



Wrestlers Code Of Conduct

1. No wrestler is to physically or verbally abuse any coach or fellow wrestler.
2. Wrestlers must listen to and follow the directions of all coaches.
3. Wrestlers will be expected to work hard at practice or will be asked to sit.
4. Wrestlers are not to be disruptive during practice or competitions.
5. If a wrestler is disruptive during practice, a parent will be required to attend all practices until the wrestler can act appropriately.
6. At all times, wrestlers must conduct themselves in a mature and respectful manner.
7. No unsportsmanlike yelling or cheering if a wrestler is hurt.
8. Win or lose, wrestlers MUST shake hands and congratulate their opponent and opponent coaches.
9. No vulgar or obscene gestures of any kind should ever be made by a wrestler.
10. No wrestler is to use abusive and/or profane language before anyone connected with a PWC function (practices, tournaments, meetings, etc.).
11. Wrestlers should make every effort to attend all scheduled practices.
12. Wrestlers are not permitted in the wrestling room until a coach is present.
13. All wrestlers are to treat all PWC property and equipment with respect.
14. The PWC practice facility and any facility where competitions are held, are to be respected.
15. Drugs and alcohol will not be tolerated on any PWC events.
16. During overnight trips I will be respectful at all times to hotel rooms and any other facility that I am utilizing while representing PWC.

Violation of this code of conduct will result in disciplinary action by the Director of Coaches, up to and including dismissal from the team.

Wrestler's Print Name: _____

Wrestler's Signature: _____

