

Guidelines for Wrestlers
McIntosh Wrestling Federation

Rules

Attend **all** assigned practices.

Attend all Scheduled competitions and tournaments.

Never **leave** the wrestling room or area (gym) without permission from one of the Coaches. This includes tournaments, Wrestlers are NOT to be outside playing, or running around the school. When you are not wrestling you NEED to be supporting those teammates that are wrestling!

Remember that no matter **how you arrive** at the tournament, when you are there you are the **responsibility and liability** of the McIntosh Wrestling Federation and/or Coach Judd .

Dress appropriately for practice and competitions (McIntosh team, or school shirt if possible).

Behave in an **appropriate** and **polite** manner during any practice, scrimmage or competition.

Remember that your actions and attitude directly reflect McIntosh Wrestling Federation, it's coaches, staff, and athletes.

Wrestlers not working, or being a disruption in practice will be removed from the team!

McIntosh Wrestling Federation Fees for 2008-09

These fees are good through August 31, 2009.

Single membership is \$75.00

This fee includes: a club tee shirt, establishes the wrestler as a member of our chartered club, and provides him supplies and insurance (a USA card) during club practices and other wrestling tournaments. Each member will be receiving qualified adult supervision and instruction at practices and tournaments. (Shirts arrive in Dec.)

Family Rates:

two members -- \$135.00

three members -- \$195.00

Singlet Policy

All new wrestlers are required to rent a singlet for \$40.00. This is a one time fee that will never have to be paid again while in the club. The team will keep the singlets, and will provide the wrestler with one at each tournament or match. Next year the wrestler will not have to purchase one again. This is a one time fee while in the club. Middle school kids grow a lot, and singlets cost a lot of money. This will save you money in the long run.

Wrestlers are required to wear a McIntosh Singlet while wrestling for the team.

Add this \$40.00 to your total

Make all checks out to McIntosh Wrestling Federation.

REQUIRED PARENT MEETING, SEPTEMBER 18, 2008 IN COACH JUDD'S CLASSROOM, 1120. IF YOU CAN'T ATTEND THIS MEETING YOU WILL HAVE TO CONTACT COACH JUDD BEFORE YOUR CHILD CAN START TO PRACTICE!

Cut and return to Coach Judd

I, _____ agree to follow **all** the rules of the **school, school board,**
Please Print
and those of the **McIntosh Wrestling Federation** described on this sheet.

Student Signature

Date

Parent Signature