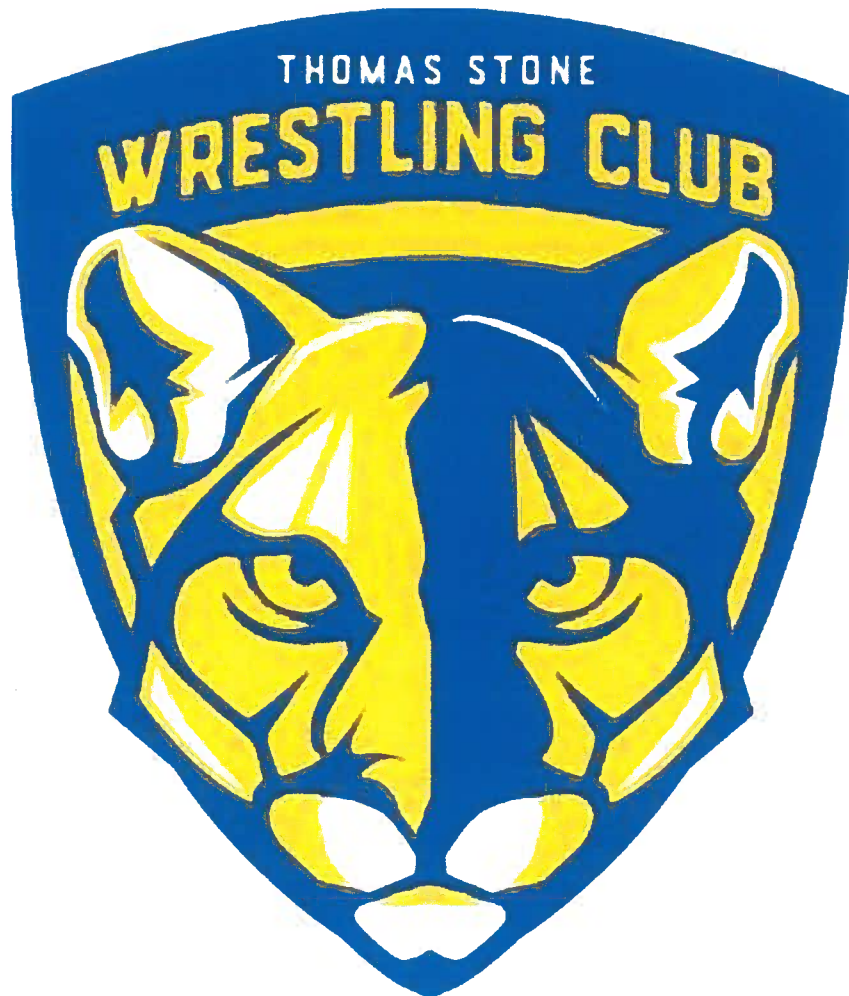
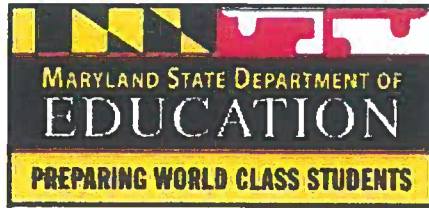


**THOMAS STONE WRESTLING CLUB (TSWC)**  
**GUIDELINES AND RULES**





## Sudden Cardiac Arrest (SCA) Information for Parents and Student Athletes

### What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

**Causes:** SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance-enhancing drugs and/or energy drinks.

**How common is sudden cardiac arrest in the United States?** SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 students die of SCA each year. It is the #1 cause of death for student athletes.

Warning Signs of SCA	Emergency Response to SCA
Fainting or seizures during exercise; Unexplained shortness of breath; Dizziness; Extreme fatigue; Chest pains; or Racing heart SCA should be suspected in any athlete who has collapsed and is unresponsive	Act immediately; time is most critical to increase survival rates Recognize SCA Call 911 immediately and activate EMS Administer CPR Use Automatic External Defibrillator (AED)

**Warning signs of potential heart issues:** The following need to be further evaluated by your primary care provider:

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

**Risk of Inaction:** Ignoring such symptoms and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

### **What are the risks of practicing or playing after experiencing these symptoms?**

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

### **House Bill 427 – Maryland Sudden Cardiac Arrest Prevention Act (the Act)**

The act is intended to keep student-athletes safe while practicing or playing. The requirements of the act are:

- All student-athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may also hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses and athletic trainers.

