
Table of Contents

Section One

General Team Information.....1

Section Two

Information for Wrestlers.....4

Section Three

Information for Parents.....10

Section Four

Additional Resources.....13

Section Five

Parent/Wrestler Forms.....15

SECTION ONE

General Team Information

The Yorktown Wrestling Philosophy

Not everyone can win a tournament, but everyone can be a winner. **Anyone who participates in wrestling, regardless of ability, can become a winner.**

What does this mean? It means wrestlers come to practice and give it everything they have. It means that they focus on being 1% better than the day before. It means that they forget about opponents and focus on personal growth.

A winner is someone who has learned to face a challenge or overcome an obstacle and has persevered to the end. Winning is all about living up to personal potential.

We don't care about who wins. We care about whether our wrestlers live up to their full potential. We approach coaching with the belief that wrestling teaches young men and women the skills necessary to succeed in life. Our wrestling program is designed to develop outstanding student-athletes with exceptional character through hard work. We want our student-athletes to win with respect and lose with dignity.

Success does not come down to skill. It comes down to will.

Team Communications

The coaching staff will use the following to distribute information in a timely manner, and we encourage all wrestlers and parents to use them to stay up-to-date on announcements, events, and other information:

- Website: wrestleyorktown.com
- Instagram: [instagram.com/wrestleyorktown](https://www.instagram.com/wrestleyorktown)
- Facebook: [facebook.com/WrestleYorktown](https://www.facebook.com/WrestleYorktown)
- Official High School Website: yhs.apsva.us

The coaches and wrestlers use **Team App** to communicate regularly about practices, meets, scheduling changes and other team issues. We ask parents to encourage each wrestler to check the app on a daily basis for important information.

Attendance Policy

Athletes are expected to attend **all** practices, even those over holiday breaks. The practice schedule is available online for athletes. If a wrestler misses any practices, it will be up to the coach's discretion whether the wrestler competes in the next match. Furthermore, **all wrestlers are required to attend matches and tournaments whether they are competing or not.** It is important that all wrestlers travel to and from matches on the team bus.

The only people who can officially excuse wrestlers from practice are coaches. If a team member must miss practice, they are required to tell the coach directly a minimum of 24 hours in advance, and their parents must also email the coaches as well to confirm the absence. It is important that the wrestler always tells the coach before the parent becomes involved, in order to develop personal responsibility for attendance.

Following COVID Protocol

Due to the pandemic all Yorktown athletes are required to follow the protocol set forth by Arlington Public Schools. For the 2021-2022 wrestling season these requirements include:

- Submit your wrestler's vaccine card to the school, if they are vaccinated.
- Register for and participate in daily COVID testing throughout the season. Wrestlers do not have to wear masks during practices and while they are competing if they participate in daily testing. They are required to wear masks outside of practice, including at all times at competitions when not actually wrestling.
- Follow the school's guidance in case of a positive COVID test.
- If daily testing requirements are not followed wrestlers will miss out on practices and competitions under supervision of the coaches and the Yorktown Athletic Department.
- Spectators must wear masks to all competitions.

End of Season / End of Year

At the end of the season Yorktown holds an awards banquet for winter athletes. Awards given at this event will be nominated by the coaching staff. Varsity letters will be distributed at this time as well. We will hold an end of year party at a time and location selected by the coaches and parents, and encourage parents to assist with planning and hosting the celebration.

Questions or Concerns?

The coaching staff has an open door policy and is available to both wrestlers and parents to discuss questions or concerns throughout the season.

If parents or wrestlers need to have a discussion they are asked to **please go to the coaches first** before contacting the Principal, Assistant Principal or Athletic Director; they will refer back to the head wrestling coach. We especially ask our wrestlers to respect this chain of command with regards to appealing a starting spot.

The coaching staff is only able to discuss matters pertaining to each parent's child only. Out of respect for confidentiality coaches cannot discuss matters relating to other team members.

Thank you for allowing your child to wrestle for us. It is our hope that each wrestler will become a better student, a better athlete and ultimately a better person for being in our program.

