

# South Side Wrestling

## South Side Wrestler's Code of Conduct

### As a South Side wrestler I will ...

#### 1. Be Respectful

- To my coaches and teammates.
- To my opponents, opponent coaches and referees.
- To all spectators and parents.
- Win or lose, I will always shake hands and congratulate my opponent and their coaches.

*Disrespectful behavior of any kind will not be tolerated and can result in suspension and/or dismissal from the team.*

#### 2. Attend Practice Regularly

- I must attend all practices if I want to compete in tournaments.

*If you miss practice during the week of an upcoming tournament without a valid excuse, coaches may request that you sit for that tournament.*

#### 3. Be Prompt and prepared to Practice.

- I will arrive early to practice and be ready to start on time.
- I will always bring a water bottle, head gear, and wrestling shoes. (and a mouth guard if I have braces)
- I will only wear my wrestling shoes in the room.
- I will only wear proper wrestling clothing
- I will clearly label my gear and make sure I have everything before I leave practice.

## 4. Be Coachable.

- I will pay attention in practice and follow all instruction.
- I will not participate in horseplay.

***As a Wrestler, if you participate in horseplay of any kind you may be asked to leave the room.***

***As a Parent, please watch in silence. Talking during instruction is as disruptive as horseplay and you may be asked to leave the room.***

## 5. Show Good Sportsmanship

- I will never use abusive and/or profane language in front of anyone connected with a South Side function. (Including practices, tournaments, meetings, etc.)
- I will never throw headgear as it shows poor sportsmanship and is disrespectful to coaches and referees.

***Bad sportsmanship in practice or competition reflects poorly on our team. It will not be tolerated and can result in suspension and/or dismissal from the team.***

## 6. Practice Good Hygiene and Eating Habits

- I will make sure my workout clothes are always clean.
- I will SHOWER AFTER PRACTICE, and clean my practice gear. (Due to the nature of our sport (Bodily contact) the use of anti-bacterial soap is highly recommended during the season.
- I will keep my finger nails cut short.
- I will check myself often to make sure I do not have any skin issues. If I see a skin issue I will inform my parents and my coaches immediately.
- I will eat a well-balanced and healthy diet.

***Poor hygiene is not only unhealthy, but is disrespectful to your practice partners as well. Bad eating habits lead to poor performance on the mat.***

# South Side Wrestling

## Parent/Guardian's Code of Conduct

**As member of South Side Family I will ...**

### **1. Be Respectful**

- All tournament staff, spectators, and parents – no matter the team.
- All wrestlers, referees and coaches, – no matter the team.

*No parent or fan is to physically or verbally abuse another parent, fan, coach, wrestler, referee or tournament staff. This will result in immediate remove from the premises.*

### **2. Make sure my wrestler attends practice regularly**

- I will notify the head coach if my child will miss a practice.

*Wrestling takes commitment and dedication to the sport. Lack of practice may result in your young athlete having to sit out of upcoming tournament/s.*

### **3. Make sure my wrestler is on time and prepared to practice.**

- I will make sure my child is early to practice and ready with shoes, headgear, proper wrestling attire and a water bottle.
- I will make sure that my child's wrestling shoes are only worn in the wrestling room.
- I will make sure that my child's workout clothes are clean.
- I will make sure my child has all of his or her personal belongings before we leave practice each night.

### **4. Make sure my child is coachable**

- I will encourage them to listen carefully.
- I will support the coaches to ensure my child's success.

## 5. Show Good Sportsmanship

- I will show good sportsmanship during practice and competition.
- I will never yell, boo or tease if a wrestler is hurt or losing.
- I will never use unsportsmanlike gestures of any kind.
- I understand that my behavior is a reflection of South Side Youth Wrestling Club and Trumbull Wrestling community.

## 6. Make sure that my child has good hygiene

- I will make sure that my child's wrestling gear is cleaned.
- I will make sure my child eats a well-balanced diet.
- I will make sure my child's nails are cut short.

*Due to the nature of wrestling, I will make sure that my child showers after every practice and tournament*

## 7. Observe Practice in Silence

- I will not talk during practice. Talking distracts wrestlers and leads to lack of focus when the coaches are instructing.

*If you need to have a conversation please leave the wrestling room and go to a location where you cannot be heard.*

## 8. Report all injuries and skin issues to the head coach

- I will check my child's skin often to ensure the safety of all wrestlers and I will seek medical attention should a skin issue arise. **Any skin issue must be taken care of immediately by a doctor and a note must be provided by the doctor.**
- Please report any injury no matter how minor to the head coach.

*The head coach reserves the right to not allow a wrestler to practice due to a skin issue or an injury for the sake of all of the wrestlers in the room*

# South Side Wrestling –

## Code of Conduct

# As South Side we will ...

1. Be Respectful
2. Attend Practice Regularly
3. Be Prompt and Prepared
4. Be Coachable
5. Show Good Sportsmanship
6. Practice Good Hygiene and Eating Habits

## **Commitment to the South Side Youth Wrestling –Trumbull**

### **Code of Conducts for Wrestlers and Parents/Guardians**

Wrestling as a member of South Side Wrestling Club, is a privilege and not a guaranteed right. All wrestlers and their parents/guardians must agree to follow our Code of Conduct for wrestlers and parents/guardians in order to participate in our program.

Any issues or concerns of any kind should be addressed to the head coach and program director. Violations of the code of conduct will result in disciplinary action by the head coach and program director, up to and including dismissal from the team.

I \_\_\_\_\_ (Wrestler's Name) have read my code of conduct and understand that not following the code of conduct can result in suspension and/or removal from South Side Wrestling – Trumbull program.

My parents/guardians have reviewed the code of conduct with me and we understand that not following the code of conduct can result in suspension and/or removal from South Side Wrestling – Trumbull program.

Wrestlers Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I \_\_\_\_\_ (Parent/Guardian's Name) have reviewed the wrestler's code of conduct with my child and I agree to help my child abide by this code of conduct. I also agree to follow the parent/guardian code of conduct outlined above and understand that not following the code of conduct can result in suspension and/or removal from the South Side Wrestling – Trumbull program.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_