

**Neshaminy
Wrestling
Club**



**Constitution
and
By-Laws**

NESHAMINY WRESTLING CLUB
(A Non-Profit Organization)

Part I Constitution

Article I. Organization

A. Name

1. This organization shall be named the Neshaminy Wrestling Club.

B. Purpose

1. To provide the opportunity for participation by youthful members of the community of Neshaminy School District, as well as neighboring communities, in an organized wrestling program.

2. To facilitate the development of fundamental wrestling skills, and to foster, promote, and advance the concepts of competitive athletics including the quality of good sportsmanship.

C. Wrestling Committee

1. The Wrestling Committee shall consist of volunteers from the organization's membership and the Head Coach of the Neshaminy High School Wrestling Team.

D. Executive Committee

1. The Executive Committee shall consist of the elected officers.

E. Officers

1. The officers of the organization shall be the President, First Vice-President, Second Vice-President, Secretary, and Treasurer.

F. Members

1. Membership in this organization shall be in the form of family membership with all qualified family members being entitled to the rights and privileges of organization membership.

2. Family membership shall be accepted upon registration with the organization and payment of an annual membership fee which shall be due and payable at the time of registration.

G. Coaches

1. The Wrestling and Cheerleading Head Coaches.
2. The Head Coaches selects his/her assistant coaches.
3. All coaches must complete a Neshaminy Wrestling Club application and are subject to approval of wrestling committee.

Article II. Responsibilities/Duties

A. Wrestling Committee

1. The Wrestling Committee shall ensure the wrestling program fosters an environment of learning, competition, fun and is a positive experience.
2. Review and decide on any issues within the wrestling program which are not coaching type decisions.
3. All members of the Wrestling Committee shall serve without pay or remuneration of any kind whatsoever.
4. The Wrestling Committee perform the following functions:

- a) Officers.
- b) Registration Coordinator
- c) Attendance Coordinators
- d) Fundraiser Coordinator.
- e) Purchasing Agent.
- f) Varsity Team Coordinators.
- g) Junior Varsity Team Coordinators.
- h) Publications Coordinator.
- i) Public Relations Coordinator.
- j) League Representative.
- k) Alternate League Representative.
- l) Equipment Manager.
- m) Gym Setup Coordinator.
- n) First Aid Coordinator.
- o) Snack Stand Coordinator.
- p) Special Projects Coordinator.
- q) Tournament Coordinator
- r) Wrestling Coach.
- s) Cheerleading Coach.
- t) Neshaminy High School Wrestling Coach.

B. Executive Committee

1. The Executive Committee shall have sole authority to conduct the general management of the property and business of this organization.

2. The Executive Committee shall have the power to purchase any property, right or privileges at such price or consideration, and upon such terms as they deem expedient; to appoint, to remove, or to suspend subordinate agents or servants, to determine who shall be authorized on behalf of this organization to sign bills, notices, receipts, acceptances, endorsements, checks, releases and other instruments; to delegate any of the powers of the Wrestling Committee, officers or agents, insofar as the same is permitted by law; and generally to do all such lawful acts and things by law or by the Articles of Incorporation, or by this constitution as directed or requested to be done.

3. The Executive Committee shall have the sole and exclusive authority to approve contracts or purchases necessary for the operation of the Neshaminy Brave Wrestling Club which will require an expenditure of One Hundred and One (\$101.00) Dollars or more and no officer, or committee member shall enter into any such contract without first obtaining the approval of the Wrestling Committee.

4. The Executive Committee shall organize and assign organizational duties to members of the Wrestling Committee.

C. Officers

1. President

a) The President shall be the chief executive officer of the organization. He shall have general superintendence and direction of all other officers of this organization and shall see that their duties prescribed herein are properly performed. He shall see that all orders and resolutions of the Wrestling Committee are carried out.

b) The President shall preside at all meetings of the Wrestling Committee. He shall be ex-officio member of all committees.

c) The President shall have general and active management of the organization's business activities. He shall execute all bonds, leases and procurements for this organization.

d) The President shall have the authority to approve all contracts and purchases necessary for the operation of the Neshaminy Wrestling Club which requires an expenditure of One Hundred (\$100.00) Dollars or less, and no such contract shall be entered into on behalf of the organization by any officer or committee member without first obtaining the approval of the President.

