

2022-2023 Madison West Regent Wrestling (Revised 11/04/2022)

Varsity Letter Awarding Criteria:

1. Varsity Athlete
 - a. The athlete must compete in more than **25** matches at the Varsity Level **(or)** The athlete must have a .500 winning percentage and have competed in at least **10** matches at the Varsity Level
 - b. The athlete must not have more than **2** unexcused absences from practice for the season
 - c. The athlete must not have more than **1** unexcused absence from competition for the season
1. Junior Varsity Athlete
 - a. The athlete must have more than **15** wins at the Junior Varsity Level **(or)** The athlete must have a .500 winning percentage and have competed in at least **10** matches at the Varsity Level
 - b. The athlete must not have more than **2** unexcused absences from practice for the season
 - c. The athlete must not have more than **1** unexcused absence from competition for the season

Excused Absence and Eligibility Criteria:

1. Personal Illness
 - a. If an athlete attends school they must attend practice
 - i. The athlete can work on homework **(or)**
 - ii. The athlete can assist with practice
 - b. If an athlete is absent from school or leaves school early due to illness:
 - i. The athlete must email or message (Discord App) the coach at least **1 hour** prior to the current day's practice or competition
2. Family Emergencies
 - a. If an athlete attends, is absent or leaves school early due to an emergency:
 - i. The athlete must email or message (Discord App) the coach at least **1 hour** prior to the next day's practice or competition
3. Mandatory Scholastic Events
 - a. If an athlete has a **mandatory** event such as: ACT Prep (in person course only), Choir Concert, Band Concert, Drama/Play, Musical, Academic Competition, etc:
 - i. The athlete must email or message (Discord App) the coach at least **24 hours** prior to the next day's practice or competition
4. Academic Eligibility
 - a. If an athlete is ineligible due to academic performance:
 - i. The athlete must attend practice to complete homework (or)
 - ii. The athlete must check-in prior to practice while completing homework in the building (i.e. teacher, tutor, study group)
 - iii. The athlete must provide a plan and timeframe in which the athlete will become eligible for competition

5. Family Vacations

- a. If an athlete is absent from practice or competition:
The athlete must email or message (Discord App) the coach at least **4 weeks** prior to the missed practice(s) and/or competition(s)
 1. Exception - Wrestlers in their first season will be excused for Family Vacations so long as **4 weeks** notice is given as above (5.a.i.).
- ii. The athlete will only be excused for vacation during following Holiday Seasons:
 1. Week of Thanksgiving
 2. Week of Christmas
 3. New Years Eve and Day

Dismissal Criteria:

If an athlete has any combination of **Unexcused Absences** in excess of 3 as described below the athlete will be dismissed from the team for the remainder of the current season.

1. The athlete must NOT have more than 3 unexcused absences from practice for the season
2. The athlete must NOT have more than 1 unexcused absences from competition for the season

If an athlete(s) is observed committing any of the below acts:

1. The athlete(s) may be given a verbal warning, held from competition and/or up to dismissal from the team
 - a. Verbal Altercation
 - b. Physical Altercation
 - c. Hazing

Unexcused Absence Criteria:

1. Practice
 - a. If an athlete has **2 unexcused absences** from practice that athlete will not be allowed to compete in the next scheduled competition at either the Varsity or Junior Varsity Level
2. Communication
 - a. If an athlete fails to communicate in a timely manner as described above under the **Excused Absence** section the occurrence will be considered unexcused

Wrestle Off Criteria:

1. Format
 - a. Best 2-out-of-3
 - b. 15 minute rest between each match
 - c. See schedule for Challenge Dates
2. Challenge

- a. Any **eligible** Wrestler is able to challenge for a Varsity position
 - i. Eligibility means:
 - 1. Academic/Attendance
 - 2. Attendance (see **Unexcused Absence Criteria**)
 - 3. Behavioral (see **Dismissal Criteria**)
 - 4. Weight Class (Minimum Weight Class)
 - ii. Email Head Coach **24 Hours** prior to the Challenge Date
- 3. Referees
 - a. In order of availability:
 - i. WIAA Referee
 - ii. Head Coach
 - iii. Assistant Coach

Regent Wrestling Club (RWC)

In an effort to build a Community and Fan Base for the Madison West Wrestling Program.

- 1. Each Wrestler will volunteer to coach with RWC for **2 practices**.
 - a. Sign Up Sheet will be posted in the Locker Room

Captain Selection Criteria:

Captains are leaders in the classroom, practice room, weight room and competition. Leadership is defined by the below:

- 1. Communicates to and for the Team
- 2. Motivates teammates while in the classroom, during practice, weight training and in competition
- 3. Looks to improve everyday in the practice room
- 4. Competes at the Varsity Level
- 5. Maintains academic eligibility throughout the season without interruption

I understand and agree to the Team Expectations as described above.

If I have Questions regarding the application of the Team Expectations I will Speak with, Email, or Message (Discord App) Coach Klein.

Wrestler Signatures Below: