CODE OF CONDUCT

**Athletes**

* Be humble and gracious in all that you do.
* All wrestlers will show respect to the coaches, helpers and parents. In return your child will always be shown respect. We will never belittle, humiliate or embarrass your child. If you feel this has happened at anytime please come and see me right away and we will resolve the issue.
* Bullying, harassing, hazing, will not be tolerated by any athlete. We are all teammates and we will treat each other with respect and support.
* You will be expected to attend all practices. And follow the instruction of your coaches.
* Foul, abusive, inappropriate and/or negative language will not be tolerated, in the mat room during wrestling tournament or during a match.
* Respect your team, your mat room, your equipment, and your fellow opponents.

**Parents/spectators**

* We ask that the parents respect our coaches and allow them to coach. We will always do what is best for the athlete
* We ask that parents and spectators refrain from using foul, abusive, inappropriate and/or negative language in the mat room, wrestling tournaments or during a match.
* If you need to make a phone call during practice, please go outside, so that the wrestlers can hear and focus on instruction.
* **BE SUPPORTIVE**

Please remain positive with your child as much as possible. This sport provides enough adversity for these guys/girls to deal with, without the added stress from the ones we love. Understand that wrestling is a very demanding sport, physically, mentally and emotionally do your best to encourage them to keep pushing through and never quit. Although this is not a school related sport we want our wrestlers to be smart, so please keep them up on the grades at school.

* Questions – Any questions about the sport, the program or problems or concerns you may have please feel free to call or email.