

2009-2010

Redmond High School

Honor Code
and Guidelines
for Wrestling

*Contained within is a code of honor and integrity required of all those who desire
to be part of this organization.*

(Also included is important general information that wrestlers and parents must know.)

Purpose:

Our objective in having an honor code for wrestlers at Redmond High School is that each wrestler in this program may progress to a level as close to his full potential as possible. This potential includes not only the physical part of the student-athlete but the mental, moral and emotional aspects as well. It is vital that each member of our team personally adopts this code. Both the success and the integrity of our program depend on it. Without question, personally adopting this code of honor will make you a better wrestler. The coaching staff assumes that you want our assistance in helping you reach your goals.

You should understand that the coaching staff has no desire to sacrifice any aspect of this program for one or two individuals. Know too, that we are committed to building an organization that people respect—not only today, but also in years to come. We want you to be proud that you are and were a part of Redmond Wrestling. We believe that discipline and character development must be an integral part of this equation if we are to achieve excellence in all phases of it. The wrestler above all must have self-discipline and be a person of solid character if he is to reach his potential as an athlete, and more importantly, as a person. For this reason, each wrestler is required to adhere to the following rules:

Rules: Violation of the following may result in suspension or dismissal from the team as well as the forfeiture of a varsity letter and any awards.

1. The use, abuse, possession, selling or being under the influence of any type of drug or alcohol is prohibited. You may also not attend an event where alcohol or drugs are being used or distributed to minors.
2. Intentionally exposing others to body fluids is prohibited.
3. Smoking and the use of any other form of tobacco is prohibited.
4. Unexcused absence from practice or matches is prohibited.
5. Defiance or disrespect directed toward any member of the coaching staff is prohibited. The coaching staff also expects you to be absolutely honest and forthright.
6. Committing a local, state or federal crime can result in dismissal from the team.
7. Any behavior or attitude deemed to be detrimental to the well-being of Redmond Wrestling is prohibited and can result in dismissal from the team.

General Rules: Failure to abide by the following basic rules will result in disciplinary action which could include suspension or dismissal from the team:

1. The entire team must be able to depend on you. Therefore, your attendance in school and at practice is a must. If you are ill to the extent that you cannot attend school, you must call Mr. Stanley at 541-325-2042.

2. You are expected to be on time for school every day and attend all of your classes. If you have an unexcused absence during the school day you will not be able to participate in practice and may be excluded from the next competition.
3. Be EARLY for all practices and matches.
 - Regular practice starts at 3:45pm SHARP
 - Practices on non-school days (Fridays and Holidays) is 10am SHARP
 - In case of inclement weather, call Coach Stanley (541-325-2042) for more info
4. Injured wrestlers must attend all practices and matches.
5. You must be checked daily for skin infections and report any suspected programs immediately. If you have ringworm or any other infection, you will not be allowed to practice unless you are presently applying a prescription medication or Lamisil. You must also have a “Communicable Skin Disease Form” completed by your doctor in order for you to compete in dual meets or tournaments.
6. We encourage you to purchase and use Kenshield prior to every practice and competition.
7. Be polite and respectful toward our athletics trainers. Follow the rules of the training room. Have treatment completed before practice begins.
8. You are expected to weigh in EVERYDAY...Before Practice
9. If you choose to cut weight, it must be done in a safe and sensible manner. You must also know and understand the weight certification rules. Suggested weight allowances BEFORE practice are:
 - Two or more days before a match—4 lbs. over (103-145) and 5 lbs. over 152 lbs. and up)
 - The day before a match—2 lbs. over (103-145) and 3 lbs over (152 and up)
10. Plastic or rubber sweat suits are illegal and may not be used at any time.
11. You are responsible for any and all equipment and uniforms assigned to you and must pay for lost items.
12. Do not use or take anything that does not belong or has been signed out to you without permission.
13. You are expected to keep the minimum of a passing average in EVERY class.
14. You are expected to behave as a gentleman at all times. Good sportsmanship is expected regardless of the situation.
15. Swearing, profanity and other foul language will not be tolerated under any circumstances.
16. Any form of “hazing” involving members of the wrestling team is forbidden.
17. Displaying affection with girlfriends while at the site of competitions is prohibited.
18. Cell phones should be used for necessary calls only and not when in uniform on the bench.
19. During competitions, only clothing which has been approved by the coaching staff (i.e., t-shirts, sweatshirts, sweatpants, shorts, etc.) will be allowed.
20. You must travel to and from competitions with the team. You also may not leave the competition site without the permission of the head coach. If permission is granted, you may leave ONLY with your parents who must provide a written note. Any other arrangements must be made in advance.

