



# BOULDER CREEK WRESTLING

Welcome to Boulder Creek Wrestling! As a member of the wrestling program, you will be required to abide by a few simple rules. You will be expected to perform to the best of your abilities in class and as an athlete.

**ACADEMICS** You will be expected to give your best effort in the classroom. Poor class attendance, grades or harassment of teachers will not be tolerated. Offenses may result in disciplinary action ranging from extra work in practice, suspension or dismissal from the wrestling program.

**CONDUCT** As a representative of the wrestling program, you will be on your best behavior at all times (in and out of school). The rules and regulations of BCHS will apply at all times. Offenses of misconduct may be dealt with disciplinary action as mentioned above. Wrestlers will be clean-shaven with appropriate haircuts (determined by coaching staff), ear rings and body piercing will not be permitted while you are at a wrestling function or practice. The use of alcohol or drugs will not be tolerated. No snow skiing or snowboarding during the season.

**LETTERING** A wrestler must accumulate 30 varsity team points in order to earn a varsity letter (forfeits not included). Anyone who places in a regional or state tournament will receive a varsity letter. Any senior with a previous years' experience with the Boulder Creek Wrestling Program, who does not qualify through the point system, may earn a varsity letter for participating the entire season. Anyone who quits the team or is dismissed from the team, regardless of how many points they had acquired, will not receive a letter. Point system is face value of points earned in a dual meet or tournament. Junior Varsity and Freshman letters are earned by regular practice attendance, regular match attendance (including in town varsity matches and tournaments), and helping with gym cleanup after home matches. You are expected to practice through the State Tournament. Head Coach reserves the right to make final decision on lettering, even if the above requirements have been met.

**PRACTICE** Practices will be Monday thru Saturday, there will also be vacation practices. You are required to attend all practices and be on time. Missing practice may result in dismissal from the wrestling program. If you have a need to see the trainer, it is your responsibility to get to practice on time. If there are any changes in practice days or times you will be notified by the coaches. Practices will be closed to everyone except wrestlers. If you need to miss a practice or communicate with your coach, *you must do so in person or a phone call from you. 623-694-7978.*

Boulder Creek High School Wrestling has our permission to use wrestlers' picture, stats and wrestling information on its wrestling web site. \_\_\_\_\_ **student initial & parent initials** \_\_\_\_\_.  
I have read the above information and understand the commitment that is expected of me as a member of the Boulder Creek High School Wrestling Team.

**Parent or Guardian Signature** \_\_\_\_\_

**Wrestler Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print wrestler name** \_\_\_\_\_

Our web site has practice and match schedules as well as other important information. Click on schedule for practice schedule. <http://bouldercreekwrestling.weebly.com/>