

Del Val Wildcat Wrestling Club

Wrestlers Code of Conduct

I will wrestle for fun, enjoy myself and be proud to be a wrestler.

I will work hard, listen and ask questions to improve my wrestling skills.

I will be a team player and appreciate the contributions each person makes on the team.

I will be on time and prepared to wrestle for all practices and matches.

I will always show good sportsmanship and respect others regardless of the situation.

I will never argue with a coach or an official.

I will lose with dignity and win with grace.

I will always be a good sport and set a positive example to others, especially the younger wrestlers.

I understand that if I do not abide by these rules and regulations, I will be subject to disciplinary action deemed appropriate by the team's board of officers which could include but is not limited to;

- Verbal warning
- Written warning
- Match/tournament suspension
- Match/tournament forfeit
- Season suspension

Wrestlers Name (Print) _____ Date _____

Wrestlers Signature _____

Del Val Wildcat Wrestling Club

Parents Code of Conduct

I will not force my child to participate in wrestling but rather support their desire to learn about wrestling, enjoy the sport and have fun.

I will make an effort to learn the rules of wrestling and the policies of the team and league.

I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for all wrestlers, coaches, officials and spectators at every practice, match and tournament.

I will not encourage any behavior of any wrestler which would endanger the health or safety of any wrestler.

I will teach my child to wrestle by the rules, and resolve conflict without resorting to any hostility or violence.

I will teach my child that doing one's best is more important than winning.

I will praise my child for competing fairly and trying hard.

I will never ridicule or yell at any wrestler, coach or official.

I will let the coaches' coach and refrain from coaching my child during a match unless I am one of the coaches.

I will respect the officials and their authority during games and never question, discuss or confront coaches at a match, but speak with them later at an agreed upon time and place.

I understand that if I do not abide by these rules and regulations, I will be subject to disciplinary action deemed appropriate by the team's board of officers which could include but is not limited to;

- Verbal warning
- Written warning
- Parental match/tournament suspension
- Match/tournament forfeit
- Parental season suspension

Wrestlers Name (Print) _____ Date _____

Parents Signature _____