**Character Contract**

*Titan Wrestling is a program driven by a culture of high-character athletes.*

**Drugs & Alcohol:** The use of drugs or alcohol is not acceptable or tolerated.  Athletes on this team should have a level of maturity and self-discipline that allows them to transcend such things and view them not only as counterproductive, but self and team destructive.  If athletes are not willing to make those social sacrifices/choices, we would respectfully ask that they not represent this team. There are no varying degrees or conditional acceptance.  Please note that this policy does not simply apply to team-related activity (i.e. travel), but more importantly, it applies to their social lives outside of the Wrestling Room. Guidelines are written in the TCAPS Handbook.

**Integrity:**  This team and its staff will only interact with athletes and individuals who act with integrity and honesty.  We operate on a basis of mutual trust and respect, and as such, we will not work with individuals whom we do not trust or respect.

**Attitude:**  The only acceptable attitude is a positive one.  A high-character environment cannot exist with negativity.  One key theme which athletes should embrace is to find growth opportunities through challenge and adversity.  With that perspective, there should be little, if anything, to be negative about. Any unsportsmanlike conduct may result in an immediate sit out for next dual/meet. Profanity will not be tolerated in the room. Please keep it professional.

**Leadership:**  Every wrestler is a role model and future leader. Therefore, from day one, we begin building future leaders. If we want extraordinary and inspirational leaders in the future, they must see that play out in front of them and aspire to be that each and every day. Captains are chosen to carry out leadership traits when the Coaches are busy. Wrestlers are strongly encouraged to assist with Youth Programs to give back to young grapplers. Hazing and bullying will not be tolerated.

**Fund Raising:** Athletes are responsible to attend fund raising activities to assist with wrestling program. Utilize the Sports Program Advertisements, charity events, or donations to raise said funds. To continue our program's success we will need these funds. Titan Athletics hosts two annual events, Bowling and Golf, which are required by the WHS Boosters for our team to be represented.

**Academics:** Titan Wrestling places a high premium on academics. Regardless of the level (Junior Varsity or Varsity), all athletes will be dedicated to the academic process, and will hold an appreciation for the process and those who provide this opportunity. A 2.0 GPA is the minimum requirement, but we will strive for higher. Grade cards will be in place for some athletes to make sure they are eligible. Grade Cards are due Friday mornings to the athletic director's office.

· Try to live up to the highest standards of an outstanding student/athlete

· Be accountable to maintain your studies and grades

· Be willing to make sacrifices. A teenager cannot be a successful student/athlete if they don't.

**Extra Curricular Activities:**

* **Game/ Event vs Practice = Game/Event**
* **Game/ Event vs Game Event = Student Choice**
* **Practice vs Practice = Student Choice**
* Student choice to be provided to staff 2 weeks in advance of the competition.  Please be proactive with students involved in multiple extra-curricular events.
* Work cooperatively with Fine Arts (and other) staff at all times!

*A true student/athlete is NOT a great student and part-time athlete or an outstanding athlete and mediocre student.*

*- Practice ends no later than 5:30 to give student athletes plenty of time for studies.*

**Team:**  Titan Wrestling will always place the interest of the team (the greater good), ahead of their own self-interest.  Whether at a workout, a team activity, a travel trip, or a championship meet, the team *always* comes first. Athletes need to be wearing team gear at all team activities and attend all team functions on team trips. Team gear consists head gear, wrestling shoes, singlets, warm up top and bottom. Titan Gear is issued and students will need to return them or pay for them. The Adidas Wrestling store is open to purchase gear or Wrestling Addix.

**Hotels:** Titan Wrestlers will stay overnight for some tournaments. Athletes will conduct themselves with the utmost respect for themselves and TC West Athletics. Curfew will be set by the Coach with some basic rules for room assignments and times of events (departure/arrival/meet times/etc.), and will keep in contact with the WHS staff.  Violations may result in missing a dual meet or tournament.

A Parent Chaperone list for traveling parents will be available for each hotel tournament to assist Coaches during the stay.

Weight Management: Wrestlers, Parents and Coaching staff will all be on the same page for which each wrestler will be able to compete by weight (subject to Alphas). Weight Classes are 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189,215, and 285 respectfully. Wrestlers are responsible to make the weight class set forth or challenge for another spot. Wrestlers will communicate to the Coach if they want to wrestle off.  If Wrestler misses weight they will not be able to compete during the event. The Coaching staff will address missed weight assignments with parents and the wrestler.

Alpha Weigh-Ins: Alphas will be scheduled by the Coach with an approval Date from the Athletic Director. Wrestlers will perform a hydration/urine test conducted by a certified trainer (gender specific) which is either a Pass or Fail. Afterwards, a qualifying wrestler will be given a ‘Skinfold Assessment’ indicating the lowest weight class that they can compete at based on a body fat percentage.

 http://www.mhsaa.com/Portals/0/Documents/WR/wtmon.pdf?ver=2015-05-29-154712-917

Wrestle Offs: Wrestle offs will be held at the beginning of the year to determine Varsity Team (2 out of 3). Wrestlers can also request a Wrestle off for Varsity spot if they have a winning record as a Junior Varsity Wrestler. They will need to beat the Varsity Wrestler 2 out of 3 matches (after warm up, middle of practice and end of practice). Dates will be posted for Wrestle offs based on approved Varsity Wrestling Schedule of competition. Last Wrestle offs will be January 23rd so Varsity Wrestlers can focus on the post season.

**Parents:** Finally, and most significantly, athletes on this team should respect and appreciate their parents.  The level of respect and appreciation for their parents is representative of their humility in knowing that what they do accomplish is largely *because* of their parents’ support and sacrifice.  Not only should these athletes respect their parents, they should have a profound gratitude for the opportunities they have been given. If there is an issue between Parent and Coach the ‘24 hour rule’ will be in place, where members sit on it for 24 hours rather than speaking on emotions. Parents are welcome to ask the Coach about developments, skills to be worked on and event information, however, they need to distinguish items that are Coach's call. Such items are coaching style, discipline, strategy, team rules and times of departures. Parents can inquire as to WHY a coach does things a certain way, but the coach is not obligated to follow parent input on those items and can run their program how they see fit as a professional.

Practice Schedule: Practices are scheduled after school from 3:30 p.m. to 5:30 p. m. After each practice it is the Wrestler's responsibility to maintain his/hers hygiene and shower at the school. Parents will pick up athlete no later than 5:30 p.m.  Athletes who miss 2 practices without telling Coach Nyland will sit for the next meet/dual. If an emergency arises Parent will need to contact Coach Nyland.

Skin Infections: Skin checks will be conducted daily in the wrestling room. If any Wrestler has a skin infection they will be asked to get it cleared from family doctor. Once they are cleared they are able to practice and compete. Wrestlers will still be able to condition during normal practice hours.

**Support:** Those who embrace this philosophy and culture have the *unconditional* support of the coaching staff. Wrestlers will be asked to fund raise and attend multiple activities for raising funds for the sport. All staff has the best intentions for all athletes and will prepare them to meet goals set.

[http://www.mhsaa.com/sports/wrestlingHYPERLINK "http://www.mhsaa.com/sports/wrestling%A0"](http://www.mhsaa.com/sports/wrestling%A0)

Coach Russell Nyland 231-174-2657 [nylandru@tcaps.net](mailto:nylandru@tcaps.net)

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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