

# PARENT CODE OF CONDUCT

Children's sports are supposed to be fun—for the children. Unfortunately, many parents, fans, and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. Parents, fans, and coaches who follow this simple code can help reinforce what youth sports are all about....BEING FUN FOR THE KIDS!

Preamble: The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character." As a parent or spectator:

1. I will not force my child to participate in the sport of wrestling.
2. I will remember that children participate to have fun and that wrestling is for the youth, not parents.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or others.
4. I will learn the rules of wrestling and the policies/expectations of OHWC.
5. I (and my guests) will be positive role models for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all wrestlers, coaches, officials, and spectators at every dual, tournament, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, wrestler, parent or spectator such as booing and taunting; verbal and physical threats; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and or well-being of the athletes.
8. I will teach my child to wrestle by the rules and to resolve conflicts without resorting to hostility or violence.
9. I (and my guests) will treat other wrestlers, coaches, officials, parents, and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of the match, tournament finish, or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing competition.
13. I will emphasize skill development and practices and how they benefit my child over winning.
14. I will promote the emotional and physical well-being of the athletes ahead of my personal desire I may have for my child to win.

15. I will respect the coaches and officials and their authority during wrestling matches and will never question, discuss, or confront coaches at a dual or tournament, and will take time to speak with coaches at an agreed upon time and place.

16. I will respect everyone's right to a healthy practice environment and will not remove my child from practice due to his/her performance; and I will let coaches know prior to practice if my child cannot attend or will need to leave practice early.

17. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.

18. I will refrain from coaching my child or other players during meets, tournaments, and practices, unless I am one of the official coaches of the OHWC.

19. I will ensure my child will wear the designated OHWC team singlet or compression gear to all competitions.

20. I will remain in designated areas during tournaments, meets, and practices and not approach mat side unless I am an official coach of the OHWC.

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.