



JAMES BOWIE HIGH SCHOOL

As a student athlete, I _____ (PRINT NAME) recognize the commitment that is necessary while participating on the Bowie Wrestling team. I understand that participation on the team is a privilege to be earned. In order to help our team be as successful as possible, I agree to adhere to the following guidelines.

- I will respect my coaches and captains.
- I will make all practices. *On-time means on the mat and ready to wrestle at practice start time.
- If, for some reason, a practice is not able to be made due to a sickness or unavoidable conflict, I will let Coach know as soon as possible. In the case of an illness, I will inform coach prior to leaving campus. In the case of an unavoidable conflict, I will inform coach at least 3 days in advance.
- While at practice, I will work hard and demonstrate a willingness to improve.
- I will bring a positive attitude to wrestling (This means not whining, complaining, or making excuses at anytime).
- I will always ensure I am working to make my partner's practice better.
- Any outside drama that may affect the team should be brought to the Coach immediately.
- I agree to support my teammates before, during and after all events.
- I will put myself in the position to be the best wrestler possible by keeping myself in shape outside of wrestling time.
- ***Being a **Student** Athlete is important. I will keep my grades up (above 70%). If it looks like I may run into problems with this, I will let Coach Dobinsky know at least a week before grades are due so that we can establish a plan.
- ***I agree to handle myself in a manner that reflects the best of Bowie on all wrestling travel.

Consequence Tree

1st Infraction weekly- warning from Coach

2nd infraction daily- removal from practice and possible loss of competition.

3rd Infraction in total- Guaranteed loss of competition and discussion of whether the team is the right place for you.

Student's signature _____ Date _____

Parents' signature _____ Date _____

*To be signed annually by each participating student athlete.

***May not follow the consequence tree.