

## LETTER OF INTENT

Date: \_\_\_\_\_

The following is considered an official agreement between Lansing Community College (LCC) Wrestling & the following student-athlete candidate in question:

**First Name:** \_\_\_\_\_

**Last Name:** \_\_\_\_\_

**LCC Student Number (current):** \_\_\_\_\_

**Age & Date of Birth:** \_\_\_\_ / \_\_\_\_\_

\_\_\_ By initialing this paragraph, the undersigned agrees that they have completed training camp (as applicable)

\_\_\_ By initialing this paragraph the undersigned (student-athlete) in question acknowledges that they enter into said agreement free willingly, of sound mind & body during no time of emotional or mental duress, or coercion of any kind. They stipulate that they have had ample time to review this document fully, understand, & agree to it all.

\_\_\_ By initialing this paragraph the undersigned agrees that they are able to sign such, as they are considered a high school graduate before time of signing, are of age 18 or older, and hence, “considered a legal adult” within the state of Michigan in which to sign on their “own” behalf consequently.

\_\_\_ By initialing this paragraph, the undersigned agrees that they are a registered student presently at LCC during the semesters in question (that being Fall, and then upon completion – Spring semester also), have a valid student number and I.D. from LCC for the following wrestling season: **2011-2012**

\_\_\_ By initialing this paragraph the undersigned agrees that they have completed all necessary paperwork to join LCC Wrestling Club, are approved for such by LCC’s Department of Student Life, and deemed eligible (overall GPA of 2.0 or better, and registered student of at least 1 credit in semester in question, 8 to attend nationals).

\_\_\_ By initialing this paragraph, the undersigned agrees that they have completed all application materials necessary to attend LCC Wrestling’s daily practices and training, off-campus of LCC over at Camp Tisdale Community Center, and been approved for such during the season in question, both semesters of still Fall & Spring, annually.

\_\_\_ By initialing this paragraph, the undersigned agrees that they have completed their physical fitness testing, all 5 events (aka push up’s, sit up’s, 2 mile run, dips, and pull or chin up’s) with passing scores administered & supervised by an official LCC Wrestling Coach, during the season in question, future to pass a respective 5 mile & shuttle run too.

\_\_\_ By initialing this paragraph, the undersigned agrees that they have completed their respective orientation with LCC Wrestling, understand all that is expected of them, both individually on and off the mat, plus with and for their team-mates, had time to ask questions, and fully understand all that is expected of them.

\_\_\_ By initialing this paragraph, the undersigned agrees that they are fully aware of the training rules of the host site facility of Camp Tisdale Community Center such as the following below:

*jock and cup worn, wrestling and running shoes brought daily to such, plus warm clothes, head gear for matches, also Ipod/Walkman for all daily runs outside, a lock for their respective locker, no valuables brought in to the facility, cell phones OFF during practice, etc.*

\_\_\_ By initialing this paragraph, the undersigned agrees that they have requested and completed their necessary challenge match to ascertain the 1 of 11 “starter spots” on the squad in either of these applicable weight classes, weighing in within 2 pounds of such on the day of the challenge match in question (monthly thereafter also, to note):

**125, 133, 141, 149, 157, 165, 174, 184, 197, 235, HWT (285)**

\_\_\_ By initialing this paragraph, the undersigned agrees that they upon winning their respective challenge match that if they earn one of the 11 respective “starter spots” that they earn the right to wear the program’s official singlet/uniform to all future competitions during the season in question (sign out, return at season end or \$100 charge)

\_\_\_ By initialing this paragraph, the undersigned agrees that if they do not win their challenge match in question to become a “starter” on the team, that they may still remain to train with the program, if they are still remain an eligible student at LCC, and with the host site (remit all monthly maintenance fees), and challenge again “monthly” once more.

\_\_\_ By initialing this paragraph, the undersigned agrees that for those that wish to just train with the team, that they do have an option to not “compete” if they don’t want to. Those that wish this, or apply late in semester and not ascertaining a specific “starter spot”, or have not passed their respective program testing, are considered “walk on’s”.

\_\_\_ By initialing this paragraph, the undersigned agrees that those “walk on’s” that don’t pass their respective testing initially have up to 30 days to improve their previous score, in which to remain training still with LCC Wrestling, or they are immediately released the following month. Those that do increase each month, may still indefinitely with the program.

\_\_\_ By initialing this paragraph, the undersigned agrees that they know when LCC Wrestling practices, daily, Mon-Fri, from approximately 2:30-4:30pm, in Lansing, at Camp Tisdale Community Center, and that they, the student-athlete, is able to make every practice during the season in question, between Oct-Mar annually.

