WCHS Weightlifting 2020

Hello everyone, we are looking forward to a great season but first there are a few items that need to be covered to ensure the safety and well- being of all of our athletes.

**Paperwork:**

Before any athlete is allowed into the water, ***ALL*** paperwork must be completely filled out and returned to the coach. The NFHSlearn courses must be completed and the certificates turned in to the coach. The $70 participation fee must be turned in before the first meet or the athlete will not be able to compete.

**Academics First:**

All athletes must maintain a GPA of 2.0 or higher to participate in any athletic program. For any student needing help with academics, there is a study hall held daily after school.

**Rules for Eligibility:**

*Suspension:* Any student assigned OSS may not participate or practice in any athletic contest while suspended.

*Commitment:* Any athlete, who quits a team or is dismissed for disciplinary reasons, will be ineligible for another sport until the current season is over.

*Stealing:* Stealing is grounds for immediate dismissal from the team and may affect future athletic participation.

*Class Attendance:* To participate in practice or events the athlete must be present at school for at least four periods, with an excused note for the periods missed. If a pattern of tardiness is discovered, an athlete may be suspended for at least one meet.

*Sportsmanship:* Every athlete is expected to sportsmanship at all times, whether at practice or at an event. Possible consequences to unsportsmanlike conduct may result in suspensions and possible fines. This includes taunting on internet sites such as You Tube and Facebook.

*Profanity:* Profanity, obscene gestures, or abusive language will not be tolerated. This is a serious breach of conduct from the Student Code of Conduct, and any athlete shows disrespect towards *anyone* will be suspended a minimum of one meet.

*DRUG FREE ENVIRONMENT*

**Fundraising:**

Each athlete will be required to fundraise. We will have a mandatory meeting for fundraising TBD.

**Practices and Meets:**

Practices will begin every day at 2:45 and will run until 4:00. We will practice Monday- Thursday. Athletes are expected to attend all practices, unless the absence is excused (as to be determined by the coach). Too many absences may call for dismissal from the team.

Athletes are expected to attend all scheduled meets. Meets are generally held Wednesday evenings (a copy of the schedule will be provided). If an athlete is to miss a meet, they need to inform the coach as to why and within 2 days prior to the meet. If an athlete misses more than one meet they may be dismissed from the team (as to be determined by the coach).

Although this is an individual sport, we are a team and we all count on each other for success.

Once again, we would like to welcome everyone to the team and we are excited for the upcoming year. Feel free to contact me with any questions or concerns.

**Contact Information:**

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\*Please sign up for remind 101 for important information.

Send the text message “@WCHSweight” to 81010

Please sign and return this page. Signing states that you agree to the terms set forth in the above letter.

Athlete’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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