

# Belvidere Bandits Wrestling Club

## Wrestler Code of Conduct

Wrestlers Printed Name \_\_\_\_\_

Welcome to the 20\_\_\_\_-20\_\_\_\_ season. Wrestling is a very intense sport and emotions can run high. The coaches are committed to help you develop in to the best wrestler you can be. Wrestlers, parents, and coaches must do their part to help practices and tournaments run as smooth as possible and allow all kids to reach their potential. Below are guidelines that will assist everyone in this process.

- Be on time for all practices and tournaments – it is important to stretch and warm up as a team and to avoid injury.
- Show respect to your teammates/parents/coaches. Without their support you won't get far.
- Sportsmanship is #1 - whether you win or lose; remember you are a representative of the Bandits. No dissention should be shown towards opponents, coaches or referees. At tournaments you should always shake hands with opponents and their coaches and meet with your coach after the match to work on ways to improve.
- Ask for help if you need assistance with a technique.
- Never intentionally try to hurt your opponent or teammate – remember to keep a high level of safety awareness.
- Using profane or vulgar language will not be tolerated.
- Fighting of any kind is not allowed.
- Most IKWF events are on public school grounds – always respect the facilities and adhere to all posted rules.
- Have Fun!

Failure to comply with the above will be addressed by coaches and/or the board and could result in suspension.

- First offense is a written warning to be signed by President, Head Coach, Wrestler, Wrestler's Parent and witnessing coach
- Second offense will result in a seven day suspension from all team activities and absolutely no refunds
- Third offense will result in suspension for the remainder of the season with no refunds

I have read and will abide by the code of conduct

Wrestler \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_