

Pine Bush Youth Wrestling Club

Wrestlers Code of conduct:

Our wrestlers will read and agree to the following code of conduct by signing it below prior to wrestling or practicing with the club as a club member.

1. Wrestlers will promise to give their best effort at school and with all school work.
2. Wrestlers will promise to do their best to show their appreciation to their parents or guardians for supporting them with this club.
3. Wrestlers will always act respectfully to their parents, coaches and team mates.
4. Wrestlers will not use vulgar or otherwise inappropriate language in or around any wrestling or club sanctioned event.
5. Wrestlers will do their best to maintain good behavior and sportsmanship during club practice, duals and tournaments.
6. Wrestlers will promise to always shake hands with their opponents before and after each match.
7. Wrestlers will promise to shake hands with the opposing coach after each match as well.
8. Wrestlers will never argue with a referee. The coach will handle any questions in the appropriate manner.
9. Wrestlers will do their best to listen to the coaches instructions during practice, while at duals and during tournaments.
10. Wrestlers will do their best to treat all others as they would like to be treated themselves.
11. It is the wrestler's job to come prepared for practice and matches, the wrestler will be responsible for their head gear, shoes, athletic clothes and a drink.
12. Wrestlers will be honest about any injuries, skin conditions or ailments they may incur whether or not they appear serious or are club related.
13. Wrestlers will not attempt to cut weight or diet in excess. It is normal for wrestlers to lose a reasonable amount of weight as wrestling season begins due to the conditioning, however wrestlers will at all times eat healthy meals and drink plenty of fluids to avoid dehydration and illness.

* Coaches and guardians will communicate about any irregular or possible unhealthy weigh loss or attempts at weight loss.*

PBYWC Wrestler X_____

PBYWC Parent/Guardian X_____

PBYWC Coach X_____

