

The NB Wrestling Club

Parent Handbook

**For information please visit our web site:
www.nbwrestling.com**

NB WRESTLING TEAM RULES AND CONDUCT

RULES FOR WRESTLERS

1. All wrestlers must be on the mat and ready to practice at the scheduled time. We also expect our parents to be prompt as well. Please pick up your children on time. Our coaches have families as well and obligations that they need to attend at the conclusion of practice.
2. All wrestlers need to be respectful of their coaches and teammates. They need to represent themselves, their families, their club, their community, their coaches, and their teammates in a positive manner at all times.
3. Rowdiness, bigotry, and destructive behavior will not be accepted and will have consequences.
4. Practice attire: Wrestling shoes are required on the mats. Do not wear wrestling shoes outside, bring them to practice and change them before entering the wrestling room. Shorts and t-shirts are worn at practice. Do not wear singlets for practice. No baggy clothing or sweats. **No jeans/jean shorts are allowed. No metal is allowed on your clothing and no makeup or jewelry of any kind should be worn. Head gear is recommended.**
5. All wrestlers should be on the mat ready to begin practice at the designated practice time.
6. Fingernails must be clipped and short.
7. All wrestlers are expected to attend all scheduled practices unless they have notified the coaches in advance. Coaches will determine if wrestlers are eligible to wrestle in tournaments if they have missed practice.
8. All wrestlers wearing orthodontic braces or permanent appliances must wear protective mouth gear at tournaments and at practices.
9. Wrestlers may leave the practice area only with the coaches permission. **NO EXCEPTIONS!!**

CONSEQUENCES FOR WRESTLER MISCONDUCT

1. Verbal Warning
 2. Written Warning
 3. Practice Suspension for 1 week (no tournament for that week).
 4. Removal from the NB Wrestling Program (decided by the wrestling Executive Board).
- **Depending on the situation, the Board has the right to suspend or remove a wrestler at any time.**

RULES FOR PARENTS

1. There will be no wrestlers allowed on the mat for practice or tournaments without the appropriate forms turned in. This includes your registration form and wrestling card.
2. Parents should make sure that all fees are paid on time.
3. Parents will demonstrate good sportsmanship at all times through their actions and words. Demonstrate positive support for **all** wrestlers, parents, coaches and officials at every tournament and practice.
4. Parents need to remember that the matches are for the wrestlers and not for the parents to win or lose. Appreciate the efforts of all the wrestlers and the coaching staff.
5. Parents will inform the coaches of any physical or medical ailment that may affect the safety of their wrestler as well as any other wrestlers.
6. Parents may not yell moves or create any other distractions during tournaments. The coaches should be the only adults discussing wrestling with the children during matches. Yelling at your child, or slapping the mat creates confusion among the wrestlers.
7. Parents are not allowed to physically, emotionally, or psychologically abuse any other parent, wrestler, coach or official.
8. Parents agree to abide by the grievance procedure listed below for any items of concern.
9. **Each family must** provide a family member for tournament set-up and clean up.
10. **All families must** volunteer to work the NB Wrestling Wrestling Tournament as well as assist in out of town tournaments.
11. **All fees, charges and purchases are non-refundable.**
12. The team name and/or logo is not to be used, copied, or reproduced in any manner without consent from the NB Wrestling Organization. Team apparel is not to be altered in any way.
13. In order to keep the team apparel consistent and uniform, no lettering is to be added to the team apparel. This includes names put on the front or back of team apparel.
14. You are responsible for signing up your children for tournaments and extra activities. No reminder phone calls will be made for signing children up for tournaments and other activities.
15. Provide the organization with an e-mail address and check it often. Important information will be sent to the e-mail address we have on file.

GRIEVANCE PROCEDURE

It is possible that conditions arise where a member feels they have been treated unjustly. This situation may be with a particular coach, team or the wrestling program in general. You should attempt to resolve this issue informally by speaking with Coach Rios after practice (and away from the children). It is recommended that you do this after you have considered the situation for 24 hours. You can do this face-to-face, by mail, or via email. However, if the need arises to discuss things in a more formal manner, you can request an emergency meeting of the Executive Board. Coach Rios will inform all Board members should this need arise.