### ***Removal from play/return to play***

- Any student athlete who shows signs or symptoms of SCA before, during or after activity must be removed from play. Play includes all athletic activity. Before returning to play, the athlete must be evaluated by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). Clearance for the student-athlete to return to play must be provided in writing.

### **How can we minimize the risk of SCA and improve outcomes?**

The risk of SCA in student athletes can be minimized by providing appropriate prevention, recognition, and treatment strategies. One important strategy is the requirement for a yearly pre-participation screening evaluation, often called sports physical, performed by the athlete's medical provider.

1. It is very important that you **carefully and accurately complete the personal history and family history section** of the "Pre-Participation Physical Evaluation Form" available at <http://www.mpssaa.org/HealthandSafety/Forms.asp>.
2. Since the majority of these conditions are inherited, **be aware of your family history**, especially if any close family member:
  - a. Had sudden unexplained and unexpected death before the age of 50.
  - b. Was diagnosed with any of the heart conditions listed above.
  - c. Died suddenly /unexpectedly during physical activity, during a seizure, from Sudden Infant Death Syndrome (SIDS) or from drowning.

# A Fact Sheet for HIGH SCHOOL ATHLETES

## HEADS UP CONCUSSION

### WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?



**REPORT IT.** Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.

**GET CHECKED OUT.** If you think you have a concussion, do not return to play on the day of the injury. Only a health care provider can tell if you have a concussion and when it is OK to return to school and play. The sooner you get checked out, the sooner you may be able to safely return to play.



#### **GIVE YOUR BRAIN TIME TO HEAL.**

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

### WHY SHOULD I TELL MY COACH AND PARENT ABOUT MY SYMPTOMS?



- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.



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Prevention and Control

#### **GOOD TEAMMATES KNOW:**

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

## HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  ..... **Get a headache**
-  ..... **Feel dizzy, sluggish or foggy**
-  ..... **Be bothered by light or noise**
-  ..... **Have double or blurry vision**
-  ..... **Vomit or feel sick to your stomach**
-  ..... **Have trouble focusing or problems remembering**
-  ..... **Feel more emotional or "down"**
-  ..... **Feel confused**
-  ..... **Have problems with sleep**

Concussion symptoms usually show up right away, but you might not notice that something "isn't right" for hours or days. A concussion feels different to each person, so it is important to tell your parents and doctor how you are feeling.

*The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.*



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To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)

## HOW CAN I HELP MY TEAM?



### PROTECT YOUR BRAIN.

Avoid hits to the head and follow the rules for safe and fair play to lower your chances of getting a concussion. Ask your coaches for more tips.



**BE A TEAM PLAYER.** You play an important role as part of a team. Encourage your teammates to report their symptoms and help them feel comfortable taking the time they need to get better.

# A Fact Sheet for HIGH SCHOOL PARENTS



This sheet has information to help protect your teens from concussion or other serious brain injury.

## What is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Teens Safe?

Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no 'concussion-proof' helmet. Even with a helmet, it is important for teens to avoid hits to the head.

## How Can I Spot a Possible Concussion?

Teens who show or report one or more of the signs and symptoms listed below—or simply say they just 'don't feel right' after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to or after* a hit or fall.

### Symptoms Reported by Teens

- Headache or 'pressure' in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not 'feeling right,' or 'feeling down.'

**Talk with your teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



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### GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

**Concussions affect each teen differently.** While most teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



### Plan ahead.

What do you want your teen to know about concussion?

### What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously



You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

### What Should I Do If My Teen Has a Possible Concussion?

As a parent, if you think your teen may have a concussion, you should:

1. Remove your teen from play
2. Keep your teen out of play the day of the injury. Your teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion
3. Ask your teen's health care provider for written instructions on helping your teen return to school. You can give the instructions to your teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

➤ Teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a teen for a lifetime. It can even be fatal.

Revised 12/2015



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Prevention and Control

To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)

# Fighting Wrestling's Invisible Enemy: Effective Microbial Control to Keep Your Athletes Safe

Skin infections have always been a hazard of contact sports like wrestling, but recent outbreaks of MRSA in schools and athletics throughout the country have focused our attention on effective prevention and treatment protocols against harmful micro-organisms.



In athletics, CA-MRSA is spread via sports contact in locker rooms, hard surfaces (including training equipment, wrestling mats and artificial turf), skin-to-skin, cuts, abrasions, contaminated items and surfaces, crowded conditions, and poor hygiene.

