



### **Matsu-Matmen Code of Conduct**

The Matsu Matmen wrestling club (M.M.W.C.) is a Freestyle, Folk Style, and Greco Roman wrestling club composed of boys and girls ages 5 and up. Our club mission is to provide a productive and positive learning environment for all participants. Wrestling is a very demanding sport that not only teaches the skills necessary to become a successful athlete, but also provides many import life skills such as dedication, hard work, responsibility, leadership, and sportsmanship.

As parents, athletes, siblings and coaches, we are tasked with the responsibility of modeling these life skills. Sportsmanship starts at the top with parents and coaches. As a member of the Matsu Matmen wrestling club you are expected to represent the club, our coaches, our athletes, and our community in a respectful and positive manner at all events. Below are the expectations of the club, please look this over with your son/daughter and sign and return. Failure to abide by the following expectations is grounds for dismissal from the club.

#### ***Wrestler***

I agree to be supportive of all wrestlers.

I agree to bring a positive attitude to practice and tournaments.

I will listen to coach's instructions and follow directions.

I will raise my hand and ask questions if I don't understand the move we are working on.

I understand that it is a privilege to practice at Palmer Middle School and I will treat school property like I would treat my own.

I will support and cheer for my teammates at tournaments and practices.

I agree to have fun and participate in all games and club events.

I agree to portray good sportsmanship at all times regardless of the outcome of the match.

Wrestlers Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## ***Parents***

I understand that the use of Palmer Middle school is a privilege and it is my responsibility to supervise my child at practices. Children must stay in the practice area and respect all school property. **NO ONE ON CIMBING ON BLEACHERS OR RAILINGS.**

If I have a concern about the club or practice, I will direct them to a board member for resolution.

If I am asked to help at practice, I will follow the lesson plan of the coach.

I understand that wrestling is a physically demanding sport. If I see that my child is frustrated or fatigued, and that it is affecting his or her behavior and taking away from the other children in the group I will sit them out at practice or give them a day off.

I understand that M.M.W.C is made up of volunteer parents, coaches, and staff. I agree to help the club wherever possible.

I will have my child at all practices and club events on time and prepared with the proper equipment.

While at wrestling tournaments I understand that I must have at least a copper coaching certification to be allowed on the mat. One Adult will be permitted on the floor for all pre-Bantam and Bantam Wrestlers. (New 2013)

While at tournaments you and your children are representing MMWC. I agree to set a good example and be supportive of others in the group.

If I have a disagreement with another coach, parent or official at a tournament I will not argue or escalate the situation. This could result in penalties against our team. In those situations, I will direct my concern to Head Coach Daniel Graham.

If I am a parent coach for MMWC will use positive encouragement to teach kids. After a match I will tell the child what he did right, show him what he needs to work on in next week's practice, and end the conversation with something he did right.

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_