

# MAPLE GROVE WRESTLING CLUB

Building Character + Developing Champions



## WRESTLER CODE OF CONDUCT

Maple Grove Wrestling Club (MGWC) places great importance upon helping young athletes by involving them in an athletic program which builds character, self-esteem and emphasizes team work. Discipline, hard work, and cooperation act as the foundation of this effort. In that vein we have developed these standards by which we expect each wrestler to abide by.

### Good Sportsmanship is #1!

The Maple Grove Wrestling Club would like our parents and wrestlers to know what we expect from them, and what they should expect from us.

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, Maple Grove Wrestling Club, our associated league(s) and the sport of wrestling.

- *I understand that I must listen to and follow the directions of all coaches. I will be expected to work hard at practice or will be asked to sit. I understand that disruptive behavior and failure to follow instructions are grounds to be dismissed from practices, dual meets, tournaments and any wrestling function.*
- *I agree to encourage my teammate's efforts and NOT criticize their mistakes.*
- *I understand that Win or lose, wrestlers MUST shake hands with their opponent. (not a slap, a real handshake – hand-slaps will result in a verbal warning)*
- *I agree to conduct myself in a sportsman like manner at all times while attending all wrestling events, including practice. Violations of sportsmanship are considered physical or non-physical acts and can occur before, during, or after a match. They include, but are not limited to failing to comply with the directions of the referee, pushing/shoving, biting, striking, kicking, swearing, taunting, throwing headgear, spitting, and indicating displeasure with a referee's judgment call.*
- *I agree not to use abusive and/or profane language while at a Maple Grove Wrestling Club function (practices, tournaments, meetings, etc.).*
- *I agree to value other wrestlers differences and treat others with respect, not become involved in bullying incidences or be a bully, and immediately all incidents of bullying to coaches, and be good role model at all times.*
- *I understand that the above listed standards are not negotiable and must be adhered to.*

Consequences can include but are not limited to the following;

- *Warning from coaches. An apology to involved parties.*
- *Second warning, removal from practice*
- *Ongoing issues may result in potential probation and meeting with wrestler, parents, and coaches.*
- *Dismissal from Maple Grove Wrestling Club for the remainder of the season, including post season tournaments. Parents must petition the Maple Grove Wrestling Club Board for reinstatement.*

Actions are at the Coaches discretion and are determined by the severity of infraction.

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.

\_\_\_\_\_  
Wrestler Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

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## PARENT CODE OF CONDUCT

Maple Grove Wrestling Club would like each parent to take the time to read these rules and guidelines.

- *No parent or fan is to physically or verbally abuse another parent, fan, coach, wrestler or referee. If a parent has a problem, concern or issue with a fan, wrestler or another parent, the only proper venue for discussion is with a Board Member in private at an appropriate time.*
- *All parents are to conduct themselves in a sportsmanlike manner:*
- *No unsportsmanlike yelling, such as: booing, teasing, or cheering if a wrestler is hurt or losing. No instructions to take specific advantage of any injury incurred by an opponent while wrestling.*
- *No unsportsmanlike gestures of any kind will be allowed.*
- *Except in an emergency, no parent is to interfere with practices, meets or coaching at any time. Parents may observe, but are to wait until before or after practices to interact with their child or talk with the coaches unless a coach requests a conversation. Coaches will be glad to talk to parents in private about any issue or problem before or after practices or meets, as their schedule allows. Also, we ask all wrestlers to remain attentive and non-disruptive when a coach is teaching and we require the same of all practice spectators..*
- *Please see that your child is picked up at the designated time after practice. The coaches will try to finish practice as close to the designated time as possible.*
- *Please remember that this program is for our youth, but in no way is it to be used as an excuse for unfinished homework or other responsibilities. Explain this to your child so he/she can plan his/her time wisely.*
- *Parents may be allowed to volunteer and assist in practice at the coaches' discretion. Any and all disciplinary actions required are to be brought to the coaches' attention and administered by the coaches.*
- *Parents are NOT permitted to coach their child (on the edge of the mat) at any official competition or matches unless you have a current affiliated coaching card and are an approved Maple Grove Wrestling Club coach. Parents should remain in designated spectator locations during official matches and tournaments.*
- *Parents or guardians must physically drop off and pick up their children at the Maple Grove High School Wrestling Room and not at the exterior of the school.*

Parents, as well as their athletes, will be held responsible for compliance with their Code of Conduct.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

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## COACHES CODE OF CONDUCT

I will always keep youth wrestling a positive and fun experience for my team.

I will encourage good sportsmanship by demonstrating positive support of all players, coaches, and officials at every practice or other youth wrestling events.

I will place the emotional and physical well-being and safety of my team above all other considerations.

I will practice positive reinforcement at all times with my team, and will reward them for their accomplishments.

I will read and seek to be informed about the rules of AAU/USA wrestling.

I will always speak to referees with respect at all times, on and off the mat.

I will be respectful to other wrestlers and coaches, in victory and defeat.

I will keep an open line of communication between myself and other coaches, parents, and team administrators.

I will set a high level of commitment that I will encourage my team to follow.

I will be on the mats at all times during practice. Discussions with parents or spectators will be held before or after practice, unless absolutely necessary.

I will attend practices regularly in order to understand what the team has worked on, so that I may effectively coach at tournaments.

I will support and promote the Maple Grove Wrestling Club program, and not engage in any activities that conflicts with the best interests and goals of the club.

I will refrain from using profanity.

I will refrain from using or being under the influence of drugs, tobacco or alcohol while attending youth wrestling events.

All Maple Grove Wrestling Club coaches and parent-volunteers will be held responsible for compliance with the Maple Grove Wrestling Club Code of Conduct.