

Constitution of "The Wrestling Club of Lafayette College"

Article I ---- Name

The Organization shall be known as the Lafayette College Wrestling Club.

Article II --- Purpose

The purpose of the Lafayette College Wrestling Club shall be to encourage all interested students, both male and female to become physically, morally, socially and intellectually fit through all forms of exercise with a special emphasis on the participation in wrestling and wrestling training activities (running, bicycling, rope jumping, swimming, weight training, aerobics and flexibility training). Our Primary objectives are...

- A. Help promote health through wrestling and wrestling training activities
- B. Teach proper techniques in wrestling and wrestling training activities
- C. Help preserve and/or improve wrestling training facilities and equipment
- D. Educate the Lafayette College constituents, local community and prospective students as to the activities of the club
- E. Provide a competitive program of wrestling with other clubs/organizations and collegiate sponsored wrestling teams in the NCWA, NCAA, NAIA and NJCAA:
- F. Provide a competitive outlet through Club affiliation with USA Wrestling (the Nationally recognized governing body for the sport of wrestling in the United States of America and official USA Olympic governing body):
- G. Provide a community outreach program which teaches the skills of wrestling and uses the lessons learned through participating in wrestling to help others in the community
- H. Provide funding and events to support Club's activities.

Article III ---- Membership

Any interested student currently enrolled at Lafayette College may be a member of the Club as long as the student maintains good academic standing with the college. Members register via the <http://dosportseasy.com/lafayetteclubs/> web site. Wrestlers will compete in the NCWA. Members will benefit from the physical exercise in addition to the ability to compete. Coaches and advisors will also be considered club members.

Article IV ---- Officers

Student Officers

The Officers shall be known as the Executive Body and shall be the decision making body of the Lafayette College Wrestling Club. The Executive Body shall consist of the student President, Vice President, Secretary and Treasurer, elected by the student members of the Club in May of each year. The Advisor, Head Coach, Friends of Lafayette College Wrestling Chairman an at-large member from the club wrestling team and an at-large member from the Friends of Lafayette College Wrestling, both of which are appointed by the corresponding President and Chairman, complete the Executive Body. Election of the Executive Body Officers shall be held in the month of May of the school year. The election proceedings shall be in accordance with standard parliamentary rules and procedures. The term of each officer shall be the months of June to May of each year. The Student President, Vice President, Secretary and Treasurer serve one (1) year terms with no limit to successive years in any of these positions. Impeachment for

all positions shall be decided by a vote of the executive body. Should any Officer/member resign or leave office, succession shall be decided by the Executive Body at the next regularly scheduled meeting. Team captains may not vote unless they also occupy an executive position. The Friends of Lafayette College Wrestling Chairman and members at-large serve a three (3) year term. The Faculty Advisor and Head Coach are permanent positions subject to annual review by the Executive Committee and the Wrestling Club.

President

1. Serve as our Program Chair- liaison with the Office of Student Involvement and Leadership.
2. Delegate responsibility among officers and club members.
3. Follow rules and regulations in the Club Sports Policy Manual and inform all club members of policies and procedures. Be present at all scheduled meetings held by the Director of Recreation Services.
4. Inform all club members of the contents of the club constitution.
5. Adhere to all College and department deadlines.
6. Act as a liaison between the club team and the Director of Recreation Services.
7. Oversee the treasurer to ensure that the club is staying within its budget.
8. Submit a schedule of contests using the Schedules & Itinerary Form at the beginning of each year and provide updates as they occur.
9. Arrange for matches between the club and opponents within or outside of a league in the absence of a coach.
10. If applicable, check the club sport's mailbox at least once per week.
11. Conduct officer elections at least once per year.
12. Familiarize the next president and officers with club sport policies and procedures.

Vice President

1. Preside over club meetings and business during the President's absence.
2. Serve as the primary safety officer or risk manager.
3. Submit an Emergency Phone List at the beginning of each academic year and provide updates as they occur.
4. Develop and communicate an emergency action plan for your club for practice, competition and travel.
5. Show proof of CPR certification for the designated number of officers and coach (when required).
6. Arrange travel for club competitions and officials in the absence of a coach.
7. Make sure the practice and facility venue are inspected for safety and report all issues to the Director of Recreation Services. (In some cases, this may mean assuring the proper safety personnel is in place before starting practice or a game).

Secretary

1. Attend all club meetings and record minutes.
2. Conduct correspondence for the club.

3. Develop ideas for fundraising activities, correspondence with alumni and recruiting members to participate in the College's phone-a-thon.
4. In the absence of a coach, record competition results and submit rosters and schedules to the Department of Recreation Services.

Treasurer

1. Collect dues (if required) and keep accurate record of all club transactions.
2. Work with the President to prepare the budget request.
3. Act as the main liaison to the Director of Recreation Services and Director of Student Activities on all financial transactions including purchase orders, check requests, deposits, payment of officials, coaches, etc.
4. Adhere to all financial policies and procedures in the Club Sports Manual.

Head Wrestling Coach

May vote and is considered part of the executive body. Works in cooperation with the Club Officers, Assistant Coaches, director of Wrestling and the Advisor on the following:

1. Plan and execute each practice and overall teaching and training plan including the Pre-Season, In-Season and Off-Season.
2. Hire all assistant coaches with approval of the Wrestling Club/Executive Body and manage and evaluate them each year.
3. Set the tone for winning wrestling.
4. Assist the Director of Wrestling with recruiting; meet management, team travel, weight training and fitness.
5. Achieve CPR/AED certification and First Aid Training or Certification along with gaining USA Wrestling Bronze certification as made available by the Wrestling Club. Silver certification is the eventual goal.
6. Schedule with the Wrestling Club President monthly meetings and attend all monthly meetings of the Wrestling Club.
7. Follow all Policies and Procedures of the Forks Township Wrestling Committee and all rules and regulations concerning the use of Lafayette College Wrestling Club facility.
8. Attend Club Sports meetings held by the Director of Recreation Services.
9. Follow all policies outlined under COACHES in the Sports Club manual.

