



Army Prep Wrestling
2007-2008 Team Rules

- Enjoy Wrestling, there's no point in doing it if you don't love it
- Get to know your teammates, and ALWAYS help each other out
- Get to know other people at USMAPS, attend as many social/sporting events as possible
- Always keep a POSITIVE Attitude
- Respect other CC's, Officers, NCO's, and Prep School Staff
- Do All of your Homework and don't sleep in class
- No underage drinking, no drinking period during the season
- Represent the team well
- Respect the Wrestling Room and Locker Room
- Be on time to practice, matches, meetings, classes
- Cut weight the right way, no plastics, pills, or dehydration
- See the trainer for minor injuries so you can stay healthy and keep competing
- Be respectful of other teams, coaches, and officials
- pushups for foul language
- Stay focused on why you are here and on accomplishing personal and team goals
- Expect to win
- Take RESPONSIBILITY for ALL of your actions

