

# Roc Wrestling Club Rules, Regulations, and Expectations

## Regulations & Expectations

1. All members must have an up-to-date insurance card to participate.
2. Arrive promptly to ensure the best experience.
3. Please respect the school facilities and all property on the school grounds.
4. Please behave respectfully in the building, just as you would at home. Remember, there are cameras everywhere.
5. All wrestlers must use only the sections going to and from the wrestling room. No one can travel or wander throughout the building.
6. Always wear a t-shirt while traveling through the building. Wandering without proper attire may result in the club voiding or canceling a membership if multiple complaints are filed. No refunds will be issued.
7. Keep your membership dues paid on time to support the club and ensure your continued participation and active membership.
8. Payment covers only the current cycle; dues are not carried over to the next cycle. Athletes are responsible for attending during their paid cycle.
9. Please leave your valuable or important personal belongings (such as necklaces, bracelets, and rings) at home. We are not responsible for stolen, missing, or lost items.
10. It is highly recommended that all members download and have access to the Stack Team app. It'll be used to communicate practice changes, cancellations, and wrestling opportunities. Download it, then search for 'Roc Wrestling Club' and request to join.
11. **When the cafeteria is used for banquets and meetings, it will be off limits. No one is allowed in cafeteria once practice begins:**
  - a. **All the wrestlers' personal belongings will be kept inside the weight room. The wrestling hallway is off-limits that day.**
  - b. **The bathroom routes are going to change. All members must go through the weight room up the stairs on their way to the first-floor bathroom.**
  - c. **There will be no water breaks in the cafeteria. Members must go through the weight room and look upstairs.**

## Rules

12. **Respect the Room and Others**— Treat club teammates, practice partners, and coaches with respect—our room is a community and family. Keep the mats and its surrounding areas clean by picking them up ourselves— No food, drinks, or street shoes on the mat.
13. **Work Hard, Stay Humble** – Give 100% effort in practice, but always show good sportsmanship on and off the mat.
14. **Skin infection prevention:** always shower at home with antibacterial shower products, such as soaps, shower gels, and shampoos.
15. **Skin infection intervention:** Always check your skin for signs of infection. If suspicious skin infections or rash is shown, we have the right to sit you out. The room cannot afford to spread skin infections onto the mat. Covering it up will NOT be enough. We are trying to contain the outbreak.
16. All wrestlers' belongings (backpacks, running shoes, sandals, etc.) placed in the wrestling hallway. No belongings are allowed in the wrestling room due to limited space.
17. It's important that all coaches' instructions and directions are closely followed to ensure a positive training environment. Parents can play a supportive role by encouraging the athlete, but it's best they avoid interfering with the training or undermining the coach's guidance to keep everything running smoothly.

Wrestler's name: \_\_\_\_\_

Parent's name: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_