

**Ann Arbor Jr. Wolverine Wrestling Club  
Athlete Contract:**

Dear Participant,

Being a member of a wrestling program is a privilege that carries great responsibility. The lessons learned in a wrestling will help you in many aspects of your life. Other people, including your coach and your parents have made a commitment to you. Therefore, I am asking you to make a commitment to this program. Please read this carefully and sign if you agree to make this commitment.

Wrestler readiness:

1. Arrive at practice ready to give 100%
2. Arrive on time
3. Have appropriate equipment with you
4. Bring a water bottle
5. Remember to do your homework, wrestling and school go together
6. Let the coach know if you will miss a practice

Wrestler attitude:

1. Be attentive
2. Do not distract the other participants by talking or goofing around
3. Always work to the best of you ability
4. Show respect to your teammates, coaches, assistants and your parents

Player's Name: \_\_\_\_\_

Player's Signature: \_\_\_\_\_ Date: \_\_\_\_\_