SECTION TWO

Information for Wrestlers

Assumptions: The Role of the Wrestlers

Wrestling for Yorktown is a privilege. In fact, the Supreme Court has ruled that athletics itself is a privilege, not a right. We ask each wrestler to approach the sport from this perspective. As coaches we are making four assumptions about each wrestler and ask them to strive to meet these four assumptions. =

1. We assume **each wrestler wants to be the best person they can be**. We will help each wrestler reach their full potential on and off the mat.
2. We assume that **each wrestler expects to graduate with the highest grades** that they are capable of making.
3. We assume that **each wrestler wants to be the best athlete they can be**. Coaches see what each person can be and will push them to achieve their maximum athletic potential.
4. We assume that **each wrestler wants to be a part of a championship team**. Team members will be expected to practice, compete, and have the discipline of champions.

Coaches' Expectations of Wrestlers

1. **Sportsmanship**. "How a person plays the game shows something of their character; how they lose shows all of it." Sportsmanship in practice and at competitions is held in the highest regard. Yorktown is known for having great wrestlers, and we want to uphold that reputation at all times.
2. **Accountability**. Coaches will do everything they can to prepare each athlete for competition, but it is up to each individual athlete to make the most of the opportunities provided to them. Practice and competition rules will be set by the coaching staff, and each wrestler will be held accountable for following each of those rules with no excuses.
3. **Be Coachable**. The success of Yorktown Wrestling has been built on those athletes who have decided to listen to the coach. It is essential for wrestlers to listen to the coaches when being challenged to grow. Practice time is dedicated to challenging all team members to improve, and rationale for these decisions can be discussed outside of practice time.

4. **Discipline.** Wrestlers are asked to use self discipline to follow the team rules and the guidelines set forth by the coaching staff. Choosing otherwise will hold each person and the team back. Discipline defeats all excuses.
5. **Respect.** Yorktown wrestlers will show respect to all, treating others as they would like to be treated. This includes teammates, opponents, coaches, fans, administrators, referees, parents, janitors and so on. Referees are human and may make mistakes at times. No wrestler at any time is to argue with a referee or execute an unsportsmanlike act toward a referee. Only a coach is allowed to confront a referee. Wrestlers also need to respect the practice facilities and equipment, keeping the wrestling room clean and returning any facility the team uses to the way it was found.
6. **“Pay the Price.”** Any wrestler who cannot follow the rules and guidelines set forth by the coaching staff must be willing to accept the appropriate consequences. Consequences can range from extra conditioning to suspension or expulsion from the team. The coaching staff will decide on the appropriate consequence.
7. **Hygiene.** All wrestlers are required to follow the guidelines outlined later in this handout for hygiene. These guidelines are in place to enforce the health and safety of each wrestler.
8. **Health and Wellness.** All wrestlers are encouraged to do their best to follow the health and wellness guidelines outlined later in this handout and shared throughout the season by the coaches.
9. **Academics.** The Yorktown Wrestling program is a tool to help motivate our wrestlers to do well in school. Wrestlers are **student** athletes and must maintain their grades in order to participate. Wrestling can provide an avenue to a college education. There are two expectations concerning work in the classroom.

The first concerns **accountability**. Each wrestler will be responsible for the work that his or her teacher asks him or her to complete. Each wrestler will be expected to inform the coaches of classes that they are struggling in. Wrestlers are required to attend all team study halls throughout the season.

The second expectation concerns each wrestler’s **responsibility** for how they behave in the classroom. If a wrestler breaks school or classroom rules, they must accept the school’s or teacher’s punishment. The wrestling staff operates in partnership with the school and teachers. If a wrestler is assigned in school or out of school suspension, the resulting absences from practice will be counted as unexcused. These absences will have an impact on whether or not that student will be able to wrestle.

The Rules of The Wrestling Room

1. Wrestlers will be on time for practice.
2. Wrestles will be prepared to practice, and will quickly get dressed out.
3. Wrestlers will NEVER wear their wrestling shoes outdoors.
4. Wrestlers will have a positive attitude.

5. Wrestlers will ask questions in order to enhance their learning of the sport.
6. When receiving instruction, wrestlers will be “active” listeners - not lying down or leaning against the wall.
7. Wrestlers will be respectful of their teammates.
8. Wrestlers will be respectful of their coaches.

Varsity Wrestle-Offs

Every wrestler wants to start for the Yorktown Varsity Wrestling team. Unfortunately, not everyone will. We will, however, strive to get each JV wrestler a significant amount of wrestling experience. Additionally just because a wrestler is not a starter does not mean that they will not get varsity matches. Between injuries, matches and various circumstances a JV wrestler could always be slotted into the varsity line up. **IMPORTANT:** All wrestlers, JV included, are expected to be prepared to wrestle varsity at their assigned weight class for every competition.

