



NEASE WRESTLING CREED



I am a member of the Nease Wrestling Team.



I accept the responsibilities that go along with the privilege of being a member of this team.



My Actions speak so loud that no one will need to hear what I am saying.



I will do whatever I can for the team.



I believe in my coaches and the system in place to assist me in reaching my full potential.



I believe in self-improvement and I am always willing to learn.



I will be an example to others.



I understand the concept of 10,000 hours of work is required to master my trade.



I accept 100% of the responsibility of my actions.



I will have fun and embrace the friendship of my peers.



I am the landlord of my mind and will control my thoughts as they will impact my actions in life.



I choose the pain of discipline over the pains of regret.



I am a Nease Student Athlete.



I am a Nease Wrestler.

Print Name

Athlete Signature

Date





NEASE WRESTLING

Standard of Hygiene

Nease Wrestling is committed to creating a safe and hygienic environment for all wrestlers.

Hygiene and Safety Tips:

1. Never come to practice sick. Please stay home and notify your coach.
2. Immediately show your coach any skin rash, infection or problem.
3. Open cuts and scrapes must be bandaged and covered.
4. Wrestlers should always wear their headgear in practice; and it is required in every match.
5. Wrestlers should always wash their hands before and after practice and after leaving any locker rooms.
6. Wrestling shoes must never be worn outside of the wrestling gym and no outside shoes are allowed on the mats.
7. Wrestlers must shower after every practice, match and tournament, use of anti-bacterial soap is preferred.
8. Wash all wrestling clothing (shirts, shorts, singlets) after every practice, match and tournament - Wear only clean clothes to practice. Long sleeve underarmour is a good option for practice.
9. Wash or disinfect headgear, shoes, knee pads, etc frequently and don't share equipment or water bottles with other wrestlers. Headgear and shoes can be washed in a washing machine on gentle cycle.
10. Wrestlers must trim their fingernails. No jewelry. Wrestlers with braces must wear mouth guards (or will be penalized and/or disqualified in matches).
11. In addition, coaches will mats are cleaned before every practice, match and tournament using antibacterial cleaner.

Print Name _____

Athlete Signature _____

Date _____





NEASE WRESTLING

Code of Conduct

Student-athletes are expected to represent themselves, their team and Nease High School with honesty, integrity, and character whether it be academically, athletically or socially. Participation on an athletic team is a privilege, not a right, and should be treated as such. It has many benefits and brings with it a responsibility to be positive and effective members of the team, department, school and broader community.

Code of Conduct:

1. Respect – Wrestlers will respect themselves, teammates, opponents, managers and coaches.
2. Standards of Hygiene are mandatory.
3. Report all injuries to the Head Coach immediately.
4. All practices, meets and team functions are mandatory.
 - a. Wrestlers are responsible for contacting the head coach if they are unable to attend.
 - b. Unexcused absences make a wrestler ineligible to complete in the next event.
 - c. Tardiness will not be tolerated.
5. Wrestlers are expected to arrive five minutes prior to practice to assist.
6. Wrestlers are expected assist as needed after practice.
7. Wrestlers are expected to maintain academic eligibility throughout the year.
8. If you are struggling in class, please notify the Head Coach as soon as possible. Coaches may be able to assist.
9. Wrestlers cut themselves from the team by not adhering to the Code of Conduct. The coaching staff reserves the right to remove any wrestler for poor attendance, lack of motivation, failure to participate, disruptive or abusive attitude, unexcused absences, failure to meet hygiene standards, disrespect to staff, managers, teachers, parents, volunteers or opponents.
10. Play hard but within the rules.
11. Exercise self-control at all times setting the example for others to follow.
12. Respect officials and accept their decisions without gesture or argument.
13. Win without boasting, lose without excuses and never quit.
14. Always remember that it is a privilege to represent the school and community.