“As wrestlers, we live on mats, so we want to know they are clean. There is so much out there—herpes, ringworm, MRSA—if you think your mats and facilities aren’t safe, it can kill all your confidence.”

**What can you do to manage the risks and reduce the likelihood that one of your athletes is infected?**

## Know what you are fighting

Any effective campaign against an opponent, even invisible micro-organisms, must begin with a solid understanding of the enemy. Here are some of the basic facts that coaches, athletes, parents, and athletic administrators should understand about MRSA (methicillin-resistant *Staphylococcus aureus*):

- MRSA are a specific type of staph bacteria not affected by usual antibiotic treatment.
- MRSA can be serious and potentially life-threatening: a recent study published in the *Journal of the American Medical Association* suggests it may cause an estimated 18,000 deaths per year in this country, a higher fatality rate than HIV/AIDS.
- There have been several high-profile athletes who have suffered from MRSA infections.
- Bacteria thrive in athletic settings, proliferating in the damp, dark environments of athletic gear, humid locker rooms, and on moist human skin.

Generally speaking, there are two kinds of MRSA: HA-MRSA (healthcare-acquired MRSA) and CA-MRSA (community-acquired MRSA). Fortunately, most of the MRSA affecting wrestlers is CA-MRSA, and that is still somewhat easier to treat when caught early. But, it is still a serious risk. Sadly, MRSA has been responsible for the physical debilitation and even deaths of some athletes.



## Recognize possible infections

CA-MRSA usually presents itself as a swollen pimple, boil, or pustule, looking perhaps like an infected mosquito or spider bite. It can quickly cause an area of the skin to swell up and turn red. Please consult your local doctor about ANY suspicious lesions or wounds.

## Educate your athletes and their support network

In helping athletes, their parents, and others to think about good hygiene practices that can prevent MRSA and other micro-organisms from being spread, recall these “5 C’s” of things that cause cross-contamination:

1. CROWDING
2. Frequent skin CONTACT
3. COMPROMISED skin
4. Sharing CONTAMINATED items
5. Lack of CLEANLINESS

## Consider the possible costs of infection

In addition to the health and safety of the athletes, which are of paramount importance, other concerns associated with MRSA and infectious disease in athletics include insurance and liability issues. We might tally the real costs of infection as follows:

- Loss of valuable athletes (ranging from treatable symptoms to death)
- Risk of losing a season, due to team outbreak
- Decrease in recruitment success
- Public image declines
- Decrease in revenue
- Legal costs associated with lawsuits

Clearly, any defensive plan against infection must consider all of these issues, beginning with the cleanliness of the facility and hygiene of your athletes and extending to revenue and expense-related concerns.

## CA-MRSA Prevention & Management

- Wash hands thoroughly with soap and warm water or using an alcohol-based hand sanitizer.
- Shower immediately following activity.
- Avoid whirlpools or common tubs with open wounds, scrapes or scratches.
- Do not share towels, razors, and daily athletic gear.
- Wash clothing, athletic gear and towels after each use with a long lasting antimicrobial detergent.
- Report all skin lesions immediately. Administer or seek proper treatment and testing to establish a diagnosis.
- Athletes with skin infections may only participate if their infections have been diagnosed, treated, and appropriately covered.
- Clean and disinfect protective equipment such as helmets, shoulder pads, etc., with a long lasting antimicrobial solution.
- Athletic lockers should be sanitized regularly with a long lasting antimicrobial solution.
- All training equipment, including mats, benches, bars and handles, should be cleaned with a long lasting antimicrobial solution.
- Locker and dressing rooms should have tile floors that may be sanitized with a long lasting antimicrobial solution.



# Ringworm (Tinea) Fact Sheet

**Ringworm is an infection of the skin, hair, or nails caused by a fungus**

It gets its name from its appearance on the skin, because the rash is often ring-shaped.

Other names for ringworm include tinea, dermatophytosis, athlete's foot (ringworm of the feet), and jock itch (ringworm of the groin). Despite the name, ringworm is not caused by a worm.

**You can get ringworm from people, animals, or places such as:**

- Touching a person who has ringworm.
- Using items such as clothes, towels, or hairbrushes that were used by someone with a ringworm infection.
- Coming into contact with the hair or dander of an infected animal.
- Using common areas like gyms, shower stalls, and floors if used by someone with ringworm.

