

Ewing Recreational Wrestling – Parent/Guardian Responsibilities
Template V3.0

As a wrestling parent/guardian, below are you and your wrestler's responsibilities. Initial each section then sign and date last page to acknowledge understanding, acceptance, and willingness to support these responsibilities.

Wrestling Attire

Initials: _____

1. I will ensure my wrestler is dressed for wrestling when bringing them to practice or meets. The following items are required in order to participate. It is your responsibility to track personal items, not the coaches.
 - Headgear - sized to fit
 - Wrestling Mouthguard (only for braces)
 - Hair Cap (only for long hair)
 - Wrestling Shoes - must only be worn indoors to avoid tracking dirt to the mat
 - Wrestling Shoes - must be tied by you or your wrestler before practice starts
 - Shorts or Sweatpants
 - T-shirt tucked in to avoid getting arms caught and twisted; not loose
2. I will ensure ERW-provided wrestling uniform is only worn at meets unless otherwise allowed by coaches.
3. I understand the team has various uniform designs and there is no guarantee of getting a specific design.
4. I am responsible for ensuring my wrestler does not lose or ruin their uniform or I will have to pay ESCC for it.

Health/Hygiene

Initials: _____

1. I will encourage my wrestler to bathe after each wrestling practice or meet for good hygiene and to avoid potential skin-related infections.
2. I will take my wrestler and coaches seriously and evaluate any reported health issues, contacting a medical professional when in doubt.
3. I will support and encourage my wrestler through emotional and physical challenges the sport demands.
4. I will encourage my wrestler to make healthy choices so they can be their best: diet, exercise, sleep.
5. I will ensure my wrestler's fingernails are clipped short.

Attendance/Participation

Initials: _____

1. I will ensure my wrestler is at each practice or meet on time or early.
2. If my wrestler arrives late to practice, they will make up what they missed instead of game/fun time at the end.
3. If I am going to be late to a meet, I must call or text a coach in advance of the start time, or my wrestler will not be allowed to wrestle that day even if they show up.
4. I will regularly check emails and respond when requested to provide info or confirm attendance.
5. I will text or call a coach at least a day in advance for any planned absences.
6. I will sign up to volunteer my time at wrestling meets (time keeping, score keeping, setup/breakdown, concessions). If I choose to decline, I will forfeit my deposit.
7. It is my responsibility to direct my wrestler to the correct mat ahead of time to warm up and wrestle.

Behavior: TEAM = FAMILY

Initials: _____

1. I will prohibit my wrestler from using NCAA banned substances (www.ncaa.org/2017-18-ncaa-banned-drugs-list) such as nicotine, excess caffeine, steroids/anabolics, alcohol, diuretics, street drugs, etc.
2. My wrestler and I will be a good sport and will respect coaches, parents, other wrestlers, and officials.
 - No WWE, horseplay, disruptive behavior, biting, kicking, punching, slapping, slamming, dropping, stealing, spitting, cursing, yelling, name calling, bullying, belittling, scratching, eye poking, hair pulling, etc.
 - Willingness to work hard, participate, listen to coaches' feedback, and grow as a person and/or wrestler
3. Wrestlers need to be good partners to learn and prevent injury. Not too easy, not too tough, let them do the move.
4. If my wrestler gets a demerit due to unacceptable behavior, I must remain at practice the next time in case it reoccurs. Repeat occurrences are grounds for suspension from the next practice, meet, or team.
5. Parents must not enter the wrestling room unless requested to enter or invited by a head coach.

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I have been given a copy of the Ewing Recreational Wrestling - Parent/Guardian Responsibilities. Signatures represent that both wrestlers and parents/guardians have read, understood, agreed, and will abide by its content.

Wrestler #1 Name (Print) _____

Wrestler #1 Signature/Date _____

Wrestler #2 Name (Print) _____

Wrestler #2 Signature/Date _____

Parent/Guardian's Name (Print) _____

Parent/Guardian's Signature/Date _____

Parent/Guardian's Name (Print) _____

Parent/Guardian's Signature/Date _____