

4.2 Wrestling Team Contract

OHIO STATE WRESTLING - TEAM CONTRACT

Academic:

Everyone is expected to go to every class. Our goal is to graduate with a team GPA of 3.0.

All freshmen and any student-athlete who has a cumulative GPA lower than 2.75 and/or does not pass 12 credits/quarter will be required to attend 8 study table hours. Receiving a D or an F in any class will require 2 additional study table hours per week. Freshman & Transfers with a 3.5 cumulative GPA or above will be required 4 study table hours the following quarter. Any student-athlete between a 2.75 cumulative GPA and a 3.0 cumulative GPA will be required 4 study table hours.

All Freshmen and guys with below a 2.75 GPA must turn in weekly class attendance sheets signed by their professor.

All non-scholarship team members must maintain above a 2.75 cumulative GPA or your position on the team will be re-evaluated.

You must meet with Allison Housman and your college advisor prior to registering to insure your classes apply toward your degree.

You must pass at least 6 degree credit hours per quarter and be academically eligible each year in order to maintain your athletic scholarship.

Summer school athletic aid will be granted according to past academic performance, academic success, need and discretion of the coaching staff. If you plan to take summer classes you must discuss with the coach in charge of your weight class.

All fifth year scholarship renewals are contingent on a coaching staff review and approval after year four. Red-shirt wrestlers should not assume they would be automatically granted a fifth year scholarship.

Student-athletes who have their books paid for must turn them in on time according to the SASSO policy.

Athletic:

You must attend all practice, strength and conditioning sessions. Everyone should be at practice, injured or not. If you are sick, you must call the head trainer and head coach at first signs of illness.

You must make weight for all competitions. **ALL team members will meet at St. John Arena 30 minutes prior to match, in uniform on home match days. All team members will sit on the bench and be dressed in pre-determined gear.**

All team members will have their conditioning and body density checked upon arrival to campus in the Fall. Specific guidelines will be in place to assist those in meeting the Ohio State wrestling program standard.

Medical care (injury or illness) should be coordinated with our athletic trainer.

You must inform our athletic trainer of any skin infections.

All team members must be ready to compete at all times. Do not assume you will be red-shirted.

You are expected to follow through on a daily basis with rehabilitation and treatment until released by the athletic trainer or physician.

Cell phones will be collected by coaches 1 hour prior to all dual meets.

General:

You must attend all team meetings (e.g., award banquets, physicals, Compliance, SASSO, etc).

BE ON TIME! If we set a time to meet or leave, be ready. Get taped or treatment before or after practice time.

Treat your teammates with respect. Absolutely no hazing of younger team members. We are a family. **Fighting is prohibited. Do not fight or start a fight. You must report any problems to a coach immediately.**

Any use of illegal drugs is prohibited. **All members of the Ohio State Wrestling Team are subject to drug testing, pre-screening and random tests. If you test positive for illegal drugs, you will automatically be subject to the University's Positive Drug Test Policies. On top of this, if you test positive for illegal drugs, the coaches have the discretion to remove you from the team and/or reduce or cancel your athletic scholarship.**

Any student-athlete who tests positive for drugs or has an alcohol related incident will have a heightened level of scrutiny. Such athletes will be subject to more frequent drug and **alcohol** tests. They will also be subject to signing an agreement outlining additional expectations and consequences along with a support/treatment plan based on the individual's specific circumstances. Athletes with alcohol related incidents above the age of 21 are still subject to this heightened level of scrutiny. The consumption or possession of alcohol is prohibited for all student-athletes, regardless of age, during any function while you are representing Ohio State (e.g., road trips, tournaments, hotels). You are responsible for any information sent to your voice mail, email, or locker room message boards. Only music with appropriate language will be played in the practice facility. Keep your language appropriate. You must FRIEND coach Ryan on Facebook and Twitter.

Summer camps are instrumental in our success. Everyone will be strongly encouraged to be there. This is a year round training program.

Getting into trouble with the police or University will not be tolerated. Do not do anything that will disgrace you, the University, team or coaches. Getting in trouble with the University, local or state police, may cause your athletic aid reduced and/or be suspended from the team.

There are NO PETS allowed. NO dogs, goats, sheep, cats, etc. Pets are a distraction at this time in your life.

In order to receive a release from Ohio State, you must be academically eligible under NCAA and Big Ten rules.

Curfew is 11pm Sun-Thurs and 1pm Fri-Sat.

Equipment:

You must wear Ohio State issued gear at all practices (e.g. wrestling, strength and conditioning). Gray shirts stay at Steelwood.

You must wear Ohio State issued gear at all competitions (no exceptions).

Equipment must be turned in immediately at the conclusion of home competitions and upon bus arrival from away competitions.

Only Ohio State issued gear should be put on laundry loops. All other gear will be removed from loop and discarded.

This is your notice... any equipment left on the mats or locker room floor will be discarded. Any team issued gear not turned in by years end will be charged to your University account.

Head Gear is MANDATORY in practice.

I have read and had an opportunity to ask questions about the document, and agree to abide by all University, NCAA, Big Ten, and team rules and regulations. **I understand that failure to adhere to any one of these rules/guidelines will result in either increased study table hours, a physically demanding workout, a reduction or cancellation of athletic aid and/or suspension from the team. Violation of**

any policy is also subject to the Department of Athletics Student-Athlete Code of Conduct and University Code of Conduct.

Print Name _____ Student-Athlete Signature _____