

# Pursuing Victory With Honor\*

## Code of Conduct for Student-Athletes

### Junior Cougar Wrestling Club

*This Code of Conduct applies to all student-athletes of the Junior Cougar Wrestling Club.*

Athletic competition of interscholastic age student-athletes should be fun and should also be a significant part of a sound educational program, embodying high standards of ethics and sportsmanship while developing good character and other important life skills. Essential elements of character building are intrinsic in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Character”). The highest potential of sports is achieved when learning from the T.E.A.M. concept (Teach, Enforce, Advocate and Model these values) and by committing to the ideal of pursuing victory with honor. Good-faith efforts to honor the words and spirit of this Code will improve the quality of our programs and the well being of all teammates.

#### TRUSTWORTHINESS

- *Trustworthiness* — Be worthy of trust in all you do.
- *Integrity* — Live up to high ideals of ethics and sportsmanship and always pursue victory with honor. Do what’s right even when it’s unpopular or personally costly.
- *Honesty* — Live and compete honorably. Don’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct. Cheating is not acceptable.
- *Reliability* — Fulfill commitments. Do what you say you will do. Be on time to practices and tournaments.
- *Loyalty* — Be loyal to your team. Put the team above personal glory.

#### RESPECT

- *Respect* — Treat all people with respect at all times. Demonstrate an appropriate demeanor that reflects self-control and an unwavering commitment to fair play.
- *Class* — Live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Help fallen opponents, compliment extraordinary performance, and show sincere respect in pre- and post-match rituals.
- *Disrespectful Conduct* — Don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

- *Respect for Officials* — Treat officials with respect. Don’t complain about or argue with calls or decisions during or after a match.

#### RESPONSIBILITY

- *Importance of Education* — The primary responsibility of a student-athlete is academic achievement. Be a student first, and commit to earning good grades and getting the best education you can. Be prepared to learn every day. Learning occurs in the classroom, the wrestling mat, and in the living room. Life lessons can and should be learned every day. Don’t hesitate to seize the opportunity.
- *Role Modeling* — Remember, participation in sports is a privilege, not a right, and that you are expected to represent yourself, your family, your coach and your teammates with honor, on and off the mat. Consistently exhibit good character and conduct yourself as a positive role model.
- *Self-Control* — Exercise self-control. Don’t fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate. When things don’t go your way on the wrestling mat, ask your coach what he thinks went wrong. You should already have an idea of what happened, but get your coaches’ perspective as well. Listen, learn, and grow from the experience.
- *Healthy Lifestyle* — Safeguard your health. Don’t use any illegal or unhealthy substances, including alcohol, tobacco, drugs and nutritional supplements, or engage in any unhealthy techniques to gain, lose or maintain weight. Be informed and do the right thing.
- *Integrity of the Sport* — Protect the integrity of the sport. Don’t engage in any activity that will discredit you or the sport.

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\*This wrestling program endorses the *Pursuing Victory with Honor Arizona Sports Summit Accord*. *Pursuing Victory With Honor* and the *Six Pillars of Character* are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics.

## FAIRNESS

- *Fairness and Openness* — Compete fairly. Always live up to the high standards of fair play. Be open-minded and always be willing to listen and learn.

## CARING

- *Concern for Others* — Demonstrate concern for others. Never intentionally injure any athlete or engage in reckless behavior that might cause injury to you or others.
- *Teammates* — Help promote the well being of teammates through positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

## CITIZENSHIP

- *Playing by the Rules* — Have a thorough knowledge of and abide by all applicable rules. Demonstrate and demand integrity.
- *Spirit of Rules* — Honor, observe and enforce the spirit and the letter of the rules. Avoid temptations to gain competitive advantage through improper, illegal, or potentially dangerous techniques that violate the highest traditions of our sport. Do not engage in or allow any conduct designed to evade the rules governing fair competition.

***I have read and/or have had this Code of Conduct read to me. I have discussed the Code of Conduct with my parents and understand its requirements. My signature indicates my commitment to the six pillars of character as outlined in this document.***

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

***I have read, understand, and discussed the requirements of this Code of Conduct with my athlete. My signature acknowledges my athlete's commitment to the six pillars of character, and my willingness to reinforce these pillars and help my athlete live-up to them.***

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Date

***My signature indicates my commitment to apply the principles of this Code of Conduct, and to instill these principles in my athletes at every opportunity during the wrestling season.***

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date