

CODE OF CONDUCT

Wrestling is a very demanding sport from both a physical and mental point of view. As in many other sports, excellent physical conditioning is required. However, unlike other sports, wrestling requires the athlete to contend one-on-one with his opponent for several minutes at a time. There is no break in the action, no completion of the play and no one to pass the ball to. A wrestler must be totally focused on his task for the entire length of his match. In many respects, wrestling is similar to a martial art, requiring long periods of instruction and drills to perfect key moves so that these moves become second nature to the athlete.

These aspects of wrestling highlight two key principles in the sport: Focus and discipline. We on the coaching staff have put together the following rules to emphasize the need for discipline, both in practice and in matches.

1. General:

Profanity, Pushing, & Goofing-Off in general is prohibited at all times.

2. Practice:

Novice wrestlers in grades PreK-2ND will practice from 6:00-8:00pm Tuesday and Thursday at Stanhope Valley Road School unless otherwise noted on the schedule.

Varsity/JV wrestlers in grades 3rd-8th will practice from 6:00-8:00pm Monday through Thursday at Netcong Elementary School unless otherwise noted on the schedule.

Home matches will be held at Stanhope Valley Road for Novice wrestlers and Netcong Elementary School JV and Varsity unless otherwise noted.

It is imperative that wrestlers arrive a few minutes early to put on their wrestling shoes so that practices and or matches can begin on-time.

Leaving the practice room and roaming the school halls is strictly prohibited.

We will begin practice with light warm ups to make sure the wrestlers' muscles are warmed up before we begin the stretching exercises. Talking is permitted during the warm-up period.

Talking is not permitted during technique demonstrations or drilling. It is important for the coaches to have the wrestlers' attention at these times so that they can teach properly and correct mistakes.

Wrestlers are expected to attend all practices in their entirety. If a wrestler needs to miss practice for any reason, he should notify one of the coaches. If a wrestler needs to miss practice on a regular basis this needs to be worked out with the coaches in advance. Honest communication with the coaching staff will alleviate misunderstandings during the season.

Wrestling shoes are mandatory for practice and matches. This is for both sanitary and safety reasons. Also, headgear is required for drilling and live wrestling.

All team members attending practice must assist in rolling up or moving the wrestling mats at the conclusion of practice.

Parents or guardians of wrestlers are responsible for dropping off and picking up their children promptly. Parents or guardians are to be waiting for their wrestler at the conclusion of practice and matches.

3. Home matches:

Before weigh-ins: Wrestlers should arrive at the school ½ hour before the scheduled start time of the match. After setting up the wrestling area and once the visiting team arrives, wrestlers will weigh-in.

After weigh-ins: After weigh-ins, the wrestlers will stay in a supervised area designated by the coaches. Wrestlers who wish to eat after weigh-ins should bring their food with them.

Dress: Wrestlers will perform their pre-match warm-up exercises together in their uniform (including warm-up team shirts and shorts).

Bench conduct: During the match, wrestlers will remain seated with the team. Wrestlers are encouraged to bring a drink to the wrestling area so that they can replenish their liquids after they wrestle.

End of match: After completion of the last match and shaking hands with the opposing team and brief team meeting, all wrestlers will assist in rolling up the mats, returning chairs to the chair rack, and cleaning up the gym. Once completed, the wrestlers will be dismissed. At that time, the wrestlers will no longer be under the supervision of the coaching staff.

4. Away matches: Parents are responsible for transporting their child to/from away matches. Wrestlers need to be at the location of the away match/tournament at the specified time.

Dress: When the team arrives at the visiting location, each wrestler should be in uniform.

At the visiting location: the team will gather together at the visiting location in an area designated by the coaches. Same rules apply as for home match dress, bench conduct and end of match.

5. **Discipline:** each wrestler will be held accountable for his own behavior. All wrestlers will be disciplined equally, without regard to their wrestling ability.

Practice: Disruptive infractions or other serious misbehavior will result in the wrestler being removed from practice immediately and having his parent(s) contacted to come pick him up.

Matches: At matches, wrestlers, parents, board members and coaches not only represent themselves, but also represent the team and their town. Therefore, infractions during a match will be considered serious. The board will not hesitate to remove a wrestler from the line up for one or more matches if they show willful disrespect for the established rules and/or for the team. If a wrestler is removed from the line-up for that match, he will immediately be released to the supervision of his parent(s).

How you conduct yourself on and off the mat is the way that everyone will perceive you and also how the community will look upon you and the Lenape Valley Jr. Patriot Wrestling Club. Conduct yourself as proud wrestlers, parents, coaches and board members.

I have read and accept this Code of Conduct. I recognize that this Code of Conduct does not establish a complete set of rules which prescribes every aspect of appropriate behavior and/or penalties.

Participant Name (Wrestler, Coach)

Participant Signature

Date

Parent Signature

Date

I have read and accept this Code of Conduct. I recognize that this Code of Conduct does not establish a complete set of rules which prescribes every aspect of appropriate behavior and/or penalties.

Participant Name (Wrestler, Coach)

Participant Signature

Date

Parent Signature

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