



Roseville Wrestling Club  
Wrestler Participation Agreement

Good Citizenship

I will have good sportsmanship by demonstrating positive support and encouragement for all wrestlers, coaches and officials at every game, practice, and fundraising event.

I will treat other wrestlers, coaches, officials and fans with respect regardless of race, sex, creed, or ability.

I will complete schoolwork on time and to the best of my ability. I understand that getting good grades and working hard in school is an important part of my wrestling training.

I will be on time. I will be responsible for getting my practice clothes on, checking to make sure my shoes and other gear are in my bag and be ready to go in order to be at practice on time.

I will be in control of my emotions and not let them result in physical action. I will not use my wrestling abilities to bully or inflict harm on my peers.

Health & Hygiene

I will be responsible for my own wrestling gear. I will make sure my practice and tournament clothes are clean. I will make sure my gear and shoes are clean.

I will come to practice and tournaments with clean hands and my nails trimmed.

When I notice bumps or rashes on my skin, I will notify my parent/guardian immediately.

I will insure that any open wounds are covered securely.

I will wash my hands immediately and shower as soon as possible after wrestling to prevent spread of germs.

I will give my body the fuel it needs to maximize my wrestling abilities. I will eat fruits, vegetables and protein and limit my intake of junk food and sugar.

Participation - I will put 100% of my effort into every practice and tournament by:

- Listening and concentrating on coaching instruction
- Assisting my teammates to improve in their abilities
- Having a positive attitude
- Encouraging myself and my teammates to achieve

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Signature of Wrestler

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Date