



# Spazz Wrestling Club

3 Larwin Rd. Cherry Hill, NJ 08034  
609-977-7459



## ***Policies, Procedures, and Rules***

Dear Parents/Wrestlers,

The following information is being provided to ensure that everyone in the Spazz Wrestling Club is aware of the policies, procedures, and rules. All of the guidelines have been developed by Coach Brian and are expected to be followed at all times by both parents and wrestlers. ***Any infractions will result in removal of the club with no refund.*** Please carefully read through each of them and discuss them with your child. Once you are familiar with them all, please tear off the last page, sign and date it, and return it to Coach Brian. This will verify your acknowledgement of the rules.

### **General**

- The Spazz Wrestling Club will be responsible for contacting parents with regards to future tournaments, changes in practice times (varies with changes in seasons), and any/all cancellations due to inclement weather. Please be sure to update your contact information with Brian as it changes.
- The Spazz Wrestling Club takes great pride in all of its wrestlers and families. You and your child's behavior are a reflection of the Spazz team. It's essential that everyone is respectful to coaches, opponents, and officials. Good sportsmanship is expected on all levels, and negative behavior (including foul language and gestures) will not be tolerated. Failure to abide by this rule could result in removal from the club. If a parent or child's conduct is unbecoming at practice or tournaments, immediate termination from the club will result, and no refund will be provided.
- Encourage your wrestler to improve their self-image by believing in themselves. Don't compare and contrast your child with family members and/or other wrestlers. Every child is different – do not add pressure to a kid by expecting him/her to live up to another wrestler's accomplishments.
- Coach Brian will have the final say when deciding what weight class the wrestlers will compete in. The coaches know what is best for the wrestlers, and will ensure that the kids are in the appropriate spot. If your wrestler is not having success making weight, Spazz has a certified personal trainer and nutritionist on staff to assist hi/her with losing weight in a safe and effective manner.
- ***All wrestlers must purchase a USA Wrestling Card*** in order to practice at the Spazz facility. If you need instructions on how to do this, please see Coach Brian for details.

### **Practices**

**Be on time:** Practices run Sunday – Thursday

**Strength & Conditioning** 5:30PM - 6:30PM

**Regular Practice:** Tots, Bantams, Midgets, Juniors, Intermediates, High School 6:30pm – 8:30pm

Arrive 5 minutes before your scheduled time to allow for preparation.

### **Friday Night Live**

Each and every Friday night from 6:30pm-8:30pm is “**Friday Night Live**”: open mat live wrestling. Wrestlers from Spazz and any other club or rec league are welcome to participate in live matches for the full two hours. Nominal Fee collected at the door.

### **Hygiene**

We need to do everything we can to prevent skin infections. Be sure your child showers right after all practices with anti-bacterial soap, and continuously clean his/her gear. Check your wrestlers' skin every day. Any skin problems need to be reported to Coach Brian. You need to be up front and honest about any issues for the safety of all of the Spazz wrestlers. Any attempt to hide or conceal ringworm, staph infection, impetigo, etc. will not be tolerated, and you will be asked to leave the club immediately.

- All wrestlers must wear only wrestling shoes on the mat. No sneakers, socks, or bare feet are permitted for cleanliness reasons.
- If your child is sick, please leave him/her home. We cannot take the risk of making other wrestlers ill.

## General

- No child is allowed to leave the mat during practice without a coach's permission. Regardless of the situation, (crying, runny nose, bathroom, etc.) the coach will decide if the child needs to be excused or is able to remain on the mat.
- No shoes on the mat
- PLEASE DO NOT WALK ON WRESTLING MATS
- No wrestling shoes are to be worn outside of the wrestling room to keep the mats clean and free of germs!
- No videotaping nor pictures allowed during practice
- No KIDS in first bathroom (unless accompanied by an adult)
- Put all bags shoes etc. in the cubbies
- Clean up your trash
- Everyone must pay for snacks! No child can take a snack without a parent present. Anyone using an app to pay must let Brian know immediately upon paying.
  
- Encourage your child to be coachable. If the kids listen and do what they are told, they will be successful. If your child talks back, is disruptive, or disrespectful, he/she will be given ONE warning. If it continues, he/she will be asked to leave practice.
  