21. All team members must be continuously involved in the preparation for home wrestling events until its completion. When coaches indicate all tasks are finished, the squad will meet briefly in the wrestling room.
22. The following is required concerning behavior on the team bus:
 - You must dispose of any materials that you bring onto the bus with you—garbage, food, drinks.
 - Remain seated while the bus is in motion.
 - Do not sit in the same seats as the athletic trainers or statisticians.
 - Behavior must be the same as if you were in my classroom.
23. In almost every case, Varsity and Second Varsity spots on the team are decided through wrestle-offs. Once the position is earned, the challenger must beat the established man two bouts in a row. In the event of a tournament and two varsity starters are competing for the same weight, the best two out of three wins. Always ask to make sure you understand the situation. Keep in mind that the Head Coach reserves the right to name the line-up for all competitions with regards to strategy, match-ups, etc.

General Information and Suggestions:

1. Wrestling is a contact sport with the risk of injury always being present. In order to minimize the risk of injury, please observe the following:
 - Use proper techniques
 - Refrain from using illegal, dangerous or potentially dangerous techniques
 - No horse play or “ultimate fighting” before during or after practice
 - A coach must be present during any activity or workout
2. In the event of an injury you should:
 - Report all injuries to coaches and the trainer
 - Taping is to be done by the trainer before practice begins
 - Do not call or see you own doctor without FIRST notifying a coach and/or trainer
 - To treat an injury at home: a) Apply ice—not heat; b) apply a compression bandage (ACE wrap); c) Elevate the injured part.
3. You must shower immediately after every practice and competition preferably with an antifungal soap such as Hibicleanse.
4. Wear clean workout gear for every practice. Wash knee pads regularly.
5. Clothing that advertises alcohol, drugs or tobacco products, contains vulgarities, profanity or would otherwise be considered inappropriate or does not project a positive or wholesome image is prohibited. Please wear Redmond Wrestling or Redmond High School gear whenever possible.
6. Uniforms need to be kept clean. When washing warm-ups and singlets, it is very important that the following washing instructions be followed:
 - Wash separately in cold water
 - Hang to dry
 - Do not use the drier to dry singlets or warm-ups

7. Exchange and repair equipment after practice.
8. Keep our practice area neat. Be sure to take all headgear, kneepads, clothing, etc. with you after practice. Do not spit on floors or stairways, etc.
9. Bring a lock and secure your belongings during practice and matches. If you do not have a lock you may check one out from Coach Spear.
10. All required forms must be completed and returned before you may practice.
11. The requirements to earn a Varsity Letter in wrestling are as follows:
 - Complete the season and compete in at least 50% of Varsity competitions
 - Place at the district tournament.

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Rules and Guidelines for Wrestling

Dear Parent and Wrestler:

As the purpose of this document indicates, the coaching staff is concerned about the total development of each student-athlete in our program. These guidelines have been established so that each wrestler may gain the greatest benefit from his high school educational and athletic experience in and through wrestling at Redmond High School.

We ask that both the PARENT(S) and the WRESTLER sign in the spaces designated below indicating that you have read these rules and understand them. As always, if you have any questions or concerns now or in the future, feel free to contact the coaching staff. We welcome the opportunity to discuss your concerns with you.

I _____ have read the rules and guidelines for wrestling at
(Wrestler's name)

Redmond High School and I understand all expectations and requirements as a RHS wrestler.

(Wrestler's signature)

I/We the parent(s)/guardian(s) of _____ have read the rules
(Wrestler's name)

and guidelines for wrestling at Redmond High School and I/we understand these requirements as well

as what is expected of my/out son.

(Signature of parent(s)/guardian(s))