



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 4 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 important 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 athlete 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 Matsu Crossfit and I will treat Matsu Crossfit's property like I would treat my own.

I will not touch or use workout equipment on the crossfit side of Matsu Crossfit unless directed by coach during practice for conditioning purposes.

I will remain on the wrestling side of Matsu Crossfit unless directed by a coach to go to the crossfit side for conditioning purposes.

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 Mat Su Crossfit is a privilege and it is my responsibility to supervise my child at practices. Children must stay in the practice area and are not allowed to enter the Crossfit gym (unless you/your child has a membership that includes Crossfit; memberships to Mat Su Crossfit are sold separately).

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 and all practices and club events on time and prepared with the proper equipment (head gear, wrestling shoes, workout clothes/singlet, and mouth guard if my child has braces).

While at wrestling tournaments I understand that I must have a current 2020 USA Wrestling Leader Membership to be allowed on the mat, in addition to the Heads Up Concussion Training.

One Adult will be permitted on the floor for all pre-Bantam and Bantam Wrestlers.

While at tournaments you and your children are representing M.M.W.C. 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 M.M.W.C. I will use positive encouragement to teach kids. After a match I will tell the kid what he/she did right, show him/her what they need to work on in next week's practice and end the conversation with something he/she did right.

If I am a parent volunteer that will be working with children at the club I will have a current 2020 USA Wrestling Leader (volunteer option) Membership.

Parent's Signature: _____ Date: _____