The coaching staff will determine the starter at each weight class. It is important for wrestlers to understand how we will decide on the starting positions. The **standard procedure** for wrestle-offs is to allow three total wrestle-offs for each weight class, and the wrestler who wins at least two out of three matches will hold the varsity, pending other relevant factors and the coaches’ ultimate discretion. The following points will also influence the coaches’ decisions on starting positions.

1. First, **performance, practice, and wrestle-offs are the three main determinants** in who will be the starting wrestler at each weight class. The goal of the coaching staff is to have the wrestler who will best represent the program in each position. Wrestle-offs alone will not determine the final starting position. If a wrestler is losing to a competitor in the practice room and in a wrestle-off, but is performing better in competition, that wrestler *may* get the starting spot. If a wrestler cannot show that he is able to compete with a weight class competitor in practice and is not performing up to the competitors’ level in competition, there may *not* be a wrestle-off. The coaching staff has the final say in all wrestle-offs and final starting positions. If two wrestlers are competing for the same spot and are close in wrestle-offs, practice, and competition, then the following criteria may come into play when making a decision on the final starting position.
2. In addition to the actual wrestle off, the **following attributes** will determine who gets the starting spot:
 - a. Attitude
 - b. Dependability
 - c. Overall Contribution to Team
 - d. Sportsmanship
 - e. Mental Toughness
 - f. Being Coachable

Weigh Ins and Weight Management

As a sport, wrestling has a reputation for allowing and encouraging unhealthy weight loss or “weight cutting” tactics, and the Yorktown Wrestling team does not condone these practices. This program is committed to helping each wrestler compete at their optimal weight.

Wrestlers compete by weight class. In order to compete every wrestler must weigh in at the beginning of each competition day. In order to qualify for the weight class a wrestler needs to be exactly his or her weight class or below. For example, if the weight class is 106, the wrestler must be exactly 106.00 or below to qualify for competition at that weight for that competition. If a wrestler weighs 106.01, they will only be eligible to wrestle 113 and 120 that day.

At the beginning of the season the Yorktown athletic trainer will perform weight certification for every wrestler. The athletic trainer will test to see if the athlete is hydrated, check BMI and weigh them. Based on hydration levels, body fat and their current weight a calculation is performed to determine the wrestlers lowest weight class possible. This calculation will also provide a plan that shows how much weight they are allowed to lose each week.

Team Medical Care Policy

Should an injury occur, we will follow this protocol:

- 1) Parents will be notified immediately if any serious injuries occur and require a medical professional to evaluate them.
- 2) Evaluation by a trainer, medical professional, or coach (depending on when the injury occurs and upon who is present at the practice or meet). Between the athletic trainer and coaching staff it will be determined if the wrestler needs to see a doctor right away. The goal of the trainer and coaching staff is to have the wrestler participate as long as it is safe for them and others. Coaches need to be informed of any and all injuries that occur outside of the wrestling room in order to best support the athletes. In the end, the athletic trainer will have final say in clearing an athlete.
- 3) When a wrestler is being seen by a doctor, the coaches need to know any information pertaining to the injury. It is very important that the coaches are kept up-to-date on the status of all serious injuries. **Once a wrestler has seen a doctor, the only one who can clear the wrestler to participate again is a doctor, no matter how the athlete feels. After the doctor has cleared the athlete, the trainer will determine when the athlete can return.**
- 4) A doctor’s note will be required for a wrestler to be excused from practice for an extended period of time. However, wrestling is a contact sport and many minor injuries can occur. The trainer and/or the coaches will work with each injury and each athlete on an individual basis and some practice time may be missed without a doctor’s note. **Wrestlers are expected to attend practice even if they cannot participate.**
- 5) When an injured player returns, they must demonstrate that they are capable of returning to the mat, and will be given every opportunity to win a starting spot. If a starting spot is

in contention with another wrestler competing close to the same level, the physical stability of the injured athlete may be taken into account when deciding on starting positions.

Skin Disease Prevention

Unfortunately, wrestling, like any other contact sport, carries a risk of transmitting skin diseases. The Yorktown Wrestling team takes every precaution to prevent this from happening. It is extremely important for all wrestlers to follow the below guidelines to protect the team's health.