**Ringworm is easily diagnosed and treated**

A doctor can do simple tests to determine whether a rash is ringworm. Treatment is usually an antifungal cream applied to the site of infection or antifungal pills taken by mouth.

**If you have ringworm, you can avoid spreading it to others**

- Follow your doctor's advice for proper treatment.
- Keep your skin, hair, and nails clean and dry.
- Do not share towels, clothing, or hairbrushes.
- Wash towels and clothing in hot water and soap to destroy the fungus.
- If you have athlete's foot stay away from common areas such as community pools and gyms until your infection goes away.

**Ringworm can be prevented**

- Keep common-use areas clean.
- Use a floor and bath cleaner that contains a fungus-killing (called "fungicidal") agent.
- Avoid physical contact with a person or animal that has ringworm.
- Do not share clothing, towels, hairbrushes, or other personal items.

## TSWC Practices

- 1) Practice Monday, Wednesday and Friday 6 p.m. – 8 p.m.
- 2) Enter school through practice room entrance or entrances nearest practice room.
- 3) No practice or competition when school is closed or after school activities have been cancelled. (i.e. Winter break, Inclement weather) Charles County Board of Education 24-hour information line 301-934-7410 or 301-932-6655, [www.ccboe.com](http://www.ccboe.com).
- 4) Monday and Wednesday technique instruction. Friday Review and recognition.
- 5) All wrestlers are required to assist with setting up/cleaning up practice room and competition facilities as necessary.
- 6) Practice needs: pocket less t-shirt and shorts, headgear, wrestling shoes, water. If necessary mouth guard, slicker cap.
- 7) Hygiene best practices: trimmed nails, clean practice clothing, shower after practice and competitions.
- 8) Outside shoes should not be worn on wrestling mats. Wrestlers should change into and out of wrestling shoes before and after practice and competitions.
- 9) Skin rashes/infections must be medically treated.
- 10) Wrestlers must notify a coach before leaving practice room. No roaming or playing in the hallways. Anyone entering gymnasium during game nights must pay required entrance fee.
- 11) All Injuries should be reported to a coach, especially head injuries.
- 12) Schools are tobacco free, alcohol free and drug free zones.

## SMJWL/League Events

- 1) Held each weekend from January through March.
- 2) Operate under the direction and authority of the host team's tournament director and head wrestling official. Behavior deemed inappropriate may result in removal from the property.
- 3) Only coaches who are sanctioned and have signed the league's code of conduct policy are permitted to coach in a wrestler's corner. No match should start without at least one coach in the wrestler's corner. No more than two coaches are permitted in a wrestler's corner.
- 4) Coaches are governed by the League's Hearing Board and violation of the code of conduct policy may result in suspension or dismissal from the team and/or league.
- 5) Wrestlers must be certified by age and weight to participate in SMJWL events. Wrestlers are required to weigh in at official league weigh ins.
- 6) Wrestlers must participate, through completion, in at least 50% of league events to be eligible for league championship events. Notify a coach if your wrestler will not participate in a weekend event.
- 7) Wrestlers are required to have headgear, trimmed nails, competition uniform and any other required competition items. (Examples: slicker caps, mouth guards if needed)
- 8) Wrestlers are governed by the National Federation of State High School Association (NFHS) rules. Violation of these rules or team code of conduct may result in suspension or dismissal from the team or league.
- 9) Unless there is an emergency which requires your direct assistance, parents and guardians are not permitted on the wrestling mats.
- 10) Good sportsmanship is required.
- 11) Schools are tobacco free, alcohol free and drug free zones.
- 12) Safety is a priority, stop any and all unsafe actions.

## WRESTLER'S CODE OF CONDUCT

- 1) Wrestlers are expected to respect teammates, opponents, coaches, officials, parents and school officials and display good sportsmanship.
- 2) No horse playing, teasing, taunting, bullying or fighting permitted.
- 3) No wandering or playing in the hallways at tournament locations. Wrestlers should be mat side, with a coach, parent or guardian during competitions.
- 4) Never argue with the decision of an official and/or coach.
- 5) Respect the schools and the facilities we use, without them we wouldn't have locations to use.