2. First Vice-President

a) The First Vice-President shall be vested with all of the powers of the President in the President's absence and shall perform the duties of the President during such absence.

b) He/She shall have such other duties as may from time to time be determined by the Wrestling Committee.

3. Second Vice-President

a) The Second Vice-President shall be vested with all of the powers of the President in the absence of the President and First Vice-President and shall perform the duties of the President during such absence.

b) He/She shall have such other duties as may from time to time be determined by the Wrestling Committee.

4. Secretary

a) The Secretary shall attend all meetings of the Wrestling Committee and shall act as clerk thereof, and shall record all votes and minutes of all proceedings in a book to be kept for that purpose.

b) The Secretary shall send all notices, letters and applications as required for the operation of the organization.

c) He/She shall have such other duties as may from time to time be determined by the Wrestling Committee.

5. Treasurer

a) The Treasurer shall have charge of the funds of this organization and shall deposit same in the name of this organization in depositories designated by the Wrestling Committee.

b) The Treasurer shall pay all vouchers or orders properly attested by the President.

c) The Treasurer shall make a complete and accurate report of finances of this organization at each meeting of the Wrestling Committee or at any other time upon request of the Wrestling Committee.

d) The Treasurer shall prepare an operating budget to be approved by the Executive Committee prior to the start of the wrestling season.

e) He/She shall have such other duties as may from time to time be determined by the Wrestling Committee.

D. Members

1. Each family shall support the organization in it's fundraising activities.

2. Each family shall perform a minimum of eight hours of work within the wrestling program.

E. Coaches

1. The wrestling and cheerleading coaches shall plan and organize practices.

2. The coaches shall provide instruction on rules, techniques and routines.

Article III. Meetings

A. General

1. The Wrestling Committee shall meet at least monthly during the wrestling season and at such time, place and intervals as the majority of the committee members shall direct and appoint during the off season..

B. Special

1. Special meetings of the Wrestling Committee may be called by the President.

2. Each committee member shall be given at least five (5) days written or oral notice of the special meeting. The Notice shall include a statement of the purpose for which the meeting is being called. A member entitled to notice may waive the requirement thereof.

C. Quorum

1. The quorum for the purpose of holding any meeting shall be simple the majority of the wrestling committee members present.

D. Rules of Order

1. The Neshaminy Wrestling Club Wrestling Committee meetings shall be conducted pursuant to the procedural guidelines set forth in the Revised Roberts Rules of Order in a matter in which they are not inconsistent with the organizations Constitution or By-Laws.

Article IV. Elections

A. Officers

1. The officers of this organization shall be elected by and from the Wrestling Committee of this organization.

2. The officers of this organization shall be elected annually at a meeting of the Wrestling Committee to be held in the month of March preceding the year in which such officers shall serve. The officers elect shall serve a term of one (1) calendar year.

B. Coaches

1. The Head Wrestling and Cheerleading Coaches of this organization shall be nominated and elected by the Wrestling Committee of this organization.

2. The Head Coaches of this organization shall be elected annually at a meeting of the Wrestling Committee to be held in the month of March preceding the year in which such coaches shall serve. The elected coaches shall serve a term of one (1) calendar year.

C. General Provisions

1. In the event that such a meeting is not held in March as aforementioned for any reason, the Wrestling Committee as then constituted shall at the first regular meeting held in the year succeeding the year in which said term expires select an individual to fill the vacancy.

2. In the event that a vacancy shall occur during the elected term, such vacancy shall be filled by the Wrestling Committee as then constituted. The person selected to fill such vacancy on the Wrestling Committee shall assume office at the next regular meeting following the selection and shall serve for the unexpired balance of term of the member for whom he/she was selected to replace.

