

Wrestling Attendance Policy 2023 - 2024

Parents and athletes should read this policy carefully and be sure to understand this policy. If you have any questions or concerns please contact coach Eichfeld.

Coaches: (athletes and parents should put this contact information in their phone)

Head Coach: Joe Eichfeld (912) 258-3634

Asst. Coach: John Williams (912) 614-0863

Asst. Coach: Tara Eichfeld (912) 614-2913

Asst. Coach: Alejandro Pittman (912) 590-5508

Asst. Coach: Nawin Hyers (253) 495-7251

Any time an athlete needs to miss practice for **ANY** reason they (or a parent) **MUST** call or text **Coach Eichfeld PRIOR** to missing that practice. If coach Eichfeld is not informed that the athlete will miss practice, then the absence will be considered unexcused.

Any time an athlete misses practice they are **REQUIRED** to bring a note from a parent or a doctor's note within **3 DAYS** of missing practice. If a note is not provided the absence will be considered unexcused.

An unexcused absence is defined as follows:

- **ANY** absence in which a note from a parent/doctor is not received by coach Eichfeld within 3 days of the absence.
- **ANY** absence in which coach Eichfeld is not contacted **PRIOR** to the athlete missing practice.

Consequences for absence from practice:

- 1) **EACH** excused absence will carry a penalty of 50 reaction drills after practice on the day that they return. This is **NOT** a punishment, it is make-up work. To be successful in wrestling you need to complete **ALL** workouts which are planned for your personal growth. If an athlete refuses to do the reaction drills then the absence will be treated like an unexcused absence.
- 2) When an athlete accumulates 5 **excused absences**, they will be required to sit out the next match. If the match that they are required to sit out is an away match then they will not travel with the team. Upon the 7th, and 9th **excused absence** the athlete will be required to sit out another match. Upon the 10th **excused absence** the athlete will no longer have the privilege of being part of the Ware Co. Wrestling team. **** Exceptions will be granted for special medical situations such as long term injury or illness, death in the family, or circumstances which the athlete is not able to control. These situations will be handled on an individual basis.*
- 3) **EACH** unexcused absence will carry a penalty of having to sit out the next meet **AND** will require that the athlete complete 50 reaction drills. Upon the 5th **UNEXCUSED** absence, the athlete will lose the privilege of being on the Ware Co. Wrestling team.
- 4) If an athlete misses a match without notifying coach Eichfeld they will be required to sit out an additional match.

Tutoring and Academic commitments:

Academics are the priority at Ware Co. High School. Students are encouraged to keep up their grades during all athletic seasons and to manage their time wisely so that their participation in athletics does not hinder their ability to attain a high level of success in the classroom. Athletes who need tutoring will not be penalized for going to tutoring as long as the following takes place:

- The athlete **MUST** inform coach Eichfeld that they are going to tutoring **PRIOR** to going to tutoring and must bring a note from the tutor/teacher with the time that they left tutoring written on it.
- The athlete **MUST** come to practice **AFTER** tutoring is finished. Tutoring ends at 4:30 here at WCHS. If an athlete informs coach Eichfeld that they are going to tutoring but **DOES NOT** come to practice after tutoring, or does not bring a note with the time that they left tutoring, it will be treated as an excused absence and they will have 50 reaction drills.
- If an athlete does **NOT** contact Coach Eichfeld **PRIOR** to going to tutoring it will be considered an **UNEXCUSED** absence. In this case, and only this case, a **PARENT** may contact coach Eichfeld on the day in which the tutoring took place and the absence will be excused as long as the athlete makes up the workout. They will be required to do 50 reaction drills.

Injury is not an excuse to miss practice. When an athlete is injured they are required to attend practice as to receive rehabilitative procedures from our trainer, including appropriate icing and physical therapy. Athletes who must go to the doctor due to injury are excused as long as they bring back a doctor's note. All doctor recommendations will supersede WCHS recommendations. Injuries will be addressed on an individual basis.

Thanksgiving break and Christmas break practices: Athletes **MUST** attend all practices during Thanksgiving break and Christmas break. There are days off during these breaks (look at the calendar at www.warecountywrestling.com) Athletes who are going out of town with family are required to bring a note from their parents stating the dates that they will be gone. These athletes will be dealt with on an individual basis and will be required to make up the practices that they miss.