

PRACTICE GUIDELINES:

- CHILDREN WILL REQUIRE T-SHIRT AND SHORTS AND / OR SWEATPANTS.
- A PAIR OF WRESTLING SHOES. ANYONE NEEDING A PAIR OF SHOES CAN SPEAK WITH COACHES. PLEASE SUPPORT OUR OLD WRESTLING SHOE HAND OFF PROGRAM.
- NO OVERSIZED SWEATSHIRTS OR LONG SLEEVE SHIRTS.
- **NO RUBBER OR VINYL SUITS.** OBVIOUSLY
- IF YOUR CHILD IS ILL / SICK, PLEASE REFRAIN FROM BRINGING THEM TO PRACTICE. A WRESTLING ROOM IS AN INCUBATOR FOR THE SPREAD OF VIRUSES AND BACTERIA. IF ON ANTI-BIOTICS PLEASE ADHERE TO YOUR DOCTORS INSTRUCTIONS.

PARTICIPATION:

- IF FOR ANY REASON A CHILD IS HAVING DIFFICULTY WITH THEIR BEHAVIOR, THAT CHILD WILL BE REMOVED FROM THE PRACTICE ROOM AND BE WATCHED OVER BY ADMINISTRATORS AND / OR PARENT, UNTIL THEY ARE ONCE AGAIN ABLE TO PARTICIPATE IN A POSITIVE MANNER.
- NO CHILD SHALL / WILL BE EXPECTED TO BE ABLE TO DIGEST ALL THAT IS SHOWN IN OUR ROOM. AS IN **ANY** WRESTLING ROOM THERE WILL BE A DISPARITY IN LEVELS.
 - WHAT WILL **NOT OCCUR**, IS THAT CHILD WILL NOT BE ISOLATED FROM WORKING WITH THE SKILLED GRAPPLERS.

SPORTSMANSHIP:

- AS ALWAYS, GOOD SPORTSMANSHIP IS ASKED OF YOUR GRAPPLER. HELP A FELLOW WRESTLER WITH TECHNIQUE AND SUPPORT THEM WHEN THEY'RE DOWN.
- NO BULLYING WILL BE TOLERATED IN THE ROOM.