*(can pre-schedule class and work around practice instead of visa versa as the priority)*

\_\_\_ By initialing this paragraph, the undersigned agrees that they have a valid email and Facebook account, or are able to create one immediately so as to remain in touch with all valid LCC Wrestling members, coaches, advisor, or other LCC administration. The student-athlete further acknowledges that they know where to find the program's website:

<Http://www.Lccwrestlingclub.com>

\_\_\_ By initialing this paragraph, the undersigned agrees that they are fully aware that members of LCC Wrestling can be either male or female, as either just members, General or Officer, or as student-athletes that train and compete also.

\_\_\_ By initialing this paragraph, the undersigned agrees that they have completed the facility tour of Camp Tisdale Community Center (1200 Marquette Street, Lansing, MI. 48906), including the gym, locker room, shower, restrooms, student computer lab, lounge, outdoor/indoor run courses, coach's quarters, wt./cardio rooms, mop room, etc.

\_\_\_ By initialing this paragraph, the undersigned agrees that they have been provided a copy of the program's "Season Competition Schedule" in question, or at least an applicable flier and or business cards in which to view, plus dates of all projected monthly fundraisers, dining out, weekly meetings & any other team type events/activities.

\_\_\_ By initialing this paragraph, the undersigned agrees that they are committing to learn collegiate or "Folkstyle" wrestling at the college and hence, accelerated level. Coaches are their to teach, student-athletes to listen and learn what these same coaches decide is best for the athletes, and for the program, and or the individuals, not always what the student-athlete either has in mind, agrees with, or wants to do, believably.

\_\_\_ By initialing this paragraph, the undersigned agrees that there LCC Wrestling is a non-scholarshipped program. Hence, athletes are not able to accept any gifts of any kind, at any time, for any reason, plus no scholarships, whether academic or athletic are offered or available either, for any reason, for any athlete, at any time, by any representative of LCC.

\_\_\_ By initialing this paragraph, the undersigned agrees that they have certain daily responsibilities & rules to follow at both practice, competitions, on campus, etc. such as like arriving "early", in proper uniform, cleanly showered, shaved, nails cut, properly rested, not sarcastic or disrespectful, ready to do their job, complete practice and the mission.

\_\_\_ By initialing this paragraph, the undersigned agrees that "no excuse" for absences will be tolerated for the LCC Wrestling Captain or "starters" for any missed or late to events, such as practice, meetings, fundraisers, competitions or more, for any reasons except work or class conflicts, in that case still pre-approved by the coaches in advance.

\_\_\_ By initialing this paragraph, the undersigned agrees that they have received a copy of all facility and program business cards, fliers, and anything else, along with the coaching staff's phone numbers, emails, and all other contact numbers, plus that of their teammates (alert roster off Facebook), so they are able to get a hold of everyone at any time.

\_\_\_ By initialing this paragraph, the undersigned agrees that they are eligible to join LCC Wrestling Club and not train or compete. If deemed eligible to join by the college, members can serve on the board of LCC Wrestling Club as either a "General" type member, or as even an "Officer". Both attend meetings, but don't have to competitions or training.

\_\_\_ By initialing this paragraph, the undersigned agrees that as student-athletes, that they first must join LCC Wrestling Club in which to be deemed eligible to be in the club, and then apply to tryout and train with the team, if interested. Members wishing to no longer train or compete at any time can either quit the club all together, or just serve on the board.

\_\_\_ By initialing this paragraph, the undersigned agrees that they understand that after joining LCC Wrestling, that they also must join NCWA to attend all sanctioned league competitions, including dual matches plus tournaments planned, which is a cost of believably \$40 for the year, per athlete though, registered by themselves online at this:

[Http://www.Ncwa.net](http://www.Ncwa.net)

\_\_\_ By initialing this paragraph, the undersigned agrees that this agreement is for a term of one season, both Fall and Spring semesters in question, but also that this is a small amount of time in which to expect long term success and results. Hence, student-athletes are encouraged to consider committing to at least 2 years of "year round" training if possible.

\_\_\_ By initialing this paragraph, the undersigned agrees that they know that post-season training is "ongoing". Out of season the team is expected to still be conditioning, getting involved in other styles of training and competition, and focusing on dieting, proper weight management, school work, and hopefully strength training, versus just taking time off.

\_\_\_ By initialing this paragraph, the undersigned agrees that they are fully aware of all post-season training of Freestyle and Greco-Roman wrestling at still Camp Tisdale Community Center, and that such is OPEN to all, whether LCC students or not, whether actively enrolled or not, and go only twice a week for those interested (same monthly fee)

\_\_\_ By initialing this paragraph, the undersigned agrees that they fully understand the program configuration and chain of command between student-athlete to then their Co-Captain, to Captain, to coaching assistant, to then Head Resident Assistant, to finally Head Coach/Coordinator, Advisor, board, etc. (review).

