



LOMPOC WRESTLING

2016-2017

515 WEST COLLAGE AVENUE LOMPOC CA. 93436

KYLE MAYSE
HEAD VARSITY
COACH

FRED HAYES
ASS. VARSITY
COACH

Lucas Signorelli JV
COACH

Marcell Blow FROSH
COACH

Terri Cecehine
GIRLS COACH

Practice & Tournament Attendance Policy

Practices: Wrestlers are required to attend all practices and home matches unless excused by the coach. This includes during holiday breaks. Freshmen will need to contact Coach about previously planned vacations.

- **Excused absences** need to be **by phone, email, or in person before** the practice or event
 - Wrestlers who miss practice will be required to complete extra conditioning after the next practice as a make up for missed workouts to maintain conditioning
 - Wrestlers who miss practice may also lose their starting position for that weeks' competition.

- **Unexcused absences** are unacceptable and will result in the following:
 - The wrestler will be ineligible for all competition that week.
 - The wrestler will complete extra conditioning for 2 straight days as make up for the missed workout, before they are eligible to compete.
 - If a wrestler has more than 4 unexcused absences during the season, they will be removed from the team.

Not dressing out is considered an unexcused absence since the wrestler will not be able to participate.

CONTACT INFORMATION

SCHOOL
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Victory through dedication, discipline, intensity, and determination