CONSEQUENCES FOR PARENTS

1. Verbal Warning
2. Written Warning
3. Tournament Suspensions
4. Removal from all NB Wrestling Activities

****Depending on the situation, the Board has the right to suspend or remove a parent at any time.**

****Any complaint will be handled directly by Coach Rios or Craig Myers. Please refrain from complaining to other parents before, during or after practice.**

RULES FOR COACHES

1. Coaches should show good sportsmanship at all times.
2. Coaches will attend all tournaments and practices or arrange for a proper substitute.
3. Coaches are not allowed to physically, emotionally or psychologically abuse any wrestler, parent, or referee. All coaches will treat each other, parents, opposing coaches and officials with respect and dignity, regarding language, attitude, behavior and mannerisms. Violations of this rule are disciplined according to the NB Wrestling Code of Conduct.
4. All coaches must be approved by coach Lyons. Only approved coaches may work with New Braunfels wrestlers at practice or at tournaments.

CONSEQUENCES FOR COACHES

1. Verbal Warning
2. Written Warning
3. Tournament Suspension
4. Removal From NB Wrestling

****Depending on the situation, the Board may vote to suspend coaching privileges at any time.**

The NB Wrestling Club Athlete Contract

Dear Participant,

Being a member of a wrestling program is a privilege that carries with it a great responsibility. The lessons learned in our wrestling room will help you in many aspects of your life. Many adults have made the commitment to work with you. Therefore, we are asking you to make a commitment to this program. Please read this letter carefully, and sign if you agree to this commitment.

1. Arrive to practice on time and ready to give 100% (10 minutes early is considered on time).
2. Have all of the appropriate wrestling equipment with you (shoes, headgear, etc.).
3. Let the coaches know if you are unable to attend a practice.
4. Be attentive. Do not distract others by talking or fooling around.
5. Always work to the best of your ability.
6. Show respect to your teammates, coaches, assistants and your parents.
7. Remember to do your schoolwork. Wrestling and grades go hand in hand.
8. Don't come to practice if you are sick (24 hours must pass from vomiting, diarrhea and fever).

Wrestler's name _____

Signature: _____ Date: _____

NB Wrestling Club Parent Agreement

Dear NB Wrestling Parent,

As adults, you are your child's first teacher. An old quote states, children learn through what they see. The NB Wrestling wrestling organization takes our stellar reputation seriously. In order to uphold that reputation and continue to provide the best wrestling club for your children, we are asking that you read the following agreements and sign the bottom of this letter.

As parents of a NB wrestler, we agree to:

1. Allow the coaches to coach.
2. Follow the rules set up by the coaches regarding practices.
3. Be a positive influence on all the children.
4. Bring my child to practices on time.
5. Pay all fees on time. It is very time consuming to continually request payments.
6. Make sure that all of the siblings of a wrestler are watched closely if they must attend a practice.
7. Show respect toward the adults working with my child (never challenge a coach in front of the children).
8. Refrain from the use of profanity.
9. Bring any issues regarding the club to the attention of the head coach or another board member for discussion.

**I have read the above rules, as well as the Parent Handbook. I understand and agree to all of the regulations of the NB Wrestling Organization.

Parent name _____

Wrestler's name _____

Signature _____

Date _____

TOURNAMENT INFORMATION

1. The NB Wrestling Organization plans to hosts one tournament per year. This tournament will require parent volunteers. NB Rumble on the River 11-19-11
2. Set-up for the tournament is the night before. At least one member of each family is required to help out at set-up.
3. Clean up is immediately following the last match of the tournament. At least one member of each family is required to attend clean up.
4. Each family must volunteer time as table help during the tournament. A sign up list will come around as the tournament gets closer

NB Wrestling Board Members for 2011-2012

Craig Myers
John Yonker
Heather Dornburg
Danny Rios
Jerry Airola