

MOHAVE HIGH SCHOOL WRESTLING RULES

1. Any athlete who is on our wrestling team is first and foremost expected to conduct themselves as a person of high character on and off the mat. This includes having the grades to participate and not causing trouble in the community. We will not be the team known around campus for having the “thugs” or “misbehaved” students. If you cannot handle yourself off the mat, expect not to be part of the team.
2. Athletes are expected to attend all practices based on their level of competition. Monday-Friday practices go from 3:15 until 6:15 at the latest. Saturday practices will be from 9:00 to 11:30 at the latest. Some practices may be inexperienced or experienced only. There are consequences for missing practices without prior permission from Coach Horne.
 - a. 1st unexcused- meeting with Coach Horne
 - b. 2nd unexcused- sit out a match
 - c. 3rd unexcused- sit out the whole dual meet or tournament
 - d. 4th unexcused- you will no longer be apart of the team
3. Varsity wrestlers will be taking overnight trips for tournaments (4 during the season and possibly state as well). It is expected that these athletes be on their best behavior. Any misconduct, damage to property or breaking of the team rules may lead this athlete to have a parent pick them up and removal from the team.
4. Keep the wrestling room clean. It is not a place to store your stuff and leave looking like your bedroom. Things will be expected to be put away and kept neat. The mats will need to be cleaned every day after practice. This will be done a rotation basis and all wrestlers are expected to help. This will not be just for the “new guys” or “freshman” to do.
5. You will be issued a team warm up (long sleeve shirt and shorts) for your participation with the team. These are to be worn to school on game days, during travel, and when warming up on the mat. **THEY ARE NOT TO BE WORN DURING PRACTICE.** However if you choose not to remain apart of the team, you will be required to turn your issued warm up back in. If you complete the season you will be able to keep your warm up.

6. What will be asked of you during practice
 - a. Go 100% at everything you do
 - b. Be committed to the lifting and conditioning. You are going to be pushed beyond your limits. Gaining strength and being in top physical shape are very important to winning on the mat.
 - c. Be apart of the team. I know wrestling is often seen as an individual sport but it takes a bunch of guys working hard and moving in the same direction to achieve individual success.

7. Cutting weight- Often time people are turned away from wrestling because of cutting weight. It is my job as a coach to evaluate what weight you should be wrestling. A proper diet and eating the right way will allow most of you to be at your proper weight class. However sometimes, there may be a time when you have to push your body to lose those last couple of pounds. Wrestlers in our program will not be expected to make massive cuts but I guarantee most of you will lose weight based on the intensity of practices.