

# Code of Conduct

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*PLEASE REVIEW*

## Philosophy

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The promotion of sportsmanship, the teaching of values and integrity, and the modeling of ethical behavior are the first and foremost goals of the River Falls wrestling program. This program is founded upon respect for everyone and has placed the highest standards upon all parties to represent River Falls in a positive manner. Only under this premise can our programs continue to be successful. Respect all involved with the program: coaches, wrestlers and other members of the Club. Respect the property of others. Be grateful, show your manners and try to keep your emotions in check.

## Academics

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The wrestler's performance in the classroom is much more important than his/her results on the mat. Student-athletes must maintain acceptable grades in order to be eligible. The River Falls Wrestling Club follows all school guidelines pertaining to academic achievement. Student effort, attitude, and conduct in the class are of the highest priority. If a problem with student effort, attitude, or conduct exists, the coaching staff will discuss with the parents and student the appropriate course of action. Participation in club activities is a privilege and not a right.

## Dress Code

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The clothing and shoes worn by the wrestlers directly affect an athlete and team's performance. The River Falls Wrestling Club has a dress code implemented in order to present a positive image of the wrestling program, to represent the River Falls community in a positive manner, and to allow for safety reasons. Simply speaking, dress for success; do not look like a bum or a rapper wannabe; be clean, smell nice and brush your hair. If you would like to make a "statement", do it on the mat or move to Hollywood. This dress code is enforced upon all coaches, River Falls wrestlers, managers, and any other personnel who represent the team.

## Practice

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All River Falls wrestlers will wear clean shorts, T-shirt (in good taste), socks, and tennis or wrestling shoes when they attend practice. Sweatpants are allowed if they have no zipper and are the proper size. There is no jewelry allowed. Baggy clothes are discouraged. Hair must not be long enough to pull, and fingernails must be trimmed. Any cuts, abrasions, or open sores must be covered and inspected by a coach prior to practice. If a wrestler has a singlet or club T-shirt, he is encouraged to wear it. During the winter months, wrestlers must bring dry shoes along separately, to prevent the bringing of water and dirt into the wrestling area. These guidelines will be enforced in order to protect the safety of other wrestlers.

## Tournaments

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All wrestlers, managers, and coaches will dress in appropriate apparel on the day of a match or a tournament. Team shirts are recommended. Show the pride and support of your town and your team. Wrestlers are to follow the same rules as listed above and to wear any club uniforms given.

## General

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Address coaches and other adults properly as instructed. Listen when a coach is speaking and not cause distractions. Attend practices as consistently as my schedule permits. Consistency strengthens individuals and the entire team. When a wrestler fails to practice with teammates, it affects everyone. Stay in the wrestling room until coach calls for break or excuses group from practice. Practice safety by not wandering around and participating in horseplay. Use positive language on or off the mat, even when things are not going as expected. Strive to make good healthy diet & exercise choices outside of and at Club sponsored events. Keep your workout clothes clean (wash them daily). Keep your shoes clean. Take a shower immediately after every practice and after any match or tournament. Parents please remind your athlete that standing in the shower is not adequate. Use a washcloth and scrub with soap. Proactive good hygiene can help prevent skin infections and outbreak – which cannot only end your season; but could also end the season for many of your teammates.

## Attendance

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Attendance at practice is a very integral part of the development of young wrestlers. The more the wrestler attends, the more it benefits that wrestler. Chronic absences may result in a wrestler not being able to participate in sponsored events or dismissal from the team. Special circumstances will be dealt with on an individual basis. Each situation is unique and will be dealt with in the manner in which the coaching staff believes the team and the individual will benefit the most. Wrestlers are expected to show up on time and we will finish on time. If you are picking up your child, please be prompt as we will be locking the school and wrestlers will be forced to stand outside. Wrestlers will be supervised during practice hours. We are not responsible for supervision outside of practice times.

## Conduct/ Behavior

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If a wrestler consistently displays a poor or detrimental attitude during practice, the coaching staff will take the necessary steps in order to remedy the situation. If the situation with a particular wrestler cannot be resolved, the wrestler may be dismissed from the team. A disruptive wrestler(s) can significantly decrease the learning experience of all others participating. Coaches and Board of Directors reserve the right to suspend or ban any wrestler from club activities due to inappropriate conduct. Discipline will consist of warnings, time-outs, and suspensions. Parent involvement will be stressed, as it is not the role of this club to discipline inappropriate behavior. Discipline is considered a last resort and is implemented only after a wrestler's actions are affecting the experience of others. Special circumstances will be dealt with on an individual basis. Each situation is unique and will be dealt with in the manner in which the coaching staff believes the team and the individual will benefit the most.

## Rules of Behavior

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1. Wrestling rules will be followed and enforced always.
2. No violent activities will be tolerated to include punching, kicking, biting, etc.
3. No cursing or teasing will be tolerated.
4. Respect will always be shown to wrestlers, alumni, parents, and coaches.

## Weather / Cancelled School

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If school is cancelled at any point during the day, there will be no evening practices. If this happens the day before or the day of a scheduled event, contact your coach for alternative plans and clarification.

## Sportsmanship

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Wrestlers representing the River Falls Wrestling Club will display acceptable sportsmanship and behavior at all wrestling events, whether they are participating or spectating. All wrestlers will be expected to respect all other wrestlers, parents, and coaches. Any behavior that the coaching staff believes is flagrant will be dealt with immediately. Special circumstances will be dealt with on an individual basis. Each situation is unique and will be dealt with in the manner in which the coaching staff believes the team and the individual will benefit the most. The River Falls Wrestling Club coaching staff will not tolerate unacceptable behavior and conduct.

## Parents

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All parents are responsible for their own personal conduct as well as their children. Any behavior deemed inappropriate by the club may lead to suspension of parent and/or child. Parents will show all wrestlers, parents, and coaches the respect that they deserve. Please feel free to talk to coaches regarding any concerns or questions, but please do at the appropriate time. We encourage all parents to be role models for our young wrestlers. We also hope that you will become involved in our club activities. Please ask how you can help. If you are unfamiliar with wrestling and its rules, we will be conducting parents meetings to help teach you, so that you might better enjoy the sport.

## Final Note

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1. Wrestling in the River Falls Wrestling Club is a privilege and not a guaranteed right.
2. Wrestlers must earn the right to participate simply by trying and exuding appropriate behavior.
3. These rules of conduct are in place to create a positive atmosphere for all to enjoy the sport of wrestling.
4. No disciplinary action will be taken without due process and the attempted involvement of the parent

## Recourse and Remedy

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If a member has an issue with another member of the Club, s/he is to bring that matter to the attention of an Officer by private conversation and/or attending the next scheduled meeting. As with River Falls Public Schools' athletic policy: the abuse of prescription and/or over the counter medications (OTC), consumption of alcohol, use of tobacco and its byproducts, at anytime will not be tolerated. Adults need to refrain from use of alcohol and tobacco byproducts when on any school property as Wisconsin Law mandates.

## Disciplinary Action

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Offense	Wrestler / Student	Adult Member
1st	Sit out practice	Addressed by club officer
2nd	Parent / guardian contacted	May be limited to club involvement
3rd	Parent / guardian must attend practice	Asked to leave location or event
4th	Dismissal from team for season	Dismissal from club for season