



## Woodland Park Jr. Wrestling Club Policies

**Coaches:** All coaches (head and assistant) must submit a Coaching Application, proof of registration with league they are coaching in (USA WRESTLING CARD), proof of their background check and Safe Sport certification certificate. WPJWC will place one head coach and usually two assistant coaches for the season. Only certified and registered coaches are allowed on the mats during tournaments and practice. Volunteer coaches may be parents and/or community members at the coaches' discretion and dependent upon the needs of the WPJWC.

**Head Coaches** will be approved annually by the Board.

**Assistant Coaches** are recommended by the Head Coach subject to the approval of the Board.

**Student Assistant Coaches** may be under 18. Any coach under the age of 18, must be accompanied by the head coach or adult. A Coach must be able to demonstrate competency in wrestling skills, teaching techniques, strategies, and skills in communicating with parents and players.

**Coach Behavior:** All coaches must act appropriately in and out of the wrestling rooms/mats. Coaches must be of clear mind, must not use illegal or illicit drugs that alter mind or mood. Coaches must not smell of, or be under the influence of alcohol or drugs when participating with the WPJWC activities. Law Enforcement will be called and the coach will not be allowed to participate in the club again. Coaches must also adhere to the policies of the WPJWC when dealing with Parents or Wrestlers.

**Coaches Equipment:** Each coach needs to provide all of their own personal equipment.

**Individual Team Rules:** A WPJWC staff member is responsible for providing all wrestlers and parents on the team with a written list of team rules. Parents and wrestlers will acknowledge receipt of the rules, with appropriate signatures, located at the end of the team policies. Signature acknowledges that rules are understood and agreed upon by all parties involved. Behavior such as fighting, foul language, temper tantrums, etc. will not be tolerated on or off the mat. These behaviors are subject to action of the WPJWC Board and removal from WPJWC if warranted

**Wrestler Participation:** Wrestling is a full-time commitment/sport. We expect every athlete to be at every practice. The wrestler's ability to participate in practice and tournaments are at the discretion of the coaches. Head coaches may determine if a wrestler is medically able to continue participating or if they must be referred to a physician.

**Practice and Tournament Schedule:** The head coach may choose to cancel or change any practice or tournament at his discretion. Adequate notice must be given to parents/ members.

### PLAYER AND PARENT GUIDELINES

**Attendance:** It is necessary for all members of the team to attend all practices and tournaments. Excused absences should be arranged prior to the event with your head coach.

**Scholastic Guidelines:** The WPJWC strongly encourages parents to monitor their child's academic performance. Good grades are of greater long-term value than participation in youth sports. If a player is having difficulty academically, parents are encouraged to take action in the best interest of the child, even if that means withdrawing the wrestler from the team.

**Supervision:** Wrestlers will be supervised by a registered coach or assistant coach at all times on the mats. All wrestlers and parents are solely responsible for their own equipment and getting to and from practices/tournaments. WPJWC is not, and will not, be held responsible for the transportation of wrestlers and/or their equipment. If parents and players make other arrangements for their child to be at a WPJWC event, all responsibility is between the parents and whomever they made arrangements with, not the WPJWC.



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**Abuse:** Any cases of abuse, presumed, alleged or actual will be reported to Grievance/Compliance Officer and coaches first. The coach or Officer will hand out an incident report to be filled out and once completed, will be given to the board for review. Action may include (involving law enforcement and/ or civil actions). The WPJWC policy is to always have more than one adult at all practices and events, including parents.

**Hazing / Initiation Policy:** Acts of hazing and/or initiation as defined as acts of physical or mental mistreatment intended to intimidate or segregate players by age, ability, or otherwise will not be tolerated. Players, coaches, and managers who participate in acts of hazing or initiation will be subject to disciplinary action up to and including expulsion from the WPJWC and/or appropriate civil action. The Board of Directors will review hazing incidents and impose penalties on a case-by-case basis.