1. Shower with soap and water directly after practice.
2. Always use clean towels, washed after every use.
3. Always wash workout clothes after every workout.
4. Wash knee pads, headgear, and shoes on a regular basis.
5. Do not leave wet shoes or knee pads in the bag overnight. Let them dry out.
6. NEVER wear wrestling shoes outside.
7. Check for rashes and skin abrasions daily and immediately report any to a coach.
8. Apply Kennedy Shield Foam before participating in practice or matches.
9. Wipe down immediately after practice/wrestling.

If a wrestler has a skin disease that requires a doctor's visit they are required to have the official VHSL skin form filled out in order to compete. A traditional doctor's note will not allow the wrestler to compete. The form can be found on the *For Parents* section of our website.

Maintaining a Healthy Lifestyle Through Responsible Behavior

Below is a list the coaching staff recommends each wrestler follow throughout the season.

1. Get a minimum of eight hours of sleep each night. Maintain sleep patterns on weekends and don't stay up too late.
2. Wash hands regularly.
3. Take Vitamin C tablets/drink every day (consult a doctor first).
4. Take a multivitamin every day (consult a doctor first).
5. Eat a healthy diet as outlined by the coaches and your parents. A general rule of thumb is if it grows it is good to eat. We want the wrestlers to avoid processed foods as they tend to be high in sodium and sugar. Reading the labels is a must because many foods can have a surprising amount of sugar, such as salad dressing or granola bars. We encourage our athletes to eat fresh foods that will help them perform at a high level, focusing on increasing proteins, vegetables and fruits while limiting carbs and complex sugars. We do not condone rapid weight loss tactics.
6. Stay hydrated. Wrestlers should be consuming over ten glasses of water a day. While they drink water throughout practice, in order to stay hydrated they must be drinking water all day long and avoiding sodas and other sugary beverages. Sports drinks such as Gatorade can be helpful in replenishing some needed electrolytes, but water should be the number one priority.

7. **Mental Health:** The coaches believe that the mental health of our wrestlers is just as important as their physical health. We encourage team members to speak with the coaches about any mental health challenges they are experiencing. The coaches will respect their confidentiality and provide support as needed. If additional help or parental involvement is needed the coaches will be proactive in communicating those concerns. In addition, we work to promote a positive and supportive team environment that encourages mental health.
8. **Substance Use:** Wrestlers need to have a clean lifestyle in order to compete and win. In accordance with Arlington Public School guidelines, our wrestlers are asked to engage in healthy decision-making and say no to drugs and alcohol. Substance use is illegal and will not be tolerated at any practice or competition. If you or a teammate is struggling with substance abuse please let the coaches know so we can make sure to help.

Team Captains

The coaches will select team captains, and in some circumstances, they may allow a team vote to influence selection. Team captains will be selected based on merit and not grade/class year. The coaches will announce the selection of the team captains at the beginning of the wrestling season, and the captains will be responsible for the following:

1. Being an outstanding leader.
2. Running all pre-practice warmups.
3. Setting a positive example through attendance, hard work, attitude and sportsmanship at matches.
4. Providing guidance to underclassmen.
5. Being a supportive resource to teammates.
6. Representing the team before the start of each match.

Varsity Lettering Policy

A wrestler will receive a varsity letter if they finish the season in good standing with the team as determined by the coaching staff. Any wrestler who quits or is dismissed from the team forfeits his or her letter and all other privileges and awards normally given to a varsity wrestler.

Requirements for earning a varsity letter include:

1. Adheres to all wrestling team rules for the entire season;
2. Making weight for matches and supporting teammates at those matches; and
3. Wrestling in at least four varsity matches, including accepting forfeits.

Players who are out for the season due to injury will letter if they remain a part of the team and make a contribution, as determined by the coaching staff.

SECTION THREE

Information for Parents

Working Together

Parents are asked to respect all rules and guidelines set forth by the coaching staff and support disciplinary actions taken on their child by the coaching staff. As stated previously the coaches are available to discuss any questions or concerns that arise throughout the season.

Returning Forms

At the end of this handbook there are three forms we need parents to sign and return: an acknowledgement of receiving the handbook, an emergency contact form and a media release form.

School Issued Equipment

Before receiving school-issued singlets, warm-ups, headgear and any other equipment, parents will need to sign and return a form of receipt. The equipment needs to be returned to the coaches at the conclusion of the season. If a wrestler does not return the equipment they will be charged to replace it.

