

Mepham Wrestling Team Rules & Guidelines

1. Cursing does not make you tough, it just means that you have a limited vocabulary. Do not curse in the wrestling room, on the bus, on the mat, or anywhere that you are representing yourself as a Mepham Pirate.
2. If you have a valid reason for missing practice, be sure to tell a coach **BEFORE** your absence, not after. Telling a friend is not acceptable. If you have a legitimate reason for missing practice, text Coach Anderson or leave a note in his mailbox in the main office, or email Coach Arresto at sarresto@bellmore-merrick.k12.ny.us or personal message him on the Facebook page.
3. If you have an **unexcused** absence the day before a competition, you will not be wrestling in that competition.
4. During dual meets, all wrestlers sitting on the bench must be in uniform (shorts, Mepham Wrestling long-sleeve, pullover/zip up and wrestling shoes).
5. Only Mepham hats are allowed to be worn during competitions, and they may not be worn sideways or crookedly.
6. The coaches are not your friends, so do not refer to them by last name only. Please use the word Coach or Mister before our names – it's a sign of respect.
7. After an individual match, it is not necessary to walk across the mat and shake the opposing coach's hand because you will shake his hand at the culmination of the dual meet during the team line up.
8. After your match, it *is* necessary to come and shake your own coach's hand. We will give you immediate feedback on what you need to do in order to improve.
9. **DO NOT EVER** throw your headgear, curse, or yell at a referee during or after a match. We win with class, and we lose with class.
10. You **MUST** shower after practice. Unhygienic habits are the main reason that there are so many cases of ringworm and impetigo during a wrestling season. If you see that a teammate isn't showering after practice, please inform one of the coaches. You do not want to miss competition time because one of your teammates is a disgusting slob.
11. Avoid wrestling message boards. Many of the people that post on those sites are creepy weirdos. Don't give them any ammunition or motivation by responding to their posts or starting your own threads about how great you or your teammates are. Champions don't talk, they perform!
12. Work your butt off during practice. If you slack off during practice, you will not be ready for competition.

It is important that you follow these rules in order to be the best wrestler and person that you can be.

Thank you,
The Coaches

