



Self-Discipline Self Defense Self Esteem Conditioning Team Spirit

BABYLON KID WRESTLING

Rules of Participation

- 1) Please remember that we are guests of the High School. Respect all property, rules and regulations of the HS, or the Babylon Kid Wrestling program may lose its permit to operate in the HS.
- 2) Parents must be certain a coach is present before dropping children at practice.
- 3) Try your best and have fun.
- 4) Try out the moves the coaches teach you.
- 5) Respect your coaches and teammates.
- 6) No kicking, punching or WWE moves allowed.
- 7) No jewelry (watches, earrings, necklaces, etc.) can be worn during wrestling practice, but be sure to label the and leave them outside the room.
- 8) We will have plenty of water breaks during practice. Please bring drinks to practice but be sure to label them and leave them outside the room.
- 9) We suggest eating at least one hour before practice.
- 10) Do your homework before practice.
- 11) Decisions about who your child will wrestle or practice with are up to the coaches.
- 12) Wear exercise or gym clothing – shorts or sweats, sneakers or wrestling shoes, socks and tee shirts. Please, no street clothes, shoes, or nylon pants.
- 13) Only wrestlers and coaches are permitted in the wrestling room.
- 14) Do not leave the wrestling room without a coach's permission.
- 15) Vending machines are off-limits to Babylon Kid wrestlers during practice.

Participant Signature

Date

Parent Signature

Date