



Wrestling Class Policies

(Updated January 2020)

TARDINESS

- Students arriving more than **10 minutes** after the start of class, without prior notification to the instructor, will not be permitted to participate that day. It is important that students are properly warmed up from the start to prevent any injuries. Students attending class late and not properly warmed up increases their chances of injury and also causes a disruption to the class. Safety is our main concern as well as the respect for all students and parents.

ABSENCES

- Your child will be dropped from class if they miss **more than two** classes in a calendar month without prior notification for excusal.

ATTIRE

(Students wearing incorrect attire will not be allowed to participate, and will be marked absent)

- **Promotion shirts must be worn every day to class.** New students must purchase a white promotion shirt. As athletes are promoted through the program, designated CYC colored promotion shirts **MUST** be worn.
- **Cotton shorts must be free of rivets, buttons, buckles, zippers or any sharp objects that may damage the wrestling mat (ABSOLUTELY NO JEANS).**
- Wrestling shoes are recommended but only required for intermediate/advanced levels. **Absolutely no street shoes on the mat. If your wrestling shoes are worn outside they are considered street shoes.** Parents should make sure that their children are not wearing wrestling shoes when entering or exiting the building. If a wrestler does not have appropriate shoes, they can participate in **clean socks (no bare feet)**.
- Mouth guards are recommended for children with braces.
- Headgear to protect the ears is not required for non-competitive wrestling. It is recommended for wrestlers over 100 pounds who wrestle more than three times a week.
- Hair must be pulled back and away from face.
- Jewelry of any kind is not permitted.
- All participants must also adhere to the CYC general attire guidelines.
- Fingernails must be cut short enough to prevent scratching other students.

We strive to create and maintain incredible opportunities for our young members. We also greatly appreciate feedback. Should you have concerns or comments, please contact Dylan Guerrero at (925) 671-7070 ext. 227 or duerrero@cycmail.org Thank you for your cooperation.