Director of Wrestling and Assistant Wrestling Coach

May not vote and is not a member of the executive body. Work in cooperation with the Head Coach and Assistant Coaches to accomplish the following:

Coaching responsibilities include:

1. Assist the Head Coach with planning each practice and executing the overall teaching plan.
2. Assist the Head Coach with any other duties assigned.
3. Set the tone for winning wrestling.
4. Achieve ARC – CPR certification along with gaining USA Wrestling Bronze certification as made available 5. by the Wrestling Club.
5. Develop, implement and monitor a year- round weight training and fitness program (Individual and Team).

Administrative responsibilities include:

1. Develop, implement and monitor a student –athlete (Wrestler) recruiting plan that results in 10-15 new wrestlers each year.

2. Handle all scheduling, contracts, team travel arrangements, budget management and proposals, equipment and uniforms (cleaning, ordering and inventory), event management (work orders, promotions, advertisements, hospitality, set-up and breakdown, broadcasts and sports media which includes promotions, hospitality and maintaining individual and team records, the website and reporting of results. Work in conjunction with the Wrestling Club Treasurer and Secretary on all these items.
3. Act as the Easton PAL Athletic Director and promote the Forks of the Delaware Wrestling Club to be held at the Forks – Lafayette College Wrestling facility.
4. Follow all Policies and Procedures of the Forks Township Wrestling Committee and all rules and regulations concerning the use of Lafayette College Wrestling Club facility.
5. Attend Club Sports meetings held by the Director of Recreation Services.
6. Follow all policies outlined under COACHES in the Sports Club manual.

Assistant Coaches

Work in cooperation with the Head Coach on items 1-7 and execute the following specific responsibilities:

1. Assist the Head Coach with planning each practice and executing the overall teaching plan along with the year-round training program.
2. Assist the Director of Wrestling with recruiting; meet management, team travel, weight training and fitness.
3. Assist the Head Coach with any other duties assigned.
4. Set the tone for winning wrestling.
5. Achieve CPR/AED certification and First Aid Training or Certification along with gaining USA Wrestling Bronze certification as made available by the Wrestling Club. Silver certification is the eventual goal.
6. Follow all Policies and Procedures of the Forks Township Wrestling Committee and all rules and regulations concerning the use of Lafayette College Wrestling Club facility.
7. Attend Club Sports meetings held by the Director of Recreation Services.
8. Follow all policies outlined under COACHES in the Sports Club manual.

Chairman of the Friends of Lafayette College Wrestling*

This elected member by the Executive Body is an alumnus who represents the Friends of Lafayette College Wrestling.

Members at Large (2) *

These appointed members, one a student member of the Wrestling Club will be appointed by the Club President, and one who is an alumnus, parent or friend of the Lafayette College will be appointed by the Chairman of the Friends of Lafayette College Wrestling, will serve as members-at-large.

Article V ---- Friends of Lafayette College Wrestling

This is a support group of the Lafayette College Wrestling Club that is to enhance the purpose of the wrestling club as outlined in Article I – Purpose. Members are comprised of alumni, parents and friends and are members of the Lafayette College Wrestling Club. The Chairman, an alumnus, and the member at-large, an alumnus, parent, student or friend, are elected/appointed by the expiring Executive Body/Chairman (and serve three year terms) from recommendations by the Friends of Lafayette College Wrestling. The standing committees and their members are appointed by the Chairman as follows:

- A. Nomination Committee
- B. Friend raising and Events Committee
- C. Fundraising Committee
- D. Recruiting Committee
- E. Budget and Finance Committee

The Annual Meeting of the Friends of Lafayette College Wrestling and the student members of the Lafayette College Wrestling Club will correspond with the annual golf outing held every May by the Lafayette College Maroon Club.

Article VI ---- Meetings

Meetings shall be held once per month during the school year. Only a member of the Executive Body with the approval of the President may set emergency meetings.

Article VII ---- Procedure

- A. A majority of the Executive Body shall constitute a quorum for the transaction of business.
- B. The meetings of the Club shall be conducted according to Parliamentary Law as defined in Roberts Rule of Order.
- C. All passage on motions brought to a vote needs a majority of the active members present at the meeting for formal approval by the Executive Body. Approval of any motion needs a two-thirds vote of the Executive Body.

Article VIII --- Amendments

Any alteration, deletion, or addition to this Constitution must be approved by two-thirds of the Club’s Executive Body.

Article IX– Risk Management

1. **Injuries-** There will always be a safety officer present, named previously in this document. Additionally, there will be two individuals with CPR certification and two individuals with first aid training. Individuals may have both of these trainings. The club will also collect emergency contact information through the Do-Sports-Easy website. All medical information will be kept on file with the team at every wrestling event and practice.
2. **Finances-** Lafayette College is not responsible for any injuries associated with the wrestling club. If an injury occurs, a proper injury report will be completed and submitted.
3. **Hazing-** The Lafayette Club Wrestling Team prohibits any and all acts related to hazing. The club will not have any initiation process.

Print Co-Founder Name

Print 2nd Co-Founder Name

Signature of Co-Founder

Signature of 2nd Co-Founder