



Cavalier Code of Conduct and Expectations

Cavalier Code

1. Be a good student!
2. We will respect ourselves, our team and our sport!
3. We will encourage others!
4. We will always practice good sportsmanship!
5. We will always strive to give 100% effort!
6. We will NEVER quit!
7. We will compete to the best of our ability!

Expectations

1. School is the number one priority.
2. Have fun! This is one of the oldest games in the world. Learn how to play and you'll be more successful.
3. Work on your mindset and attitude! Be yourself and believe in your abilities.
4. Share with others.
 - a. Share technique
 - b. Share success
 - c. Share mental preparation tips
5. There is a zero-tolerance policy for hazing. Misconduct is grounds for dismissal from the team and school disciplinary action.
6. There is a zero-tolerance policy for drug/alcohol use on the team. This behavior is grounds for dismissal from the team and school disciplinary action.
7. The student code of conduct is enforced at all athletic events/travel.
 - a. https://www.apposchooldistrict.com/ourpages/auto/2012/6/1/52845115/ASD%20Student%20Code%20of%20Conduct_2023.2024.pdf?rnd=1693333702345

Weight Management

1. I will not ask anyone to cut weight.
2. You need to put your weight down on the weigh-in sheet daily.
3. If you miss weight any time during the season you will not be allowed to wrestle that weight again.

Practice Policy

1. Practice is mandatory for all wrestlers.
 - a. We practice Monday through Saturday.
2. All wrestlers should be on time and ready (shoes on, taped up) at the posted practice times.



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3. If an athlete has an unexcused absence the day before a competition they will sit out the competition. The athlete is still required to attend the competition with the team.
4. Excusal from practice should be requested in advance.

Social Media

Use common sense and respect when posting to social media. Just like our practice room, keep things positive when posting about our program or other wrestling programs. Do not embarrass yourself or our team with negative content. Misconduct on social media is grounds for dismissal from the team.

Hygiene

Bacterial and viral infections have become a major issue in all sports. In order to alleviate some of the risk wrestlers are required to

1. Wear clean workout gear to practice.
2. Shower within an hour of the end of practice with anti-bacterial soap/body wash.
3. Check with coaches if experiencing any irregular skin conditions.
4. Do not leave food, trash, or clothing in the wrestling room. If left in the room it will be thrown away.

Conflicts with other sports/extracurricular activities

An individual who attempts to participate in too many extracurricular activities will, undoubtedly, be in a position of conflict of obligations. It is each wrestler's responsibility to ensure these conflicts do not arise and affect the team in a negative manner. Practice, dual meets, and tournaments are mandatory for all wrestlers. It is the team policy that the wrestling team takes priority over any other extracurricular activity during the competitive wrestling season (November-March). The only exception is if an athlete's Fall sport overlaps with the start of wrestling season.