

Pittsford Wrestling

2015-2016

VARSITY WRESTLING COACH: Keith Pittinaro

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Pittsford Wrestling Policies

Coaches Expectations

Our expectations are for every wrestler in the room to improve his level of wrestling through quality instruction, feedback, hard work, and experience. While doing so, I expect the team to display unity and good sportsmanship.

School Rules

- All School Rules Apply: athletic-academic eligibility, drug and alcohol policy, harassment etc. (see student handbook). If it is in the handbook it applies to this team and does not involve the coach. These are administrative rules. If broken, student-athletes will lose wrestling time and or be removed from the team.

Wrestling Room

- Parents are not permitted in the wrestling room during practice.
- If a wrestler is not displaying proper behavior, is a distraction to the team, or is disrespectful to a coach/teammate in practice, he/she may be removed from practice. If a wrestler is removed from practice, depending on the situation, the coach has the right to not allow the wrestler to participate in the team's upcoming event.

Dress Code

- For every dual meet event, home or away, wrestlers are to wear a button-down shirt and tie, with khaki or casual dress pants, and shoes.
- Violations of dress code will be dealt with via coach's discretion (which in most cases will be benched for a competition).

Events

- Wrestlers should travel to and from away events with the team. However, in the event that a wrestler needs to leave with his/her parents, the coach should be notified by the wrestler's parents.
- Parents are not permitted to be around the team's bench/seating area or warm-up area during wrestling meets.

Uniforms

- Wrestlers are responsible for their uniforms at all times, especially when the team is away for an event. A wrestler should never let his uniform out of sight and he will be responsible to pay for it if it is stolen.

Wrestle-Offs

- The wrestler that wins the initial wrestle-off is considered the varsity wrestler for that weight class. Once competitions begin, a wrestler who has earned his spot, has the opportunity to keep his spot pending his performance. If a wrestler has a winning percentage of .500 or better, he must be beaten twice by his opponent to take over his spot. If the wrestler is under .500 he only has to be beaten once.

Match Decisions

- Just because a wrestler is varsity doesn't mean that he will wrestle in every dual meet.
- The coaching staff has the ultimate decision as to who is wrestling in dual meets. No positions are guaranteed as coaching strategies sometimes come into play.
- Attendance, behavior, work ethic, and wrestle-offs are all determining factors as to who wrestles in the line-up.

Injuries

- There is a difference between being hurt and injured. In the event that a wrestler is injured he must see the trainer, and with trainer's recommendation, sit out of practice. Without the trainer's recommendation or a doctor's note, no wrestler is to sit out of practice without the coach's permission.

Hygiene

- Every wrestler should shower immediately after practice using antibacterial soap (i.e. Dial) and use deodorant.

Practices

- Practices are mandatory.
- If a wrestler misses a practice, he/she must have a valid reason.
- Regardless of the reason, the wrestler must make-up for the missed practice by completing physical conditioning of the coach's choice.
- Any wrestler missing 3 practices (unexcused) will be dismissed from the team. *Unexcused absences* – coaches not notified ahead of time, detentions, and appointments
- Do not be late. Excessive tardiness will result in dismissal from the team.

Cancelled Practices

- If in the event that practice is cancelled, due to the weather, a message will be posted to the teams Twitter account @PCSDWrestling.
- Check your email. I will send one out in questionable situations.

Community Service

- Every wrestler on the team is expected to attend any community service event that the team has scheduled.
- Missing a community service event would be equivalent to missing a dual meet and will be dealt with according to the coaches' discretion on an individual basis.

Eligibility

- Any member of the team that does not meet student-athlete academic requirements will not be permitted to participate in team events until he/she meets the school's requirements.

- Any academic or disciplinary issues brought to me by a teacher or school administrator will be handled according to the coaches' discretion. (i.e. extra conditioning, benching, dismissal from the team)
- I will be in constant contact with teachers of any wrestler that is on the border academically.

Parent Concerns

- If a parent has a concern for their student-athlete, for any reason, please contact coach by email: Keith_Pittinaro@pittsford.monroe.edu
- If a parent would like to sit down and meet with me, I am available to meet in Athletic Director's office with a scheduled appointment through email.
- Each situation is different and will be handled according to the coaches' discretion.

Parent Expectations

- Be positive, respectful and supportive
 - Communicate with your student-athletes
 - Communicate with me in an appropriate matter
- Make an appointment or email (keith_pittinaro@pittsford.monroe.edu)
- Parents not permitted at practice or near team seating/bench area during matches
 - Check team website for schedule or changes

Team Website

- The team website address is www.pittsfordwrestling.com
- I strongly suggest that you bookmark this address / add it to your favorites
- Updates will regularly be made to this site
- This site contains any policies, forms, rules, and info pertaining to our program and wrestling in general

We would like to thank everyone in advance for being respectful, cooperative and supportive of your student-athlete, the team and the coaching staff. We look forward to a successful season.

-The Coaching Staff