

# **2019-2020 Parent and Youth Policies Contract**

## **Molalla Ju Ju Warriors Mat Club**

**Head Coach:** Jason Marshall

**Assistant Coaches:** David Sandberg, Derrick Hayes, Sam Bailey, Jesse Youngren

### **Behavior Expectations:**

#### ***Parents:***

1. Parents and spectators should be respectful at all times and in all circumstances.
2. Please be respectful of officiating staff and allow coaches to deal with any issues.
3. Be a positive example to your athlete at all times.
4. Be encouraging, your athlete will already have enough stress.
5. Be positive and supportive of all wrestlers.
6. If your athlete is 9 years of age or younger, you or an adult representative must remain present at practices and tournaments at all times.
7. Please be sure your children (whether participants or spectators) are supervised at all times during practice.
8. You are encouraged to help keep your child focused during practice times; and if you notice an issue with your child (ie. child getting upset, overly frustrated, etc.) please feel free to bring it to a coach's attention and have your child take a brief time-out.

#### ***Wrestlers:***

1. Be positive, respectful and supportive to your teammates.
2. Listen and be respectful to your coaches.
3. Please be respectful of officiating staff and allow coaches to deal with any issues.
4. Remember that you are representing Molalla wrestling, so be appropriate and respectful at home, at school, and in the community.
5. Give 100% effort in practices and tournaments.

#### ***Coaches:***

1. Be positive and supportive with athletes on and off the mat.
2. Teach the skills of wrestling at the highest quality level.
3. Teach and model good sportsmanship.

### **Parent Volunteer Expectations:**

1. Per the Northwest Junior Collegiate Wrestling Association, at league tournaments clubs are required to provide table help. Parents will be expected to assist with this requirement at tournaments throughout the season, training will be provided to you.
2. Should we host a tournament this season to raise money for the mat club to cover facility use fees, all parents will be expected to volunteer during the tournament as table help, concessions, bracket room, or hospitality room.

### **General Mat Club Policies:**

1. We understand that wrestling is a physical sport; but hitting, choking and other assaultive behaviors are not allowed at practices or tournaments. Youth exhibiting these behaviors will be dealt with by: first offense-1 week suspension from practices and no league tournament that week; second offense-suspended for the remainder of the season from practices and league tournaments.
2. No liquid, other than water, is allowed in the wrestling room at all times.
3. No food in the wrestling room.
4. Children are NOT to be unsupervised in the hallways at the school, we are guests in the facility and would like to maintain our partnership with the school district.

5. There is limited space in the practice room, spectators should be limited and sit along the walls. Also please keep conversation volume low as it can get noisy fairly easily in the practice room and make it difficult for coaches to coach and kids to learn.
6. After three practices, the club fee of \$100 must be paid in order for your child to continue participating in the mat club.
7. Mat club fees, and any previous year fees, must be paid and up to date in order for the mat club to place extra orders for you such as apparel, shoe bags, etc. Shirt orders will still be taken to meet the order deadline, but the mat club will hold onto the order until all fees are paid in full.
8. NO STREET SHOES ON THE PRACTICE MATS!
9. Mats are to be sanitized before each practice. Please take your turn in helping to sanitize the mats.
10. Because wrestling is a contact sport and we want to keep everyone safe, any open wound received at practice or outside of practice (cuts or skin infections) should be brought to the coach's attention no matter what BEFORE your wrestler practices.
11. Youth who horseplay and do not pay attention at practice may be asked to participate in Beginners only practices.
12. Anyone who is on the mats with wrestlers during the majority of practice is required to complete a background check. If you do not complete a volunteer application and background check you will not be allowed on the mat with the wrestlers during practice.
13. When helping wrestlers, please follow head coach's instructions for technique.
14. Participating in tournaments (league or open) is optional. If you choose to participate in league tournaments it is your responsibility to get your child to the tournament location by 7:45am so that league cards can be turned in by 8am. Cards will not be turned in for wrestlers who are not physically in the building/location before 8am. For open tournaments, it is your responsibility to pay wrestler registration fees and to ensure your child arrives at the tournament in time for weigh-ins.
15. At tournaments, it is expected that you will remain at the tournament until your wrestler has completed all his rounds. Leaving a tournament early is unfair to the other wrestlers in the bracket and reflects poorly on our club.
16. At tournaments, wrestlers will show good sportsmanship and will shake opponent's hand, and the opposing coach's hand, after each match...win or lose.
17. Please return all checked out/borrowed equipment at conclusion of your child's season.

Please sign below and return bottom portion to coaches, please retain policies and contract for your reference during the season:

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***I have read and understand the policies, expectations, and volunteer expectations outlined above and agree to abide by them during the 2019-2020 wrestling season.***

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**Signature of Athlete:**

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

\_\_\_\_\_  
**Signature of Parent/Guardian:**

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**Date:**