

THOMAS DALE WRESTLING

Commitment Sheet

The following set of rules and guidelines are to answer any questions that might arise during the season.

As a student-athlete at Thomas Dale High School:

1. I will follow all school rules.
2. I will treat all teachers, coaches, teammates, officials, and opponents with respect.
3. I will work hard to maintain high academic standards to the best of my ability.
4. I will demonstrate good sportsmanship at all times.
5. I will not use alcohol, drugs, or tobacco products.
6. I will attend and be on time for all practices, meets, and tournaments.
(In case I must be excused from practice, I will personally see Coach Persing or White before I leave school or let them know in advance of when and why you will not attend practice, meet, or tournament.)
7. I will not allow a job to interfere with practice and meets.
8. I will work hard, give 100%, and strive to be the best that I can be.
9. I understand I must travel to and from meets and tournaments with the team on the transportation provided unless otherwise stated by Coach Persing or White.
10. I understand TDHS is not responsible for any personal items lost or stolen.
11. I understand the coaches reserve the right to name the starting line-ups.

By signing this form, I understand that if I break any of the above rules, I could be suspended or dismissed from the team.

Wrestler: _____ Date: _____

Parent/Guardian: _____ Date: _____