3. Any committee member who neglects to attend Committee Meetings without good cause or whose public or private actions do not reflect the best interest of the Neshaminy Wrestling Club may be dismissed from the committee by a two thirds (2/3) vote of the entire Wrestling Committee.

4. A member may be expelled from the organization for nonpayment of the membership fee, violation of the rules of the club, conduct which is contrary to the expressed purpose of the Neshaminy Wrestling Club or any other reason which constitutes just cause for expulsion. The President shall send written notice to the member of its decision to expel such member and shall include the reason, as well as notification of the right to request a hearing pursuant to this provision. The Wrestling Committee shall provide the opportunity for the expelled member to appear at a hearing before the committee to request reinstatement provided that such expelled member shall serve written notice requesting such hearing upon the committee within ten (10) days of the date of the notice of expulsion. A hearing shall be scheduled within fifteen (15) days from the date upon which the notice requesting the hearing is received by the committee. In the event that a member is expelled pursuant to the provisions herein, the membership fee shall not be refundable in whole or in part.

Article V. Voting

A. Majority Vote

1. Voting on all matters pursuant to the provisions contained herein, except for those provisions specifically excluded shall be by majority vote of a quorum.

B. Phone Vote

1. Any action which the Wrestling Committee is empowered to take pursuant to the provisions of these by-laws may be taken without requiring a meeting if the President obtains the oral approval of a majority of the entire membership of the Wrestling Committee as constituted at the time that such action is taken. Any such action taken or done pursuant to this section shall be reported to the Wrestling Committee at the next regularly scheduled meeting for incorporation in the minutes of said meeting.

Article VI. Constitution Amendment

A. Proposal

1. Proposed amendments and changes to the organizations Constitution shall be submitted to the secretary for presentation to the Wrestling Committee during the next scheduled meeting.

B. Vote

1. The proposed amendment and changes shall not be effective unless approved by an affirmative vote of two thirds (2/3) of the entire Wrestling Committee.

2. The vote shall be taken ten (10) days after the amendment was presented to the Wrestling Committee.

Part II By-Laws

Article I. Coaching

A. Philosophy

1. The philosophy of wrestling skills taught will be consistent with those taught through out the Neshaminy Wrestling organization.

B. Meetings

1. The wrestling coaches will attend special coaches meetings with the Junior High School and High School coaches.

C. Discipline

1. Coaching staff is there to teach wrestling not to baby sit. Any discipline problems outside of normal coaching will be referred to the president.

2. A wrestler may be suspend from practice or league competition for open display of unsportsman like conduct or after the third disciplinary infraction. The following steps will be used to resolve discipline problems.

- a) First Infraction; Counsel wrestler.
- b) Second Infraction; Report problem to parent.
- c) Third Infraction; Request meeting with parent.
- d) Suspend wrestler from practice or competition

Article II. Teams

A. Varsity Team

1. Neshaminy will sponsor one fully sanctioned travel team consisting of ages and weights as put forth in the by-laws of the league.

B. Junior Varsity (JV)

1. Will compete in-house within Neshaminy program.
2. Will compete against other junior varsity teams when

appropriate.

C. Weight Classes

1. Shall be governed by the respective by-laws of the Bux-Mont youth wrestling league or any league which Neshaminy wrestling may compete.

Article III. Eligibility

A. Wrestlers

1. Ages 5-14 yrs
2. Must register with Neshaminy Wrestling Club.
3. After 1st match has been wrestled future registration will be determined by the president or by the designated committee member of this organization.

4. To remain on varsity a wrestler must attend a minimum of two (2) practices per week unless the absence is excused by the president or by the designated committee member of this organization or the wrestler is competing with the Junior High School.

B. Cheerleaders

1. Ages 5 yrs and up
2. Must have a brother or sister wrestling.
3. The Executive Committee may waive the above requirements.

