

Glenrock High School  
WRESTLING



Head Coach  
Assistants

Nic Dillon  
Don Flynn

November 21, 2016

## **Wrestling Cautionary Statement**

Wrestling is a highly competitive, fast-action activity in which physical strength, endurance, and contact plays a major role. Wrestling, like all other contact sports, has the potential for catastrophic injury or death. Because of the speed and intense physical demands by which the sport is conducted, wrestlers and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of the sport.

### **PREPARING FOR PRACTICE AND COMPETITIONS:**

1. Wear all protective equipment when practicing or competing.
2. Do not dehydrate yourself.
3. Anyone needing special taping or equipment should arrive early enough to have it taken care of before practice starts.
4. No jewelry of any kind is to be worn while wrestling.
5. Any special circumstances that you may have need to be presented to the coaching staff prior to beginning practice.
6. Weight control is to be done through balanced meals, activity and at a rate that is not detrimental to the athlete.
7. Any unusual skin conditions should be immediately reported to the coaching staff and no wrestling is to take place until the coach has made a determination as to whether the conditions needs to be seen by a physician.
8. No hazing or initiations will be tolerated.

**IN THE LOCKER ROOMS:**

1. Be careful of slippery floors.
2. Pick up all litter and clothing in the locker room as you leave.
3. Keep your equipment locked in your locker and turn in your work-out gear at the end of every practice so that it can be washed.
4. No horseplay in the locker room.

**PRACTICES AND COMPETITIONS:**

1. Do not wrestle too close to the walls or hard surfaces. If you get too close to the walls, stop and move away and resume action.
2. Be aware of others as you participate and where they are so that you do not accidentally injure someone else.
3. Tuck in T-shirts so that you or your partner do not get caught up in it and become injured

Please be aware of any unsafe conditions and report them to the coach immediately. These simple reminders are for your safety.

**ACKNOWLEDGEMENT**

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation on the *Glenrock High School Wrestling team*.

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\_\_\_\_\_  
Athlete's Name - printed  
printed

Parent's Name -

\_\_\_\_\_  
\_\_\_\_\_  
Athlete's signature / date  
Parent's signature/ date

Please sign, date and return this form to the GHS office. This form must be on file before your athlete can participate in competition.