Wrestler Physicals

Per Yorktown's policy all parents are expected to arrange for a physical to be conducted for their child before the start of the season. No wrestler can participate until the physical is submitted. Please see the *For Parents* section of our website for more information.

Staying Informed

Emails from the coaches contain valuable information about scheduling and team issues. Parents are asked to take the time to read them thoroughly to stay up to date and engaged. Please follow the team on social media and check the team website regularly for important updates.

Academic Progress

As parents monitor each child's academic progress, please inform the coaching staff if there are any issues or challenges they need to be aware of. We would also like to know about our wrestlers' academic successes. Please share their achievements with the coaching staff so that

we can congratulate and support them. We have also allocated specific time on Tuesdays for a mandatory team Study Hall.

Learn the Basics of Wrestling

Wrestling is a complicated sport. It moves quickly and the scoring is not intuitive to those who haven't participated. We encourage parents to learn about the basics of wrestling so that they can understand what is happening and appreciate why certain situations take place. Please check the *For Parents* section of our website for resources, and ask the coaching staff any questions you may have about the rules and scoring.

Sportsmanship and Match Days

We want to promote the best wrestling experience for our athletes, coaches, parents, officials, and spectators. We ask for our parents to set a positive example and behave with good sportsmanship at all wrestling events.

1. During competitions, we ask parents to **please stay in the stands** and cheer on all members of the wrestling team. Parents are not permitted to enter areas that are designated for the team only during the event. This allows the team to support each other during matches and follow the guidance of the coaching staff.
2. **Parents are asked not to act as a coach during matches.** Coach-wrestler communication is critical to successful matches, and the wrestler needs to hear staff coaching clearly while competing.
3. Parents are not permitted to pull a wrestler out of the coaches and players area to have a discussion during the event. The coaching staff wants to make sure that each wrestler is focused and ready for their competition as well as supporting their team mates.
4. Parents are encouraged to **show interest in the contest by enthusiastically cheering** and applauding the performance of all wrestlers and congratulating the athletes when they exit the bench following competitions.
5. Parents are asked to **maintain self control during frustrating moments.** Adults set the tone for the kids on the team. While we may not always agree with the officials, we expect the team and parents to honor their integrity and judgment. We also ask parents to show respect for the competition - their wrestlers and coaches. Making disrespectful remarks, shouting at officials or booing from the stands not only teaches poor sportsmanship to the wrestlers but also reflects badly on Yorktown as a school.

Getting Involved As a Parent

1. **Be there and be supportive.** We encourage you to attend as many matches as possible to show your positive support for the team. This helps to build team morale and energizes the team. Having friends and family cheering from the stands makes a huge difference, both in performance and in self esteem.
2. **Volunteer your time.** We need parents to help with a variety of tasks, including giving rides, organizing carpools, providing snacks at meets and assisting with clinics and

fundraising. We rely on the support of parents to expand our program and improve every year.

3. **Make a financial contribution if you are able.** The school provides equipment and match uniforms but the needs for a successful program extend beyond that support. Every donation is tax deductible and will be used 100% in support of our athletes for needs including training, gifts for seniors and middle school/community outreach and much more. Visit the *Donate* section of our website to make a gift.
4. **Engage with us on social media.** We have profiles on both Facebook and Instagram and post updates regularly throughout the year. We appreciate every like, comment and share. Parent engagement not only spreads the word about our program but shows the wrestlers that they are supported.
5. **Wear team gear.** Purchase team tee shirts/sweatshirts and wear them to meets. Parents can ask the coaches for a magnet to place on their cars. Wearing team gear helps to increase the wrestling program's visibility in the community and improves team spirit during meets.
6. **Speak highly of the program to others.** The positive endorsement of parents is the best way to keep the program going strong. We hope that parents will let other parents know about the positive experiences the wrestlers have on the team. Parents can also provide the coaches with a short testimonial to share on the team website or social media.