Article IV. Wrestle-offs

A. Rules

1. Wrestle-offs will be held to determine the varsity wrestling team.
2. The initial season wrestle-offs will follow a single elimination tournament format.
 - a) Each wrestler will be placed in a wrestle-off bracket based on the wrestlers age and weight.
 - b) The brackets will be posted for approval by the coaches and parents prior to the commencement of wrestle-offs.
 - c) A wrestler may only compete in one bracket during the initial wrestle-offs.
 - d) Requests to move a wrestler outside of the originally posted bracket must comply with paragraph 6. below. Final approval of the change is the responsibility of the President.
3. Once the varsity team is established, in order for a wrestler to obtain a position on the team, he will be allowed to challenge by notifying a coach at the beginning of the first practice of the week. If more than one challenge is posted then the challengers will first wrestle-off in a single elimination tournament. Finally, the winner of the challenge wrestle-off will compete against the varsity team member for the varsity position.
4. The challenger must win two (2) consecutive matches against the varsity team wrestler to gain the position on the varsity team.
5. A wrestler may not weigh more than 2 pounds over the weight class at which he desires to challenge.
6. A wrestler may not move up more than one age bracket or two weight classes.
7. A wrestler may challenge in only one age and weight class per week.
8. A wrestlers absence during scheduled wrestle-offs is cause for forfeit.
9. Coaching of either wrestler during a match is prohibited.
10. Once a wrestler competes at one weight class for 50% of the league matches he can no longer be challenged for that position on the varsity team.
11. The head coach may select a JV wrestler to fill a varsity spot in the case where a varsity spot becomes vacant or the varsity wrestler is unable to participate and time does not allow for the normal selection process as listed above to be implemented.

Article V. Practice

A. Location

1. To be held in the wrestling room at a school with the necessary facilities within the Neshaminy School District. The Executive Committee will establish the practice site at the beginning of each year.

B. Time

1. Wrestling practice times will be established by the Executive Committee based on availability of practice sites at the beginning of each year.

2. Cheerleading practice will be scheduled by the cheerleading coach in conjunction with the wrestling practice times.

3. If a wrestler cannot make 3 practices in a row he/she is responsible to notify the coaching staff of reason for absence.

a) Exception being the 14 & under team which are not required at practice every night due to practicing at the Junior High level.

Article VI. Matches

A. Place

1. Home matches will be held at Neshaminy School based on its facilities and availability.

2. Away matches will be held at various clubs. Direction will be provided during the prior weeks practice.

3. It is the parents and wrestlers responsibility to provide transportation to and from match.

B. Behavior

1. Conduct of all persons involved, coaches, parents, and wrestlers is very important as it reflects on the Neshaminy organization. Sportsmanship and a positive atmosphere are the main goals of all matches. It is the responsibility of the wrestling committee to ensure a positive environment. Anyone deemed to be in violation of this provisions may be expelled from the premises without recourse.

Article VII. Tournaments

A. Bux-Mont

1. Varsity wrestlers will compete in the seeded division. The varsity wrestler must wrestle at the weight that they wrestled the majority of their league matches.

2. Club may only have one wrestler per weight class, decision will be made by the amount of league matches wrestled by wrestler during the season.

3. Junior varsity wrestlers may enter the un-seeded division by age and weight.

B. Other Tournaments

1. The wrestling committee will attempt but is not required to schedule a tournament per month to attend as a team. (January, February, March)

C. Individual Tournaments

1. Individual tournaments are held through out the season. Neshaminy has no official responsibilities in these matches.

Article VIII. Uniforms

A. Wrestlers

1. Each wrestler will be issued a singlet and warm-ups.
 - a) Wrestler is responsible for lost or damage.
 - b) Uniforms must be returned at end of season.

B. Cheerleaders

1. Each cheerleader will be issued a cheerleader's uniform.
 - a) Cheerleader is responsible for lost or damage.
 - b) Uniforms must be returned at end of season.

