

## **Lincoln High School Wrestling 2017-2018**

### Team vision:

Lincoln wrestling's goal is to produce outstanding character in our student athletes. In the classroom, the community, in practice, and in competition, our wrestlers will develop work ethic, responsibility to their teammates and to themselves, goal setting, and sportsmanship. Our coaching staff has confidence in our young men and women that through the sport of wrestling we can achieve our goals on and off the mat with the highest of character. We are extremely excited about the upcoming season and to see the growth of our wrestlers.

### Athletic Clearance:

All athletes are required to complete and submit a physical and online packet prior to participating and practicing.

<https://lincoln.athletecheck.com>

### Practice times and expectations:

First day of practice is on November 6th. Practice starts everyday at 3:15. Every wrestler is expected to be in the cafeteria at 3:15 on time to set up the room or in the weight room on their designated lifting days. Every wrestler must have: running shoes, wrestling shoes, head gear, proper athletic attire with no zippers or buttons (bringing an extra shirt is recommended. If the wrestler has braces a mouth guard is required for both practice and competition.

### Absences:

By joining the wrestling team the athletes are making a commitment to themselves, to their team, and to their school to show up and focus on improvement everyday. It is important that they are on time and at practice. Our coaching staff understands things come up and perfect attendance isn't always an option. We ask that if anything comes up where your athlete can't make it to practice or competition that Coach Harlow is informed before the day needed off. Days missed will be made up with the coaching staff. Too many missed practices could result in being held out of competition or starting spot and is up to the coaching staff. Unexcused absences are unacceptable. They will be dealt with at the staff's discretion and could result in removal from the team so make sure the coaching staff is notified.

### Holidays:

There will be practice during the first 3 days during Thanksgiving break on 20th, 21st, and 22nd during regular practice hours. More information about Christmas break will be available closer to the dates.

### Grades:

Lincoln High School is pushing for academic excellence for all students. The team will have a team wide GPA goal of 2.7. If an athlete is under a 2.5, not 2.0, efforts will be made to raise their grades which will result in substituting practice time for tutoring and missing competition. Academics comes first.

Coaching Staff: Greg Harlow, Tony Ramirez, Nic Marquez, Blaine Eslinger, John Titus, Matt Park.

Please sign this agreement with your wrestler and turn this sheet in only.

Parent signature: \_\_\_\_\_

Student signature: \_\_\_\_\_

Coach Gregory Harlow