

# Welcome to Becker Wrestling

Becker Youth Wrestling places importance on building character in our wrestlers, with emphasis on showing respect for others through good sportsmanship and teamwork. Our wrestlers will build self-esteem through hard work and dedication while learning to become goal oriented, self-motivated athletes.

It is important to remember that how you conduct yourself on and off the wrestling mat will affect how others perceive you, the Becker Wrestling Program as a whole and also the community of Becker.

## Wrestlers Code of Conduct:

1. Be early to practice. Allow yourself time to use the restroom, put your shoes on, fill your water bottle and have a coach do a skin check.
2. Do not wear your shoes outside of the wrestling room. Wipe shoes and headgear down with a disinfectant wipe after each use. This avoids the spread of germs and will help to keep them out of our wrestling room.
3. Listen to and follow directions of ALL coaches. You are expected to focus on practice and do your best to learn and improve. Give your complete attention to the coaches and your partner when expected. Do not be disruptive or distracting. If a wrestler is disruptive at practice, at the coach's discretion, a parent may be required to attend all practices from inside the wrestling room until the wrestler can act appropriately.
4. Respect the property and equipment used at any facility, both at home and away.
5. Wrestlers will encourage good sportsmanship through their actions by the following:

-Encourage teammates efforts, do not criticize their mistakes.

-Be a good sport every day! We all want to win, but with each competition someone must lose. Be mature, gracious and respectful in a loss. Win or lose wrestlers are expected to *shake hands* with your opponent and opposing coach or parent. It is natural to get frustrated but *do not show frustration on the mat*. Compose yourself away from the mat and return with your head held high, ready for your next opportunity.

-Throwing headgear and/or yelling at coaches, parents or officials during or following a match is disrespectful and puts the entire Becker Wrestling Program in a bad light. This behavior is not acceptable.

- There will be no biting, scratching, punching, etc.

Consequences for violation of the Code of Conduct will be per the coach's discretion and can include one or more of the following:

-Extra conditioning for the athlete(s) involved in the violation or for the team/ all wrestlers as a whole

-Verbal warning

-Written warning

-Suspension from practice

-Removal from wrestling program

I have reviewed these expectations with my wrestler and have done my best to ensure understanding of what is expected.

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Parent Signature

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Date

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Wrestler Signature