\_\_\_ By initialing this paragraph, the undersigned agrees that they realize that they are eligible to miss up to one day a month, and or one event of time in succession, due to sickness, injury, or other family emergency, if pre-approved in advance, and or provide a note, if in the hospital. Days can not be accrued to held till season end, or next month roll overs.

\_\_\_ By initialing this paragraph, the undersigned agrees that no excuses will satisfy for lateness or absences. "Save the drama" for mama, plus those excuses, as the student-athlete here acknowledges that the coaching staff expect all team-members to find one reason to make practice daily, no matter how sore, tire, or hungry they are, to do their job.

\_\_\_ By initialing this paragraph, the undersigned agrees that they enter into said agreement with no pre-existing conditions that inhibit full participation with training or competition with LCC Wrestling that they have not fully disclosed.

\_\_\_ By initialing this paragraph, the undersigned agrees that are I good physical health, able to train to compete in the future in typical college matches of 7 minutes straight, or what is referred to as 3, 2, 2, in Folkstyle wrestling.

\_\_\_ By initialing this paragraph, the undersigned agrees that they have been shown and or received the official LCC Wrestling uniform, including shirt, singlet, etc., along with proper use of such, including cleaning/washing, ironing and or starching, no ripping off of sleeves, cutting up in any way, and wearing of proper undershirts as able (aka Under Armor).

\_\_\_ By initialing this paragraph, the undersigned agrees that they understand that LCC Wrestling is not a budgeted program by the college. Hence, the program survives only by working and training "on their own". To compete in their league in fact of NCWA, costs approximately \$400 or more in which the members have to fundraise to remain involved in.

\_\_\_ By initialing this paragraph, the undersigned agrees that they understand that LCC Wrestling also has no donations expected annually in which to buy uniforms; hence, student-athletes are expected to complete and partake in all monthly fundraisers available in which to raise necessary, legal funds so as to outfit their entire 11 starter spot members.

\_\_\_ By initialing this paragraph, the undersigned agrees that they understand that it is totally FREE to serve in LCC Wrestling Club as either a "General" member or "Officer", but to train "off-site" with the team for daily practices cost the site host. Hence, there is a monthly fee due promptly to Camp Tisdale of \$40 every month in question during season.

\_\_\_ By initialing this paragraph, the undersigned agrees that as traveling to compete in any respective tournaments or competitions typically, that even as a program going

together, that each student-athlete has to pay their own entry fees, typically about \$35 or less per weekend event, more for possibly regionals or nationals believably.

\_\_\_ By initialing this paragraph, the undersigned agrees that they understand that student-athletes are “on their own” for transportation to all events, unless the college approves something new like for campus bussing. In such, LCC Wrestling plans on carpooling and caravanning with all members and coaches to every event together, in-state or out.

\_\_\_ By initialing this paragraph, the undersigned agrees that they understand that they have two coaches, or a coaching staff along with other guest coaches and weekly assistants in to help them at any time, and who the one that is ultimately in charge for what, aka practice supervision, technique instruction, competition registrations, etc.

\_\_\_ By initialing this paragraph, the undersigned agrees that they have a daily and weekly duty to remain or get on “weight” for whatever division they end up committing to, and challenge match they win. In such, the student-athlete is expected to eat smart, train smart, diet right, workout outside of practice, and be within 2 pounds before every match/challenge.

\_\_\_ By initialing this paragraph, the undersigned agrees that they are fully aware that at practices and matches, all other LCC Wrestling sponsored events and activities, that they, the members, are projected to be filmed and photographed for all promotional materials distribution, including web, signage, commercial print, press releases, and more.

\_\_\_ By initialing this paragraph, the undersigned agrees that realize the program goals, in which to graduate, become a successful college wrestler along the way, so as to become more successful in life between the time of hopefully transferring on to another “4 year” type university that maybe does have the potential of academic or athletic scholarships available.

I, full name printed/typed \_\_\_\_\_ hereby acknowledge that I have read, reviewed, asked any questions, and understand this letter of intent in all parts. I further state for the record that I agree with all parts contained within, and are eligible to sign as an adult, on my own behalf, as a registered LCC student-athlete, and team member.

DATE COMPLETED: \_\_\_\_\_

STUDENT ATHLETE SIGNATURE: \_\_\_\_\_

WITNESS (COACH ONLY) NAME/TITLE: \_\_\_\_\_

WITNESS SIGNATURE: \_\_\_\_\_