

2019-2020 IOWA WRESTLING TEAM RULES

It is intended that all rules and policies in this handbook comply with those of the University and Athletics Department. Inadvertent conflicts or confusion between these team policies and the University and/or Athletics Department policies will be resolved in favor of the institutional or departmental policies.

The [Student-Athlete Handbook](#) contains Athletics Department policies that apply to you as a student-athlete. You are expected to review and understand these policies.

Although your coaches are available for you to report concerns about possible misconduct, you may also contact others inside and outside of the Athletics Department. Reporting avenues and other resources for misconduct include the following:

Athletics Resources

- Coaches
- Sport Administrator
- Athletics Administration – any member
- Sr. Human Resources Rep
- Senior Women’s Administrator (SWA)
- Deputy Director
- Director of Athletics

Law Enforcement

- UI Police
- Iowa City Police

Campus Resources

- Dean of Students
- Equal Opportunity & Diversity (EOD)
- Sexual Misconduct Response Coordinator (OSMRC)
- Ombudsperson
- University Hotline-EthicsPoint
- University Counseling Service
- Women’s Resource and Action
- Rape Victim Advocacy Program (RVAP)
- Domestic Violence Intervention Program (DVIP)
- Faculty Athletics Representative

Solving problems as a team and with the coaching staff is essential to success. Any concerns you may have over which the coaching staff has control, such as playing time, training styles, teaching techniques, etc., should be discussed directly with the coaching staff or brought to the attention of your team captains. The [Student-Athlete Grievance Policy](#) may be used in addressing concerns with the exception of playing time. All matters related strictly to playing time are to be dealt with between the coaches and student-athletes and are not subject to review or consideration outside of the coaching staff. For all other matters, use the grievance policy or the resources previously cited.

ACADEMIC EXPECTATIONS:

Class attendance is mandatory

Minimum GPA to option out (2.5)

Tutor and academic meetings are mandatory, “no show” missed tutor sessions and missed academic meetings with Doug Coonrad could result in loss of scholarship and/or other privileges.

Standards and admittance to academic programs are competitive. Having a higher GPA will allow you more options in selecting your major and more flexibility if you change your major.

Minimum GPA for admittance to the following programs:

Tippie College of Business	2.75
College of Education	3.0
College of Liberal Arts Journalism	2.8

Make sure that you check with your academic counselor to be sure.

WRESTLING RULES:

- 1) Graduate with a Degree toward a meaningful career
- 2) Become an NCAA, World and Olympic Champion
- 3) Enjoy the “Goods” of College Life 😊

Philosophy

Put on a spectacular display of wrestling. Have the fans looking forward to when it is your turn to step on the mat. Create a buzz; have the fans shaking the rafters in anticipation of your performance. Smart, hard wrestling is essential and the priority. Be efficient and effective in top wrestling, bottom wrestling and on your feet.

Gaining the edge is about building strong minds and bodies. Do this by having a vision and communicating the vision both in spoken word and in deeds (actions). Make the vision contagious to your team mates. Make the aim of the program about reaching high levels of success.

In our training / lives we are becoming independent. Do this by taking on responsibilities to making correct decisions and having your priorities in order. Being good in academics makes us better in training / performance, (and vice-versa). Every day we do something to become better wrestlers, people and students. Have the mindset to excel when you come into the workout / competition environment.

You represent the University of Iowa at the highest level. People in the community and in the wrestling world are paying attention to what you are doing. We want to show the world that we uphold the highest standards in our lives and our athletics, so get fired up along with our fans and leave them talking about your commitment to Iowa athletics and the sport of wrestling.

Leadership is a skill developed. Leadership starts with making the correct choices in your life. As you start acting on these choices you will start to develop positive habits that will continue to impact your entire life. You will also be impacting others because they will notice a “good thing” when they see it. As you become more comfortable it will feel more natural to become a leader in ways other than just lifestyle examples. For example, you will become more vocal and take on more of a mentor role so you will become a teacher to those around you. Keep in mind

we are striving to set examples of strong leadership in the athletic department and in the community. This is becoming very important in today's society.

Also, as you are striving to set good examples for others to follow, you will continue to embrace the notion of self-accountability. Being able to make the right choices, at the right time will foster independence in your wrestling, school work and your life.

Failure to uphold the above mentioned standards could result in loss of scholarship. Failure to make all mandatory training/rehabilitation and team meetings on time could result in loss of scholarship.

UNIVERSITY OF IOWA CODE OF CONDUCT POLICIES:

Sex, drugs and alcohol remain hot topics on college campuses. As a **student athlete wrestler, you are held to a different standard.** We must be very smart in our choices. Sexual misconduct and assault is at an all-time high, remember an act that seems harmless can turn into a nightmare if alcohol is involved and you do not know your "partner." Keep your head straight in a potential problem situation.

Steroid and performance drugs are a zero tolerance policy. There are no short cuts to winning. We want to work hard, and work smart to create our edge. Failure to adhere to these "zero tolerance" policies could result in loss of scholarship or other privileges.

Alcohol related incidents will place you in the "system" and you will have to complete 20 HOURS OF COMMUNITY SERVICE AS WELL AS A COUNSELING REGIMAN. It is a zero tolerance policy. You CANNOT drink alcohol if you are under 21 years old. You must always think about what you are doing before you do it. If it affects your lifestyle negatively, change your behavior. Timely reporting of violations is important. If you are cited for a legal violation please notify your head coach within 24 hours. Failure to adhere to these "zero tolerance" policies could result in loss of scholarship or other privileges.

The coaching staff is making you aware of these policies because **student-athletes are held to a different standard.** You are expected to display good judgment in your decision making. If you are involved with an incident the wrestling staff expects you to tell us immediately. The quicker we know about it, the better we can help you handle it.

Social responsibility for student-athletes is a higher priority on campus than ever before. Your behavior and actions are being monitored. We must do a good job of "policing" ourselves. This means we have to be accountable to each other. We expect leaders to ensure the entire roster understands the expectations of this program. It is your team, do the right thing every time.

Facebook and similar web sites are also a hot topic. Keep them clean. Be aware of how your behavior reflects your character and keep good company. This applies to your cell phones as well – keep them clean. Student-athletes must act respectfully at all times.

Participation in intercollegiate athletics is a privilege. Therefore, you are expected to abide by the [Guiding Principles for Iowa Student-Athletes in Their Use of Social Media Sites Policy](#) and

avoid engaging in derogatory, profane or discriminatory language or views that can damage your sport, the Athletics Department or the University.

The coaching staff will carefully and promptly consider any team rule violation and make a determination as to the appropriate consequence given the circumstances and the past behavior of the student. Students have the right to appeal per the [Student-Athlete Grievance Policy](#).