

## Powerhouse Wrestling Academy Team Rules

1. Wrestlers and parents are expected to behave in a courteous, non-disruptive manner in and around the wrestling facility and at all events. Discourteous behavior toward teammates, coaches, opponents or referees will **not** be tolerated. Any derogatory behavior by a parent could result in your child being removed from the program.
2. At matches/tournaments, I will carry myself as a disciplined athlete (coach and/or parent) and make those around me proud to be associated with me. Unacceptable behavior will result in sitting out the next event and possible removal from the program. **(Throwing headgear, tantrums, refusing to shake hands, unsportsmanlike conduct, etc.)**
3. Every wrestler is expected to be on time and ready for practice and tournaments wearing appropriate wrestling clothing/uniform and shoes. Which means, shoes on and ready to practice at the start of practice or warm-ups. We recommend arriving ten minutes early to have time to get shoes on and be ready. If you are going to be late, please send a text to the gym at: **540-308-5725**. Gym doors will be locked at fifteen minutes after the start of practice. If you arrive later than that, you will not be admitted in. Arriving late is disruptive to the coaches and room.
4. All wrestlers are required to purchase a team singlet if you are competing under Powerhouse.
5. Wrestlers must keep track of their personal equipment, singlets, sweats, shoes and headgear are expensive. Pick up after yourself at the facility and tournaments. Powerhouse is your home too...keep it clean!
6. All wrestlers are expected to attend as many practices as possible; a minimum of at least two (2) nights per week.
7. All wrestlers must purchase a USA Wrestling membership and provide a copy to the gym. Memberships renew annually at the end of August and may be purchased at [USAWMembership.com](http://USAWMembership.com)
8. Tuition is due on the first of every month. If paid after the fifteenth, there will be a \$10 late fee assessed. We accept cash, check, Venmo and PayPal (Friends and Family Only) as forms of payment.
9. Usage of any controlled substance by a wrestler will result in immediate suspension from the team.
10. The wrestling room & equipment are very valuable and must be treated like gold.
11. Every wrestler who utilizes the water from the refrigerator is required to donate at least one case of water per month.
12. **NO** street shoes are allowed on the wrestling mats at any time. Wrestling shoes only!
13. Every wrestler should take a shower immediately after wrestling (practice or tournament) to prevent skin infections. Keep wrestling bags cleared of sweaty wrestling clothes and wear clean wrestling clothes to practice each day.
14. Any skin infection must be treated immediately. The wrestler is not allowed to attend wrestling practice until the skin infection has been treated for at least 48 hours.
15. If your child has shown signs of illness (to include fever, vomiting, cough, etc) within the last 48 hours please keep them home until all symptoms have subsided.
16. Parents are not allowed in the practice room or locker room during practice. If you need to address a coach, please do so after hours via email and one of our coaches will reply within 48 hours. Email address is: **Phwrestlingboard@gmail.com**
17. **Please do not coach your child, yell over top of coaches at tournaments or give your child any instructions contrary to what the coaches tell them from the corner during matches.** Your job is to support, love and hug your child no matter what. Conflicting advice and criticism work against the coach's efforts and only serve to confuse and de-motivate your child. Be supportive, no matter what. **No offensive language or child abuse will be tolerated.**
18. All coaching assignments for tournaments will be made by the head coach. Parents are not allowed to choose which coach will coach your child at events.
19. Powerhouse Wrestling will hold an Emergency Information sheet on each wrestler. Parents are responsible for keeping that information up to date. A current emergency contact person and phone number must be available in case a child becomes ill or injured when the parent(s) are not present at the facility.
20. Parents must be prompt about picking up their child(ren) after practice. For safety reasons, wrestlers waiting for their ride after practice must wait inside the practice facility.
21. Parents must participate at wrestling team functions. **All Team Powerhouse families are expected to volunteer during the season i.e., table workers, duties to help out at Powerhouse.** Failure to complete your volunteer commitment may result in the wrestler(s) not being entered in the next meet or tournament. Ignoring your volunteer commitment may jeopardize the wrestler's enrollment for the wrestling season.
22. **All Team Powerhouse families are expected to participate in all fundraisers. We rely on these fundraisers to keep our doors open and need full support and participation.**
23. Communication is the key to any business or sports team. Most communication within Powerhouse is done by email. There is always a lot going on in the wrestling world therefore a lot to communicate. Please be sure we have a current email address on file and be sure to respond to all emails as necessary. Silence is not consent in this case.
24. Powerhouse Wrestling holds many camps/clinics at the facility to help raise funds for the team. Each wrestler should try to commit to the annual team camp during the summer and mini camps held throughout the year.

25. Each wrestler will set goals and work hard and know that their hard work will eventually pay off. Every wrestler is expected to give 100% effort at each practice.
26. Each wrestler and parent/guardian must sign a copy of these rules and review them with the wrestler. Should a wrestler or parent fail to comply with the rules, they may lose team privileges. We want each wrestler to have FUN and be SAFE.

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Wrestler Name (Printed)

\_\_\_\_\_  
Wrestler Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name (Printed)

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date