## VIOLATION OF TEAM CODE OF CONDUCT

**First Violation:** Discussion with the wrestler.

**Second Violation:** Physical activity to deter behavior and discussion with parent/guardian.

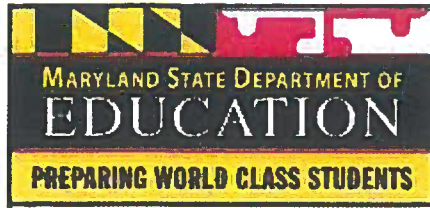
**Third Violation:** Suspension from one week of practice and tournament. Parent must remain at practice and at competitions with the wrestler when the wrestler returns from suspension.

**Fourth Violation:** May result in termination from the team.

## **PARENT/GUARDIAN CODE OF CONDUCT**

- 1) Support and encourage your wrestler(s).
- 2) Display good sportsmanship. Be respectful to wrestlers, opponents, coaches, officials, other parents and school officials.
- 3) Taunting, booing, cursing, threatening or fighting is not permitted.
- 4) Do not argue the call of an official and/or a coach's decision. Discussions with our club's coaches can be held at an appropriate time. Only corner coaches should speak with officials.
- 5) Parents or guardians should not discuss issues with an official or opposing team's coach or coaches. Any issues or concerns should be brought to the attention of one of our club's coaches.
- 6) Unless an emergency directly requires your attention, no parent/guardian is permitted on the wrestling mats.
- 7) Allow the coaches in the wrestler's corner to assist the wrestlers.
- 8) Assist as needed with setting up and cleaning up the schools and facilities we use, without them we would not have locations to use.
- 9) No outside shoes should be worn on the wrestling mats.
- 10) Stop any and all unsafe actions.

**NOTE: Violation of these rules may result in you, your guests and/or your wrestlers being removed from the property and/or permanent dismissal from Thomas Stone Wrestling Club (TSWC) and/or the Southern Maryland Junior Wrestling League (SMJWL).**



**Concussion & Sudden Cardiac Arrest (SCA)  
Parent/Athlete Acknowledgement Statement**

**Parent/Guardian**

I acknowledge that I have read and understand the following:

- Sudden Cardiac Arrest (SCA) Information Sheet
- Heads Up Concussion Athlete Fact Sheet
- Heads Up Concussion Parent Fact Sheet

\_\_\_\_\_  
PRINT NAME

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

Date \_\_\_\_\_

**Athlete**

I acknowledge that I have read and understand the following:

- Sudden Cardiac Arrest (SCA) Information Sheet
- Heads Up Concussion Athlete Fact Sheet
- Heads Up Concussion Parent Fact Sheet

\_\_\_\_\_  
PRINT NAME

\_\_\_\_\_  
ATHLETE SIGNATURE

Date \_\_\_\_\_

## WRESTLER AGREEMENT

I will remember to have fun and commit to learning as much as I can!

I pledge to have a positive attitude and be responsible for my actions while participation with the Thomas Stone Wrestling Club.

I will support, encourage and be respectful of teammates.

I will demonstrate good sportsmanship and be respectful of opponents, officials, coaches, parents and spectators.

I will attend as many practices and tournaments as I can and will notify a coach if I will be absent.

I will be responsible for all of my equipment at each practice and tournaments.

I will help with setting up, maintaining and cleaning up at practices and tournaments as needed.

If I see an unsafe action, I will notify a coach, parent, official or adult right away.

I will try to do my best and remember to have fun!

Wrestler's Name: \_\_\_\_\_

Wrestler's Signature: \_\_\_\_\_

Wrestler's Name: \_\_\_\_\_

Wrestler's Signature: \_\_\_\_\_

Wrestler's Name: \_\_\_\_\_

Wrestler's Signature: \_\_\_\_\_

Wrestler's Name: \_\_\_\_\_

Wrestler's Signature: \_\_\_\_\_

## **PARENT/GUARDIAN AGREEMENT**

I pledge to provide support, care and encouragement to my son/daughter participating with the Thomas Stone Wrestling Club.

I will demonstrate good sportsmanship towards wrestlers, opponents, coaches, officials, parents, and spectators at practice and competitions.

I will support a recreational sports environment for my son/daughter that is free of tobacco, alcohol and drugs and will refrain from use at practices and competitions.

I am aware of the responsibilities of coaches to my son/daughter and will remember coaches are volunteers and require my support.

I will notify a coach if my son/daughter is unable to attend practices and competitions.

I will assist/volunteer as necessary at practices and competitions.

I will remember that practices and competitions are for the wrestlers.

I will act to stop any unsafe act I witness.

I will encourage my son/daughter to remember to have fun and do their best.

Parent/Guardian's Signature: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_