

ATHLETE CODE OF CONDUCT

As an athlete of the Oak Harbor Wrestling Club:

1. I will work in practice to improve my skills.
2. I will tell coach of any injuries or problems I have with my skin.
3. I will learn the rules of wrestling and the policies/expectations of the OHWC.
4. I will not engage in any kind of unsportsmanlike conduct with any official, coach, wrestler, parent or spectator such booing and taunting; verbal and physical threats; refusing to shake hands; or using profane language or gestures.
5. I will not use any behaviors or practices that would endanger the health and or well-being of any athletes.
6. I will wrestle by the rules and to resolve conflicts without resorting to hostility or violence.
7. I will treat other wrestlers, coaches, officials, parents, and spectators with respect regardless of race, creed, color, sex or ability.
8. I will remember that doing one's best is more important than winning, regardless of the outcome of a match, tournament finish, or my performance.
9. I will praise my teammates for competing fairly and trying hard, and make my teammates feel like a winner every time.
10. I will never ridicule or yell at my teammates or other participants for making mistakes or losing a competition.
11. I will remember that skill development and practices improve my ability.
12. I will respect the coaches and officials and their authority during wrestling matches and practices and will never questions, discuss or confront coaches or officials.
13. I will remember that being part of the OHWC is a privilege and it is my responsibility to keep that privilege.
14. I will respect everyone's right to a healthy, productive practice environment and will not distract myself or teammates during practice.
15. I will wear the designated OHWC team singlet or compression gear to all competitions.
16. I will remain in designated areas during tournaments, meets, and practices, and not approach mat side unless I am coaching or getting ready to wrestle.

Child's Name: _____

Signature: _____

Parent, Guardian _____ Date: _____

Signature: _____

Parent, Guadian _____ Date: _____

Note:

Failure to sign this document does not exclude you from the expectations set forth in the code of conduct. OHWC reserves the right to terminate (without registrations refund) your child's privilege to participate in our wrestling program based on the expectations of the code of conduct. OHWC also reserves the right to terminate (without registrations refund) your affiliation with the club as a coach, parent helper, or board member based on the expectations of the code of conduct. In addition to the expectations of the Parent Code of Conduct, all coaches, volunteers and parents should understand that the club has accepted the guidelines for sportsmanship and discipline of unsportsmanlike conduct as outline in the Washington state wrestling rules book.