

# *Glastonbury Youth Wrestling Club 2019 - 2020*



## CODE OF CONDUCT AGREEMENT

As a member of GYW, I understand it is my responsibility to listen to and obey the directions given by the coaches of my team. If any member of the coaching staff considers my behavior during a practice, a scrimmage, or a tournament to be i) repeatedly and excessively disruptive, ii) flagrantly unsportsmanlike, or iii) intentionally injurious to myself or to others, then the following guidelines will be used to help in controlling my conduct:

1st Offense — The coach will give me a verbal warning.

2nd Offense — My parents, the coach, and the Program Director will conduct a meeting to discuss the problem.

3rd Offense — I will be suspended from practice for one week;

and

I will not be allowed to participate in either the next scrimmage or the next tournament, whichever comes first;

and

I will forfeit any registration fee already paid for the missed tournament.

4th Offense — I will no longer be part of the team for the remainder of the wrestling season, and no part of my registration fee will be refunded.

Wrestler #1 \_\_\_\_\_ Wrestler #2 \_\_\_\_\_

Wrestler #3 \_\_\_\_\_ Parent \_\_\_\_\_

Date \_\_\_\_\_

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## **GYW Club Rules – Parents to review with children**

### Preparation

- ◆ Enter the wrestling room without shoes on. Put wrestling shoes on inside the wrestling room to avoid tracking in dirt. Before starting, rub hand sanitizer gel in hands for 30 seconds. Shower well after practice.
- ◆ If you are sick (cold, flu, tummy bug, etc.), STAY HOME AND REST.
- ◆ Come 10 minutes before practice starts to get equipment set and ready to stretch.
- ◆ Keep fingernails clipped short to avoid scratching another wrestler.
- ◆ For shorter water breaks, bring water in a reusable bottle labeled with your name.

### Conduct

- ◆ If you have a question, raise your hand. If you need to use the restroom, you must first ask a coach for permission.
- ◆ Wrestlers must stay in control--no horseplay. No wrestling unless instructed.
- ◆ The rock wall, ceiling ropes, and monkey bars are ALL off limits unless the coaches allow their use for physical training. NEVER go on top of monkey bars.
- ◆ At home or anywhere outside of wrestling room, only wrestle with a parent's permission.

### Team Spirit

- ◆ Be a good wrestling partner. Help your teammates learn moves and improve.
- ◆ Show respect to coaches, parents, teammates, referees, and opponents.
- ◆ Work hard and have fun!! Work hard to have fun, and have fun working hard!!