SECTION FOUR

Additional Resources

Promoting a Positive Athletic Experience: The Parent's Guide

From: Greg Dale, Ph.D., Mental Training Coach, Duke University

1. Be the best supporter and role model you can be. You, as parents, will have a bigger influence on your child's life than anyone else.
2. Communicate with your athlete and find out his goals in the sport. These goals may be different than what you want. Intrinsic motivation is much stronger than extrinsic motivation!
3. Let them know that anything worth achieving is going to take a lot of hard work.
4. Support your child and be realistic in his ability and skill level and encourage him to strive to higher levels. DON'T compare your athlete to others!
5. Show unconditional love and support for your child NO MATTER how he performs!!!! Realize that nobody loses on purpose.
6. Let the coaches coach. The worst thing we can have is a confused athlete.
7. Encourage your athlete to be a leader. Let him communicate with the coaches and let him make decisions.
8. Don't make excuses for your athlete.
9. Game Day Rules:
 - a. Passionately cheer and support your wrestler and the team.
 - b. Please stay off the competition floor and out of the wrestler's corner.
 - c. While in the stands be positive. Don't yell criticisms or do anything to draw attention away from the athletes and toward you.
 - d. While your athlete is competing, please don't make an effort for the athlete to focus on you rather than the coach. We don't want a confused athlete.
 - e. Please refrain from yelling derogatory comments to the officials, fans, or anyone else involved in the event.
 - f. Let the coaches deal with referees. I have never seen abusing a referee lead to a positive reaction.
 - g. Let the coaches coach and please don't interfere with coaches during competition.
 - h. Support the coaches' decisions and any disciplinary actions by the coaches.

Most people come in contact with this program solely with the wrestlers, coaches, parents, and fans at competitions. How we act will stick with them. Let's all be a class act!

Famous Wrestlers

Presidents

- George Washington
- Andrew Jackson
- John Tyler
- Zachary Taylor
- Abraham Lincoln
- Ulysses S. Grant
- Chester Arthur
- Theodore Roosevelt
- William Howard Taft
- Calvin Coolidge
- Dwight D. Eisenhower

Senators & Congressmen

- Speaker of the House Carl Albert
- Senator John Chafee (RI)
- Lincoln Chafee (RI)
- Congressman Greg Ganske (Congressman IA)
- Congressman Jim Leach
- John McCain (AZ)
- Congressman Jim Nussle
- Paul Wellstone (MN) - (YHS alum)

Military Leaders

- Secretary of Defense: Frank Carlucci
- Secretary of Defense: Chuck Hagel
- General George Patton

Actors

- Tom Cruise
- Ashton Kutcher
- Mario Lopez

Authors

- Ken Kesey
- John Irving

Astronauts

- Joe Allan
- Michael Collins
- Kjell Lindgren
- William Kerslake

SECTION FIVE

Parent/Wrestler Forms

Form One: Handbook Acceptance Agreement

I have received, read and understand the Yorktown Wrestling Handbook. By signing below I agree to follow the rules and guidelines set forth in this handbook to the best of my ability and accept the consequences for not following these rules and guidelines handed down from the Yorktown Wrestling staff and/or school administration. I also understand that one parent/guardian signing this holds both to this agreement.

Name of Wrestler

Wrestler Signature

Date

Name of Parent/Guardian

Parent Signature

Date

Parent/Guardian Emergency Contact Form

Wrestler Name

Grade

Household 1 - Parent Name(s)

Address**City****State Zip**

Parent Email(s)

Parent Phone(s)

Household 2 - Parent Name(s)

Address**City****State Zip**

Parent Email(s)

Parent Phone(s)

Non Parent Emergency Contact (Name and Relationship)

Address**City****State Zip**

Email(s)

Phone

Wrestler Media Waiver

Per the school's policy we need to have parental consent for pictures and videos of our wrestlers used on the team website and social media. Please read the below statement and indicate your consent to include your child's photos and videos in team promotional materials.

I hereby grant permission for digital photographs and video recordings to be taken of my child as part of his/her participation in the Yorktown High School wrestling program. I understand that the images and recordings will be used to promote the team in the school and general community.

I authorize the Yorktown High School wrestling team to use my child's images and videos on its website, social media account and promotional materials without any further consent. I also acknowledge that the team may choose not to use images or videos of my child at this time but may choose to do so at its discretion at a later date.

I understand that any digital image of my child may be downloaded by a third party. I agree that I will not hold the Yorktown High School wrestling team liable for any harm that may arise from unauthorized reproduction or sharing.

I grant permission for the Yorktown High School wrestling team to use my child's photos and videos for team promotional purposes.

Please do not use my child's photos and videos for team promotional purposes.

Parent Signature

Parent Name

Name of Wrestler

Date