

Wrestling With Character Athlete Code of Character



Wrestling With Character athletes are expected to conduct themselves in accordance with our six pillars of character philosophy.

Identifying and implementing these positive characteristics into their training, mindset, and behavior is critical to our success.

Expectations

Wrestling With Character holds its teams, athletes, coaches, and parents to a very high ethical standard. It is expected that all of our members observe and recognize the culture of our organization. This includes our program philosophy, vision, and guiding principles.

In accordance with Wrestling With Character's Six Pillars of Character, athletes should:

RESPECT - follow the Golden Rule!

- be quiet during instruction - raise their hand if they have a question, answer or comment.
- pay attention to directions, rules and instructions - eyes should be focused on the Coach.

ATTITUDE - it is a choice!

- CHOOSE to have a positive attitude towards getting better every practice or competition.
- understand that they are in charge of their emotions and actions.

PASSION - true success must come from within!

- realize that the journey never ends. We are constantly striving for individual improvement.
- be coachable with a desire to learn and improve.

INTEGRITY - do the right thing!

- always give their best effort at practice or competition.
- strive to make positive choices - even when it's the more difficult option.

DISCIPLINE - the bridge between goals and accomplishment!

- keep moving forward with a specific plan to improve and achieve their goals.
- do what needs to be done, when it needs to be done - even when they don't feel like doing it.
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HONESTY - the foundation of one's character!

- value and practice honesty in all that they do.

Wrestling With Character Athletes:

- shall uphold the honor and dignity of Wrestling With Character at all times.
- acknowledge that swearing or general inappropriate language will not be tolerated in any form.
- understand that physical misbehavior outside the realm of wrestling practice may result in automatic and permanent dismissal.

Before, During and After:

Practice

- No equipment, balls, etc. should be played with
- Stay off of the mats, nets and other equipment or furniture - no jumping on or climbing on the wall mats
- hands to yourself
- pay attention, follow directions
- raise hand to speak
- do not distract or disrupt the other athletes
- ask permission from coach to get drink, use the bathroom, or talk to parent

ZERO TOLERANCE

Throwing of head gear or ankle bands, not shaking hands, arguing with officials, arguing with coaches, inappropriate language, excessive celebrations, taunting, etc. will absolutely NOT be tolerated.

During wrestling competitions WWC Athletes will:

- always treat wrestlers, coaches, fans, staff and officials with respect.
- practice extreme sportsmanship before, during and after each match - win or lose. (*Including: shaking opponents hand, shaking opposing coach's hand and exiting the mat in a dignified manner. Any excess celebration or display of disappointment should be reserved for a private location away from the mat - hallway, locker room, etc.*)
- pay attention to coaches instruction during the match (any breaks in action and between periods)
- participate and follow directions during an organized team warm-up
- show proper behavior on warm-up mats and throughout the facility (*no running, chasing, extreme rough housing, littering, etc.*)
- address any coaching or officiating concerns through a coach or parent after the match.

Wrestling With Character reserves the right to terminate your affiliation with the club as a coach, participant, helper or board member based on the expectations of our Codes of Character.

I. Focus on the Process II. Develop the Passion First III. Each Individual's Experience Matters

Wrestling With Character Athlete Requirement Checklist

☐ *athlete code of character*

Please read and review this document with your child. if agreed, please sign and return this page to a member of the coaching staff.

I have read and/or have been read, understand, and agree to abide by the rules and expectations set forth in the Wrestling With Character, Athletes Code of Conduct. I understand that failure to comply with these guidelines may result in my dismissal from the program.

Athlete Name:	
Date:	
Athlete's Signature:	X _____
	I have read and reviewed the expectations set forth above with my child.
Parent Signature:	X _____

Note: Failure to sign this document does not exclude you from the expectations set forth in the code of character.

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III. Each Individual's Experience Matters