

Lambert Wrestling 2009-2010

Rules, Regulations, Policies, and Expectations

Attendance:

No more than 2 unexcused absences may be acquired during the season.

-1st = missed match

-2nd= miss 1 week of competition w/ extra conditioning

-3rd= dismissal from team

Unexcused absences are (but not limited to):

An absence with out prior notification.

Missing school and practice with out a phone or email message.

Checking out and not notifying a coach.

Any excused absent must be notified to a coach prior to the absence. An accrual of excused absences will result in loss of matches.

Morning practices are mandatory for varsity

wrestlers, we will make arrangements to get every varsity wrestler there. Every wrestler is welcomed and encouraged to attend.

Discipline and Expectations

- Disrespect will not be tolerated

- If you are in ISS you are not able to practice (but must watch), upon your 3rd ISS incident you will be dismissed from team, ISS also results in loss of matches.

- Always do what is right, you represent Lambert High.

- If a wrestler is knocked out of a tournament, that wrestler is expected to remain for the full competition and support his teammates (special circumstances must be prior arranged).

- Each wrestler is expected to donate 3 hours of their time to work with youth (USA) wrestling or some other approved community service. Make arrangements through coach.

Lettering: A **complete** season with 5 varsity wins or one tournament placing as an

individual. Two years in the program w/ varsity wins and coaches consideration. Three complete seasons of JV.

Parent Expectations: Become part of the booster club, donating your time towards your child's team. Act w/ class and sportsmanship at all events. If any problem arises contact Coach Contardi first (our principals and AD are very busy, plus we can work it out).

Contacts:

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