

## Ansley/Litchfield Spartans JH Wrestling Expectations

Welcome to the 2023 Ansley/Litchfield JH Wrestling Season. Below are the expectations while participating in the JH Wrestling Season.

### Grading (This is your PE)

- **4 points will be given each day.** There are a possible 20 points to be earned each week based upon the following expectations:
  - Appropriate shoes are worn (1 pt)
  - Dress in proper attire (Short, T-Shirt, Sweats, Hoodies) (1 pt)
  - Participation (1 pt)
  - Appropriate attitude and behavior (1 pt)
  - Unexcused absences (Not having a valid reason for missing practice) will receive a **ZERO** for that day of practice. Please bring a note from your parent or teacher to Mr. Wagner.

### Expectations

- Practices will take place Monday through Thursday
  - Practice will start around 2:45, lasts until about 4:00-4:10
  - If we travel to Litchfield, students will be dismissed from class at 2:25 and bus leaves at 2:30.
  - There will be a late bus provided after practice, if your student needs to ride the late bus, they need to check in the office and be waiting for the bus by the front entrance to the school. **YOU WAIT FOR THEM, THEY DON'T WAIT FOR YOU!**
- Come prepared for practice **EVERYDAY.**
  - Have all of your workout clothes/competition uniform ready when you come to school.
  - Recommended practice attire everyday is a sweatshirt, sweatpants, t-shirt, shorts, pair of shoes, and a hat.
- Be a positive representative of the track team at all times.
  - Expected to be a **STUDENT**-athlete
    - Show respect for your teachers and classmates.
    - Keep up with your studies.
    - **SEEK HELP IF YOU NEED IT!**
  - **If a student is ineligible due to failing grades, they may attend practice but will not be able to travel to track meets.**
  - Keep the locker room clean!
  - When traveling, be courteous of other schools and make sure to pick up after yourself when we go to track meets.
    - We will not load the bus until our area is cleaned at the track meet site.

- Be a team player
  - This is largely an individual sport, but we also compete to succeed as a team.
  - Our success depends on the student-athletes being respectful and participating to the best of their abilities.
  - Be sure to listen to your coaches on technique and the drills they have you do.
  
- Attendance and participation is mandatory
  - If the student-athlete does not attend, participate, and utilize their time appropriately, they will not attend wrestling meets.
  - Reasons for not going to wrestling meets: unexcused absences, academically ineligible, and lack of participation.
    - If you are ineligible, you will not be allowed to travel with the team if we leave early from school.
  
- Track uniforms will be checked out to the students.
  - If a student does not turn in the uniform at the end of the season, a replacement fee will be charged at the end of the season.
  
- During wrestling meets, students **WILL** act **APPROPRIATELY** and **RESPONSIBLY**, or their wrestling privileges will be **REVOKED**.
  - They need to pay attention to the announcers to be prepared for upcoming matches.
  - **NO excuses for missing a match!**
  
- Have fun and learn
  - Enjoy the time with your fellow teammates and the sport of wrestling.

2023 Ansley/Litchfield JH Track Expectations Overview Return Form  
(10 points upon return)

We are looking forward to the upcoming JH wrestling season and working with your student. If you have any questions or concerns, feel free to contact Mr. Wagner at (308) 935-1121, e-mail at awagner@ansleyyps.org, or a ParentSquare Message.

**Student Confirmation:**

I, \_\_\_\_\_, have read and understand the expectations for participation on the 2023 Ansley-Litchfield JH Wrestling team.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

**Parent Confirmation:**

I, \_\_\_\_\_, have read and understand the expectations for participation on the 2023 Ansley-Litchfield JH Wrestling team.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

**Parent Contact Information:**

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_