

**DO NOT SIGN WITHOUT READING THOROUGHLY**

**MISSION**

Mat Sharks Wrestling Club was started with the purpose to train beginner – advanced wrestlers who desire to further their wrestling IQ to prepare for competition at the youth, MS and HS levels. This club is *for wrestlers who desire to condition hard, focus, motivate each other, practice with intensity, and make each other better* wrestlers.

**CONDUCT:**

- All wrestlers and parents must conduct themselves in a responsible and respectful manner. Let the Coaches coach your athlete. Your job is to motivate, encourage and stay positive.
- MSWC will not tolerate any form of physical or verbal abuse or disrespect directed toward any athlete, coach, official or members of staff at tournaments. Removal from the premises or expulsion from the club will be the consequence for such conduct.
- Wrestling is a contact sport; this requires mental toughness and composure with adversity.

**ILLNESS:**

**All wrestlers will have their forehead temperature scanned before entry.**

**If you:**

- Stayed home from school due to any illness
- Have had a fever in the past 24 hours
- You have vomited in the past 24 hours
- You are coughing up phlegm
- Your nose is continuously running
- You cannot stop coughing

**\*\*\*\*\*STAY HOME. DO NOT COME TO PRACTICE SICK. YOU WILL BE SENT HOME\*\*\*\*\***

**Any athlete with a concussion, must have documentation from a physician to return to the mat.**

- **MSWC is NOT a babysitting club. Pick up your athlete on time. Failure to do so will result in dismissal from the club**
- **Athletes that are a distraction or disruption to teaching/learning will be asked to leave.**
- **Athletes that are physically reckless will be asked to leave.**
- **MSCW is NOT a boot camp for athletes with behavioral issues.**
- **Personal hygiene is a must with wrestling. Wear clean clothes, socks and deodorant to EVERY practice.**

**Athlete name PRINT:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Parent name PRINT:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_