



NAME: _____

Athlete Code of Conduct Commitment

This Code applies to all student-athletes involved in the wreSTL program.

wreSTLers will achieve their highest potential of sports by committing to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

RULE #1: DON'T BE DUMB

You represent wreSTL, in and out of this gym, and you should lead by example. Think about your words and actions, understanding that all actions have consequences. Have a sense of pride and purpose in all aspects of your life. People see you, so let them see the best of you at all times!

- I will display good ethics and sportsmanship and always pursue victory with honor and integrity; do what's right even when it's unpopular.
- I will live and compete with honor; I will not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- I will do what I say I will do. I will honor my commitments.

RULE #2: BE PRESENT

When you are here, you are here and all else outside of wreSTL can wait. Focus on what you have to do in the room. Mental distractions can keep you from achieving your goals on and off the mat. Being present means giving 100% of yourself in what is set before you.

- I will be focused and mindful, doing my best to leave issues and distractions at the door.
- I will come prepared for all practices and tournaments.
- I will arrive at least 10 minutes before practice and be ready to wrestle at posted practice time.

RULE #3: MAKE GOOD CHOICES

Good choices are harder to make than bad ones. We all need to work harder to make better choices in our lives. Make decisions that are consistent with your core beliefs and values. Don't let anyone else make decisions for you and take responsibility for the choices that you make.

- I will be a student first and if my schoolwork begins to suffer, I will postpone participation in wreSTL.
- I understand that participation in sports is a privilege, not a right.
- I will represent my school, club, coach and teammates with honor - on and off the mat.
- I will consistently show good character and act as a positive role model.
- I will take responsibility for my actions and choices.

RULE #4: RESPECT YOURSELF AND OTHERS

While competing or practicing student athletes are representing wreSTL and are expected to act appropriately. Conduct yourself with respect and integrity in anything you do. The greatest gift we have to give is respect and it is the greatest honor we can receive.

- I will treat all people with respect and require the same of others.
- I will show respect for my teammates, coaches, opponents and club staff at all times.
- I will live and play with class and be a good sport. I will be gracious in victory and accept defeat with dignity. I will give fallen opponents help, compliment excellent performance and show sincere respect before and after a match.

RULE #5: MAKE THIS SPACE A PLACE

Respect the facility; it is more than just a space. When you walk into the center, you are expected to treat it like a home, conducting yourself in a manner of pride and respect.

- I will volunteer for club duties each week, and for outside volunteer opportunities.
- I will take ownership of our wrestling center, treating it as if it were my own.
- I will use the equipment and facility respectfully, put things back in their place and do my best to keep our space clean.

RULE #6: CLEAN HOUSE, CLEAN BODIES, CLEAN MIND

Skin diseases are very common in contact sports like wrestling, but can be avoided with good hygiene and cleaning equipment and clothing. It is mandatory that we maintain clean practices with our equipment, our facility and ourselves.

- I will shower at home after every practice.
- I will demonstrate concern for others. I will never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
- I will not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

I have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not including my suspension or permanent removal from my team.

_____ / _____
Student-Athlete Signature / Date