



RULES & REGULATIONS

GENERAL:

1. Every wrestler and parent must hold the ideals and morals that the AWC program abides by. That includes being a team player and showing respect for all members, visitors, officials and staff. No foul language should be used at any time while representing AWC. If for any reason we find that a wrestler or parent is failing to uphold these qualities, they will be asked to leave the program.
2. No parent should speak negatively about any wrestler in the program, including their own.
3. No food or gum in the practice area.
4. All trash must be disposed of in proper trash receptacles.
5. Wrestlers must take pride in their club and do their part by keeping their respective areas clean and belongings accounted for.
6. No cell phone use allowed in the practice area.
7. Flexible practice scheduling will be accommodated to the best of our ability; please discuss conflicts of schedule with the receptionist or coaching staff.
8. Parents/ spectators are allowed to watch practices from the appropriate viewing areas (balcony seating area), but should avoid creating distractions to wrestlers or coaches.
9. No parent should interrupt a coach or instructor during practice or class. If there is an issue that you need to discuss, please let our receptionist know, and we will schedule a meeting.
10. No wrestler is to wear any jewelry during practices and competitions.

SPORTSMANSHIP/CODE OF CONDUCT:

1. Always set a positive example.
2. Be respectful to everyone. This includes officials, security at competitions, wrestlers and coaches from other teams, etc.
3. Accept placement and awards with dignity and class.
4. The coaching staff will deal with any scoring issues at events. Under no circumstances should any parent or wrestler approach an official for any reason.
5. All wrestlers and parents must refrain from expressing any negative opinions on social media, public message boards, and internet sites. Please do not post any negative comments towards any other clubs or teams. Do not post predictions regarding AWC at any event.

REFUNDS: MONIES ARE NON-REFUNDABLE AND NON TRANSFERABLE. Any payments for memberships, private lessons, competition fees, trips, camps, clinics, merchandise, etc. are non-refundable. If your child decides to leave the program, or is asked to leave the program, you will not be reimbursed for any deposits or payments made. Should AWC have to shut down due to a pandemic, epidemic, health crisis, natural disaster, or any other event that is outside of AWC's control, we will seek reimbursements for any events we are unable to attend. If a refund is issued to us, we will refund to our customers. If we are not refunded, we will not be able to issue refunds to our customers. Membership will still be charged throughout any future closures. AWC will convert to a virtual platform in any instance where in-person contact is prohibited.



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HEALTH: You must provide AWC with your emergency contact information and inform AWC of any medical condition that may limit or prevent participation in any activities. Immediately notify AWC of any injury sustained as a result of a sanctioned AWC activity. Provide a written physician's note if you are unable to participate, including the duration of time that your participation is limited. A written doctor's release will be required for your child to return to practice. All athletes must refrain from the use of illegal drugs, alcohol, tobacco, or any other harmful substances.

DRESS CODE: Wrestlers must wear appropriate athletic clothing to practice. No jeans, cargo shorts, etc. Beginners will be permitted to wrestle in socks. Should they decide to commit to the program, they will be required to purchase wrestling shoes.

WEBSITE & EMAILS: The AWC website and provided email addresses must be checked regularly for updates: www.agogewrestlingclub.com. These are our primary means of communication. Any information that needs to be disseminated to wrestlers and guardians will be posted on the site and distributed via email.

AWC APPAREL & MERCHANDISE: No one may use the AWC logo or name for any clothing, novelties, or any other use unless authorized by one of the owners. Any items that are distributed to any of the AWC athletes, where money is being collected, must be authorized by the owners, and handled by the AWC shop. Anything created without approval will not be accepted, and cannot be worn in the AWC gym, to any competitions, or to any AWC activities. Parents are not allowed to make their own apparel. This includes AWC-related names, logos, and slogans.

FAMILY DISCOUNT: Once one full-price membership has been purchased, each additional sibling's membership can be purchased at half-price with discount code FAM50. Only the recurring monthly membership is eligible to use the sibling discount.

SOCIAL MEDIA GUIDELINES: There will be no negative comments on any form of social media regarding any athletes, coaches, staff, or other programs allowed. This includes when you make a statement that may not "name names" or be program-specific, such as "Wow, amazing how one kid can blow an entire tournament." This is unacceptable and will not be tolerated.

TRAVEL: All families must book their own competition-related travel arrangements. AWC will not be funding transportation, accommodation, or entry fees. Please keep in mind that your child is there to compete. He/she will have scheduled practices, meetings, and team functions during the time we are there. These activities are mandatory.



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I have read the Agoge Wrestling Club packet and understand all of the rules and regulations outlined. I agree to abide by these rules and understand that if I do not comply with any or all of these rules, the owners of the program have the right to remove me from the program. If for any reason I cannot fulfill my obligation to the program, or if I am removed from the program, I understand that no monies or merchandise will be refunded. I understand that as a member of the Agoge Wrestling Club, I must hold the ideals and morals that the Agoge Wrestling Club abides by. I also agree to conduct myself in a mature and respectful manner when attending competitions and Agoge Wrestling Club events.

I understand that I am not able to participate in any practices until this form has been signed and returned to the gym.

Name of Wrestler

Signature of Wrestler (10 or older)

Signature of Parent/Guardian

Date Signed