

MASON WRESTLING TEAM

PROGRAM GOALS

Goal Number (1)---*Academic Success*

That each wrestler would realize their academic success by aiming high, show constant improvement, and carry the work ethic learned from the mat into classroom.

Goal Number (2)---*Wrestling Success*

That each wrestler would achieve their greatest potential in athletic performance, and by doing so, they would not only contribute to their own success as a high school wrestler, but to the overall success of their wrestling team as well.

The team will be known as a prestigious winning program. The program will compete at the highest level in the State and Country.

Goal Number (3)---*Personal Growth*

That each wrestler would realize a continuing maturity and perfection in their personal virtues---character traits---attitudes and habits. Each wrestler should work hard, stay positive, and achieve. If this happens, we are all winners. We want everyone to mature, develop self-confidence, and become a better person through learning self-discipline, cooperation, integrity, and teamwork.

Team Credo

I must ask myself every morning, "What can I do to be GREAT?"

This concept is not dependent upon what I want to do. This concept is generated from one simple question, "What is required of me to SUCCEED?" Education, Practice, Character, Excellence and Faith all bound by the common law of DISCIPLINE.

I am "ALL IN," not only for myself, but for The Mason Wrestling Team! You can count on me!

~ The Mason Wrestling Team

RULES, EXPECTATIONS, & POLICIES:

- Have fun, Practice Maintaining a POSITIVE ATTITUDE.
- Work hard
- Do everything you are asked to the best of your ability.
- Be a positive influence in the wrestling room at all times.
- Make goals for yourself, refer to them often, surround yourself with people who will help you achieve them, stay away from those who hold you back.
- Maintain a healthy lifestyle: (Sleep, Training, Diet, and Hygiene)
- Attend Class and work hard in school – Academics first
- Be a good partner – Care as much about your partner and teammate’s success as you do your own.
- Take care of yourself and your teammates
- Absolutely no usage of tobacco, alcohol, or other drugs.
- Read the Mason Athletic Code of Conduct and follow it at all times.
- Weigh in and record your actual weight before and after every practice
- Report any skin related issues to the head coach
- Report any injuries to the head coach prior to seeing the trainer
- Shower after every practice and competition – wear clean practice clothes to every practice
- Lock your belonging up at all times.
- Be on time. If you must be late for any reason, gain permission from a coach first.
- Be at practice – Get permission from a coach prior to any planned absence or tardy, an email is preferred. If you fail to do so the absence will be counted as unexcused.
- You must get permission from a coach any time you leave the wrestling room and/or weight room.
- On all away trips, wrestlers must ride to and from the competition on the bus.
- Always address each coach as Mr., Coach, or Sir.
- When directed to do something by a coach, the only acceptable response is “Yes Coach.”
- Show respect to everyone you come in contact with.
- Respect and help your teammates. These are your friends and will continue to be for life. Take care of each person on this team.
- Be a fine example for others that will never embarrass yourself, your family, your school, or this team.
- Every place a Mason wrestler leaves should be in better condition than when he arrives. Keep your locker room, weight room, wrestling room, and, while at a competition, bleacher area clean at all times. Even if it is someone else’s mess, clean it up.

*** Failure to comply with any of the above expectations will result in a consequence which could include a verbal warning, after-practice “Happy” time, sitting out competition, suspension or removal from the team as determined appropriate by our coaching staff.