of time if necessary.

**Grades & Conduct**

* Wrestlers must maintain an unweighted 2.0 GPA. Our team goal is for every wrestler to be over a 3.0 GPA. If a wrestler is struggling academically, please let the coaches know. We can assist you in getting help.
* Wrestlers should maintain a clean disciplinary record. This includes conduct at school, in wrestling, and off campus. Failure to maintain a clean conduct record will result in suspension or dismissal from the team.
* All wrestlers will show respect toward the coaching staff, school officials, team captains, referees, parents, fans, opposing teams, stat girls, and of course each other.
* Varsity wrestlers in a leadership role must attend JV events.

**Starting Line up**

* The coaching staff will determine the team lineup.

-We use “wrestle-offs” as our primary factor to determine who will start in that slot.

-You must be medically certified for the weight class.

-You must also be within 5lbs of the weight class if challenging for a spot.

-Wrestlers may not drop below their minimally certified weight class.