

Hustle & Muscle Mat Club Code of Conduct for Practices and Matches

Code of Conduct for Athletes:

- 1) Be present and on time for every practice and match.
- 2) Be dressed and ready to practice or wrestle.
- 3) Do not do anything to endanger the health or safety of another wrestler, coach or parent.
- 4) Do not lie, cheat or steal from the club or club members or coaches.
- 5) Learn the rules of wrestling.
- 6) Do not use profanity.
- 7) Show good sportsmanship towards everyone at every practice and match.
- 8) Pay attention to your coaches and the referees.
- 9) Set goals for the season.
- 10) Watch the youth video wrestling video the club will email your parent(s).

Failure to comply with any of the above rules can result in a warning, suspension or expulsion from the club.

Code of Conduct for Parents:

- 1) Make sure your child is present and on time for every practice and match.
- 2) Make sure your child is dressed and ready to practice or wrestle.
- 3) Do not do anything to endanger the health or safety of another wrestler, coach or parent.
- 4) Do not lie, cheat or steal from the club or club members or coaches.
- 5) Make sure your child learns the rules of wrestling to the best of your ability.
- 6) Do not use profanity.
- 7) Encourage your child to practice good sportsmanship towards everyone at every practice and match.
- 8) Pay attention to the coaches and the referees.
- 9) Help your child set goals for the season
- 10) Watch the youth video wrestling video the club will email you.

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Code of Conduct for Coaches:

- 1) Provide a safe environment for all the wrestlers at practices and matches - The safety of the children is the club's first priority. Both St. Albans and Walt Whitman are excellent high schools with excellent facilities and good people, but you need to help make sure none of the wrestlers get lost or hurt.
 - a. Do not do anything to endanger the health or safety of another wrestler, coach or parent.
 - b. Do not threaten any other wrestler, coach or parent.
 - c. Do not lie, cheat or steal from the club or club members or coaches.
- 2) Be present and early for every practice and match.
- 3) Be dressed in appropriate athletic attire.
- 4) Communicate with wrestlers, parents, opponents, coaches, referees and school staff in a positive way.
- 5) Teach the fundamental techniques of wrestling – If you need DVD's or books, just ask.
- 6) Know the Rules of Wrestling – The club will provide these to you.
- 7) Good Sportsmanship - Sometimes athletes have to be reminded that this is important. Set an example and remind your wrestlers to do the same. Examples: No profanity or
- 8) Be comfortable instructing the wrestlers in practice and competition.
- 9) Remember that you represent the club, the wrestlers and their parents at all times.
- 10) **Have Fun with the Sport** – *Competing in MCYWL will be a big step up from playing around at St. Albans. It is important that the boys come out of their matches, even if they lose, with a positive attitude that they accomplished something by competing on a cold Saturday when they could have been playing video games.*

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