2025-2026 Eagles Wrestling Contract

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 coaches directly. I don't mind a parent sending a message, but we are 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.
    - Excessive tardies will lead to a suspension and possible dismissal from the team.
- During Thanksgiving & Winter break we do hold practices. Thanksgiving week we will have practices Monday – Wednesday. Winter break, we will practice the 2nd week. A wrestler who is in town during this period is expected to attend. Rides should be arranged ahead of time if necessary. If a wrestler will be out of town and cannot attend practice, the parent/guardian must message coach or bring in a handwritten note.

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.

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.

Print Wrestler Name: _____ Date:____
Wrestler Signature: _____Wrestler Cell _____

Print Parent(1)Name: _____ Date:____
Parent(1)Signature: _____Parent(1)Cell _____

Print Parent(2)Name: _____ Date:____
Parent(2)Signature: _____Parent(2)Cell _____