C. Coaches/Staff

1. Coaches and Staff members will be furnished with a Neshaminy Coaching or Staff shirt.

Article IX. Miscellaneous

A. Controlled Substance

1. It is the policy of the Neshaminy Wrestling Club to prohibit alcohol on the premises or in the parking lot of any function that involves the wrestlers.

2. Persons deemed to be under the influence of a controlled substance shall be prohibited from participating in any or attending any wrestling event.

3. Smoking within the Neshaminy Schools is prohibited.

Article X. Awards

A. Season

1. Each wrestler and cheerleader will receive a participation trophy at the end of the season.

B. Special Wrestler

1. The following are the special awards given to the 11 and 12 year old wrestlers. These are decided by a combination of the coaches and executive committee at the end of each season and awarded at the time of the banquet. All awards are non-binding, they may or may not be given as circumstances warrant on a year to year basis. This concerns all or none of the awards. The criteria for these awards is that a wrestler must be 11 or 12 years of age before January 1 of the wrestling year. This includes junior varsity, varsity, and any wrestler that may have wrestled up into the 14 year old age group to fill a needed slot. The only award with a restriction is the All Neshaminy award which will be included in its description.

a) Most aggressive - Any wrestler in 12 year old age group who consistently put just that little extra into his/her wrestling during the season.

b) Most improved - The wrestler who showed the most over all improvement during the season or during his/her career.

c) Coaches award - The wrestler a majority of coaches feel was the most attentive at practices and tried to follow coaches directions while on the mat during matches.

d) 3D award (dedication, determination and desire) - This is the 2nd most prestigious award to be given, and should go to the wrestler who showed these qualities during his wrestling career at Neshaminy.

e) All Neshaminy - This is the top wrestling award and the only award with a restriction. The wrestler must have been a Neshaminy or Pennel Wildcat wrestler for 5 years or more to qualify, the years may be non-consecutive. This award is not an athletic award, it should be presented to the wrestler that you would most like to see represent the Neshaminy Wrestling Club anywhere at anytime not just during athletic competition, but that may be a factor in the choice.

f) Norman Peter Karmilowicz Award - Awarded to a 14 year old wrestler in his last year of eligibility with the Neshaminy Wrestling Club. This award is determined by a panel of long standing members of Neshaminy Wrestling Club who have had long contact with wrestlers eligible. The President of this organization shall request a name from among those wrestlers eligible from the group that has been decided to chose.

B. Special Cheerleader

- 1. Most Dedicated Cheerleader - Presented to the cheerleader who enthusiastically participates in practices and matches.

Please remember these awards are not mandatory for each year it may be decided there is not an eligible wrestler for one or all of the above awards.

Article XI. Dissolution

A. Organization

- 1. Upon dissolution, the net assets of the Neshaminy Wrestling Club shall be distributed to a charitable, religious, scientific, library, educational or other organization which qualifies as a tax exempt organization under the Provisions of Section 501(c) of the Internal Revenue Code.

Article XII. By-Laws Amendment

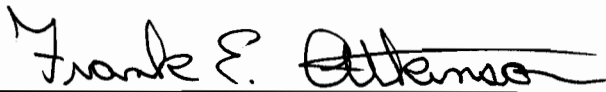
A. Proposal

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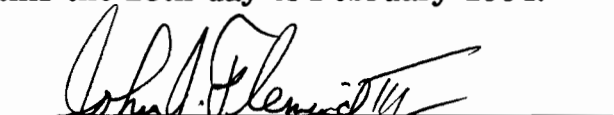
B. Vote

- 1. The proposed amendment and changes shall not be effective unless approved by an affirmative vote by a majority of the Wrestling Committee Quorum.

This Constitution and By-Laws are approved and adopted by the Neshaminy Wrestling Club Executive Committee on this the 28th day of February 1994.




 President



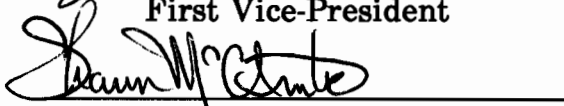
 Treasurer



 First Vice-President



 Secretary



 Second Vice-President