

# Rules and Guidelines for Ames Wrestling Club

## Ames Wrestling Club: Rules and Guidelines for Next Session

Please review the following rules and guidelines for the upcoming session to ensure a safe, productive, and enjoyable experience.

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### Athlete Rules

#### Footwear

- Clean wrestling shoes or socks must be worn on the mat.
- Wrestling shoes should not be worn off the mat. Contact us if you need assistance obtaining appropriate footwear. We have a rental program.

#### Hygiene

- Fingernails must be trimmed and kept short.
- Wrestlers should shower immediately after practice to prevent skin infections.
- Practice clothes must be washed after each use and should not be re-worn without cleaning.
- Inform coaches of any signs of skin infections before the next practice.

#### Injuries

- All open wounds must be covered before practice.
- Athletes should inform coaches of any injuries or medical conditions.
- If an injury occurs during practice, the athlete must see a coach before approaching their parents.

#### Coachability

- If your child cannot follow instructions, stay engaged, or remain on the mat as guided, **parental attendance at practice will be required** until the situation improves.

#### Dress Code

- T-shirts and shorts (athletic gear) are required; shirts must be tucked in.
- No jean shorts or jewelry are allowed during practice.
- The wrestling room can get warm during the high school season, so dress accordingly.

## **Behavior and Focus**

- Wrestlers must remain upright with their eyes on the coach when instructions are given.
- Conversation during practice should be limited to wrestling-related topics.
- Wrestlers are encouraged to rotate partners weekly to enhance their growth. They should avoid always pairing with siblings or close friends.
- Disruptive behavior will result in a 5-minute break on the bench.

## **Respect and Safety**

- Athletes must follow coaches' instructions and show respect to peers.
- Bullying or inappropriate behavior is not tolerated.
- Wrestlers must avoid exercise bikes, treadmills, pull-up bars, curtains, and other equipment unless instructed by a coach.

## **Hydration**

- Wrestlers can bring their water bottles but are discouraged from sharing them to prevent germ spread.
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## **Parent Expectations**

### **Practice Times**

- Practice starts promptly at **6:30 PM**. Please ensure your child arrives on time.
- Sessions may occasionally run late. If your child needs to leave early, please do so quietly.

### **Parent Breaks**

- Parents are welcome to leave during practice for personal time or errands.

### **Parent Participation**

- Parents are welcome to observe practice but should act as supportive spectators.
- Coaches are trained and experienced; please allow them to lead practices and instruct wrestlers. Reinforce and support what coaches are teaching.

### **Mat Rules for Parents**

- Parents are not allowed on the mat unless invited by a coach or cleared through the director.
- Volunteer coaching is encouraged, but prior permission must be obtained through the director as part of our vetting process.

## **Health and Illness**

- If your wrestler is feeling unwell or has symptoms of illness (e.g., fever, cough), they should stay home to prevent spreading illness to others.

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## **Additional Information**

- Wrestling mats are cleaned before and after each practice.
- We rely on everyone to help maintain a positive and respectful environment.

Please feel free to reach out if you have any questions or concerns. Thank you for your cooperation and commitment to making Ames Wrestling Club an excellent experience for all!