- **Parent Conduct** – Please let the coaches coach!
  - Parents are **NOT** permitted on the wrestling mats at any time
  - **DO NOT** speak to, yell at, or coach your child from the parent section
  
- **Committing to Spazz**

When you are ready to make the commitment to Spazz, and register as a Spazz wrestler, you will be able to take advantage of the satellite weigh-ins and ensure that your child is coached by a Spazz staff member. Your child must wear a Spazz singlet, and we encourage you to purchase the other gear that is available. Please see Coach Brian for ordering details.

## Tournaments

- **Only the coaches will be on the mats**

Parents will **NOT** be permitted on the mats at any time. It's distracting to the wrestler to have a parent screaming and yelling at them when a coach is trying to give instructions. You may take pictures or video and cheer for your child, but you must do it on the side. You may **NOT** yell out moves or instructions – let the coaches coach.
  
- **Coaching**
  - Parents will **NOT** be permitted to coach. There will be a Spazz coach for every wrestler at the tournaments. If two or more Spazz registered wrestlers are on different mats at the same time, the match will be postponed until a coach is able to be in his/her corner.
  - If your child is registered under a different organization and he/she faces a registered Spazz wrestler, your child will be coached by that organizations coach, **not a Spazz coach**. The registered Spazz wrestler will have a Spazz coach in his/her corner.
  - If two Spazz wrestlers face each other, Coach Brian **WILL NOT** coach either child. If a parent is not able to coach their child, there will be another Spazz coach/parent. Depending on the circumstances, (age, type of tournament, etc.) the level of coaching that occurs will be at the coaches' discretion.
  - Parents are expected to be good examples for their children. You are **NOT** permitted to argue with officials at any time. If you have a question/concern with a coaches' decision after a match, you can discuss it with Brian at an appropriate time, in an appropriate manner. If you do not adhere to this policy, you will coach your child for the remainder of the season without the help of the Spazz staff.



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## Waiver and Release of Liability

*(Please detach and return to Coach Brian)*

**Express Assumption of Risk:** I, the undersigned, am aware that there are significant risks involved in all aspects of physical training. These risks include, but are not limited to: falls, fractures, sprains, or strains that could lead to serious injury or death. I willingly assume full responsibility for the risks I am exposing my child/ren to and accept full responsibility for any injury/death that may result from participation in any activity, practice, match, or session under the direction of Spazz Wrestling. I acknowledge that my child/ren has/have no physical impairments, injuries, or illnesses that will endanger my child/ren or others.

**Release:** In consideration of the above mentioned risks and hazards and in consideration of the fact that my child/ren is/are willingly and voluntarily participating in the activities offered by Spazz Wrestling, I, the undersigned, hereby release Spazz Wrestling, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my child/rens' participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties. This agreement shall be binding upon myself, my child/ren, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of this agreement shall remain in full legal force and effect.

Because I am signing on behalf of a minor child/ren, I also give full permission for any person connected with Spazz Wrestling Club to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and/or surgical care for the child/ren and to transport the child/ren to a medical facility deemed necessary for the well being of the child/ren.

**Indemnification:** The participant(s) and his/her guardian(s) recognize that there is risk involved in the types of activities offered by Spazz Wrestling Club. Therefore the participant(s) and his/her guardian(s) accept financial responsibility for any injury that the wrestler may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless Spazz Wrestling Club, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from negligent or intentional act or omission while participating in activities offered by Spazz Wrestling Club, at the main building or abroad.

**I have read and understood the foregoing assumption of risk, and release of liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form I am waving valuable legal rights.**

**I have received, read, and understand all of the policies, procedures, and rules set forth by Spazz Wrestling Club. I will adhere to the rules at all times and reinforce the rules with my wrestler. I am aware that not following these guidelines could result in removal from the club with no refund.**

\_\_\_\_\_  
Print Parent Name #1

\_\_\_\_\_  
Print parent Name #2

\_\_\_\_\_  
Print Wrestler Name #1

\_\_\_\_\_  
Print Wrestler Name #2

\_\_\_\_\_  
Parent #1 Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent #2 Signature

\_\_\_\_\_  
Date