

Mt Vernon Lions Wrestling Code of Conduct

You are representing the Mt. Vernon Lions Wrestling Club at all times. You will be EXPECTED to display good sportsmanship at all times during practice and tournaments both on and off the mat.

(During Practice)

1. I agree to ALWAYS listen to the coaches (wrestling parents) and I will not back talk or argue with a coaches.
2. I understand that there is NO talking when the coach is speaking and I agree to keep my voice level down so all Lions Club wrestlers can hear the coaching instructions.
3. I agree to not take a break (i.e. water, bathroom) unless first OK'd by the coach.
4. I understand that if I have a problem or disagreement with a team member, I am to go to the coach immediately for resolution. Fighting with or making fun of a teammate will not be tolerated.
5. I understand that there will be NO HORSEPLAY and NO TRIPPING at anytime during practice.
6. I understand that appropriate discipline for my behavior will be enforced at the coaches' discretion and if the behavior continues I will be dismissed from practice.

(During Tournaments)

1. I agree to ALWAYS listen to the coaches (wrestling parents) instructions and I will not back talk or argue with coaches.
2. I will ALWAYS shake the opponent and the opposing coaches' hand after a match and go directly to my coach afterwards.
3. I agree to NEVER throw headgear, curse, throw fits, or stomp off the mat and display un-sportsmanship like conduct.
4. I agree to NEVER talk back to a referee and to let the coach handle any disagreements during a match.
5. I will ALWAYS encourage fellow teammates and respect opponents during and after all matches.

Wrestlers signature

Date

Parent/Guardian signature

Date

**RECOURSE FOR SERIOUS VIOLATIONS OF CLUB MEMBERS CODE OF CONDUCT:
EXAMPLE - UNSPORTSMANLIKE CONDUCT, CURSING, BACK TALKING COACHES OR
REFEREES, THROWING EQUIPMENT, FIGHTING OR DISRUPTIVE BEHAVIOR.**

First Offense: Verbal Warning and a loss of 5 points towards Gold, Silver, and Bronze awards given out at the awards banquet held at the end of the year. Parents will be notified in writing of the incident and must sign and return the Notice before the wrestler returns to the next practice.

Second Offense: Written Warning to the parents with concerns of behavior and unsportsmanlike conduct. Parents will be required to attend a conference with coaches about the incident. Punishment will include (coaches' discretion) a series of pushups, jump rope, running, and general exercising, etc. This will be completed during the next practice and before the next wrestling tournament. Wrestler will lose 10 more points towards awards qualification at the banquet.

Third Offense: Subject to discharge from the team for the remainder of the current season. At this time the issue will be brought before a MTV Lions Club Board of Directors meeting and the parents will be asked to attend this meeting to discuss the outcome. The athlete may have the suspension lifted IF he/she chooses to complete an alternate punishment (pushups, situps, etc.) to be determined by the coaches. This option is completely at the discretion of the Head Coach.