**Beginning Wrestling**

**2015-2016**

Instructor: Coach Eure

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801-826-6468

**Course Description:** Beginning wrestling will the cover the history, rules, and basic skills necessary to compete in the sport of wrestling.

**Requirements:**

1. Proper workout attire. Proper workout attire includes: T-shirt with sleeves (white, gray, or CCHS), dark athletic shorts (no cargos or Levis). T-shirts and shorts must follow CCHS dress code policy.
2. All students will be assigned a locker and padlock in the PE locker room. **Do Not leave backpacks or other belongings in the locker room; leave all valuables and bags locked in hall lockers--do not bring them to PE classes**. CCHS is not liable for any items that are stolen. Please note that the locker and padlocks are property of CCHS and the administration has the right to open that locker. If padlocks are lost or stolen, students will be responsible for the replacement cost of $8.
3. Water bottle.
4. Gym bag, towel, deodorant.
5. **Positive attitude!**

**Recommendations:**

1. For your personal safety it is recommended that you have wrestling shoes and a headgear.
2. For your personal health it is recommended that you shower immediately after class, and wash your workout clothes and towels daily.

**Expectations:**

1. Attendance and effort will determine your grade in this class. (5pts. each class)
2. Everyone will be required to workout.
3. All wrestling room rules will be enforced.
4. **Work hard, and expect to get better!**

**Grading:**

1. Five points possible each day of class based upon dress and participation.
2. Missed workouts can be made up by appointment.
3. Injuries and limited physical activity will be handled on an individual basis. You will still be required to attend class.
4. Total points earned will be divided by total possible points and graded.

A = 95-100%, B = 85-94%, C = 75-84%, D = 65-74%, F = 64% and below

\*\*\*\*\*\*\*\*\**Please return this portion to Coach Eure\*\*\*\*\*\*\*\*\**

**Student’s Name (please print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

I have read the disclosure for the Beginning Wrestling course at Corner Canyon High School and agree with the information within.

**Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**