

TITAN WRESTLING CONTRACT

MISSION: The goal of Union Wrestling is to have our athletes attain success on the mat as well as in life. As coaches, we understand that dedication, hard work, perseverance and teamwork are the life skills that build a solid foundation for life-long success.

WRESTLER EXPECTATIONS:

1. **EVERY practice is mandatory.** Three (3) unexcused absences = removal from the team. Arrange absences at least one (1) day prior with Coach Godinho.
2. **ABSENCE from practice the day prior to a match/tournament = ineligible to compete.**
3. **WEIGHT MANAGEMENT:** Wrestlers will lose weight through hard work in the practice room and on their own. Wrestlers need to eat healthy well balanced meals and hydrate. The weight certification will determine the lowest weight a wrestler can compete.
4. **COMPETE FOR YOUR SPOT:** Wrestlers will undergo challenge matches during practices to compete for the position in which they will wrestle. Wrestlers must be within a reasonable distance of the weight class in which they wish to challenge and it must fit within their weight certification plan.
5. **CLEANLINESS:** Coaches will ensure that the wrestling room stays clean as well as do skin inspections. Every wrestler will shower after practice, matches and wear clean practice clothes every day. Look in the mirror and inspect your own skin to look for red bumps that are not normal.
6. **LINE-UP:** We will do our best to get wrestlers 27 matches throughout the season. Tournament lineups will be based upon our challenge matches. At duals Coach may alter the line-up however he sees fit to give the team the best chance to win or give younger athletes opportunities to wrestle varsity.
7. **COMMUNICATION:** Please contact us with any questions or concerns.
 - a. *Website:* uniontitanwrestling.com
 - b. *Twitter:* twitter.com/UTitanWrestling (@UTitanWrestling)
 - c. *Facebook:* facebook.com/uniontitanwrestling/
 - d. Coach Godinho can also be reached at: *Cell* (360) 521-7710, *School Office* (360) 602-6250 ext 7418, *Email* john.godinho@evergreenps.org.
8. **CODE OF CONDUCT:** Wrestlers will not consume alcohol or illegal substances or attend parties in which others are participating in illegal activities. Wrestlers will comply with all school mandated rules and procedures. Wrestlers will respect others to include their peers, coaches, family, teachers and other parents. Wrestlers will attend every class and are expected to exceed the district minimum GPA policy. Failure to comply with the set standards will result in disciplinary action and removal from team.

LETTERING POLICY – Letters are awarded to wrestlers earning 325 points based on the following criteria:

Practice – 1 pt	Varsity Match – 8 pts	District Win – 18 pts	Regional Match – 16 pts
Holiday Practice – 2 pts	JV Win – 8 pts	District Match – 12 pts	State Pin – 48 pts
Varsity Pin – 16 pts	JV Match – 6 pts	Regional Pin – 32 pts	State Tech – 42 pts
Varsity Tech – 15 pts	District Pin – 24 pts	Regional Tech – 30 pts	State Win – 36 pts
Varsity Win – 12 pts	District Tech – 22 pts	Regional Win – 24 Pts	State Match – 24 pts

- Wrestlers must complete the season in good standing: attend practices through our state tournament, attend all functions, and participate in fundraising events.
- Wrestlers must attend end of season awards banquet.

By signing this contract, I as the wrestler and my Parent understand the expectations of being a part of the Union Titan Wrestling family and are committed to meeting ALL of the above expectations.

Wrestler Name: _____ **Wrestler Signature:** _____

Parent Name: _____ **Parent Signature:** _____