12 September 2018

(revised 19 August 2020)

**QUICK REFERENCE GUIDE**

**1. PRE SEASON PHYSICALS**. All athletes wishing to wrestle MUST complete the Florida High School Athletic Association (FHSAA) “Preparticipation Physical Evaluation” form or EL02 form PRIOR to attending ANY wrestling practices, “open mat” sessions and wrestling live.

**2. CONSENT FORM**. All athletes wishing to wrestle MUST have their parents or guardians completed the Florida High School Athletic Association (FHSAA) “Consent and Release from Liability” or EL03 form PRIOR to attending any wrestling practices, “open mat” sessions and wrestling live.

**3. PARTICIPATION FORM**. All athletes wishing to wrestle MUST complete a “Pasco County Athlete Participation” form. The athlete and their parent or guardian must complete and sign the participation form prior to the beginning of the season.

**4. OPEN MATS and CONDITIONING**.

Starting Thursday October 8th the wrestling room will be available for open mats. No wrestling coaching or instruction will be offered during this time. Wrestlers may use the mats to work out on during this time.

Conditioning training begins for the 2020 -2021 season Monday September 8th.

**5. FEES.**

Each athlete is required to pay the school a participation fee. The fee schedule is as follows:

1st Sport: $70.00

2nd Sport: $40.00

Family (same school) $180.00

Individual cap: $110.00

Fees must be paid before the season begins.

**6. SEASON BEGINS**. Monday, November 9th and Practice begins. Monday through Friday 2:45p to 5:15p.

**7. WRESTLERS CODE OF CONDUCT.** Each wrestler will be required to read and sign the wrestlers code of conduct (WCC). The Wrestler’s Code of Conduct highlights and outlines the conduct and expectations of the student athlete throughout the season, both on and off the mat to include on campus off campus, during all wrestling events at other schools and conduct while “off duty” or out of season.

**8. UNIFORMS.**

**a. Issued Uniforms.** Prior to receiving their uniform, the student **AND PARENT/GUARDIAN** should inspect the uniform. They should document any damage noted on the uniform and submit it the UNIFORM ACCEPTANCE FORM within 24 hours of receiving the uniform. If the UNIFORM ACCEPTANCE FORM is NOT returned it shall be assumed the uniform does not have any discrepancies.

1) Singlets. Each wrestler will sign for their school issued singlet. They will be responsible for the care and maintenance of their uniform. At the conclusion of the season, they will be required to clean the uniform and return it.

2) Warmups. Each wrestler will sign for their school issued warmup. They will be responsible for the care and maintenance of their uniform. At the conclusion of the season, they will be required to clean the uniform and return it.

b. Cleaning instructions will be issued with each uniform.

c. Any athlete that fails to return the uniform item will be billed for that item plus the associated fees for the item replacement.

**9. Equipment**

a.Required**.** All wrestlers are required to have the following items for every practice:

1) Headgear

2) wrestling shoes

3)running shoes

4) Water bottle

b. Additional items

1) Mouthpiece

2) knee pad

3) Elbow pad

4) Wet wipes

5) Change of clothes (CLEAN - t-shirt, shorts, underwear, socks)

6) gym bag (for all of the above items)

7) Spare pair of wrestling shoes

8) Spare head gear

**10. Practice Days and Times**

Monday through Friday 2:45 to 5:15 at the high school wrestling room

**11. Thanksgiving Practice (TO BE DETERMINED)**

- 25-29 November (Thanksgiving Break - Thanksgiving day off) TBD

- 27 - 28 Thanksgiving Holiday Practice 0900a to TBD

- Wiregrass Ranch High School TBD

**12. Competition Dates**

See Calendar