**Bullying Policy:** The definition of “bully” is *someone who uses superior strength or influence to intimidate someone else, typically to force him or her to do what one wants.*

Anything else is considered typical banter and repartee among competitive athletes. There needs to be an understanding that in wrestling, tempers may flare in these athletes, especially as they are positioned to wrestle against one another. If a wrestler feels at ANY time as though they are the subject of bullying, it is THEIR responsibility to approach the coaching staff to express their concerns. Official acts of bullying will not be tolerated. Parents must address all complaints to the Grievance/Compliance Officer in private or via email.

**Grievances and Disciplinary Actions:** The WPJWC follows the “24 hour rule”– this means that all **written** complaints must **wait** 24 hours after the alleged complaint to be delivered to the Grievance/compliance officer. All complaints must be presented in writing a minimum of 24 hours after the incident, but not greater than 72 hours after the incident has taken place. We will attempt to resolve all issues within 5 days or less after the incident. If the Grievance/Compliance Officer is unable to resolve the incident, he/she will present the problem to the Board for resolution. **At no time should a parent involve other Board Members individually or ANY parents with individual and/or team concerns. WPJWC will not tolerate “gossiping” and/or acts of rebellion.** Decisions of the Board shall be final. The Board may act in accordance with WPJWC policies and guidelines.

Grievances against wrestlers, parents, coaches, or others involved in the activities of the WPJWC will be subject to these Policies and Guidelines. The disciplinary actions that are described below shall apply to all wrestlers, parents, coaches, and others involved in the activities of the WPJWC. Parents, wrestlers, and coaches will be suspended from attending tournaments or practices if they violate the standards of conduct. Examples of behavior that will result in suspension include: yelling at coaches, refs or other parents, stepping on the mats without permission, violating the 24 hour rule, not participating in mandatory practices, not upholding the vision and objectives of the WPJWC as determined by the Board. Please remember the WPJWC is the youth of our community. Coaches need to be on the mats coaching and training our wrestlers.

**Sportsmanship:** At all times, WPJWC wrestlers, coaches, and parents will abide by the Code of Conduct. Perceived violations should be addressed as detailed in the Concerns and Grievances section of this handbook. Penalties for violations of the Code of Ethics could result in suspension from the WPJWC activities.

**“Hand Shake” Policy:** Wrestlers, including coaches, will shake hands after each match unless directed not to by the referees. Only registered/certified coaches are allowed on the mats.

**Release Form:** Coach will have a release form available should a wrestler need a ride to a tournament or weigh-ins. If the coach must take a wrestler to a tournament the expectation is that the parent provide money to that child for food. IF the coach must take a wrestler to weigh-ins when he otherwise would not have had to attend; a \$5 flat fee will be collected to assist in gas and time.



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**Players Equipment:** Wrestlers will need to provide ALL of their own equipment: Mouth guards for children with braces, Wrestling shoes, Hair nets for children with long hair, headgear (optional, but recommended.) All equipment should be labeled with the player's name and should be checked daily by a parent. It is the parent's/ wrestler's responsibility to be sure equipment is in good working order prior to practices and tournaments. Coaches have the authority to remove a wrestler from practice or a tournament for unsafe equipment.

**Team Equipment:** The WPJWC will provide a first aid kit.

**Uniforms:** Each wrestler must purchase a uniform at the designated registration dates. We are a team and will present ourselves as such. **WE CANNOT ACCEPT LATE SINGLET/UNIFORM ORDERS**

**Refunds:** The WPJWC does not give refunds or return monies for items already ordered and paid for by the WPJWC or by its members. The WPJWC does reserve the right to decide individually on a case by case basis whether to issue a refund or not, however, it is not policy. WPJWC cannot and will not refund monies paid to other entities such as Peak2Peak Wrestling, and all things similar.

**Communications:** The WPJWC welcomes good old fashioned communication with our mouths. Please feel free to communicate with all involved. Get to know everyone as we are going to get to know you. Person to Person communication can prevent misunderstandings, thus allowing you to get to know people. Sometimes text, post, or emails have no person to person warmth in them and misunderstandings may arise. Absolutely no mass emails allowed except from team parent or coaches. This is important~ Email addresses are private and confidential. Mass email or distribution to our WPJWC Club members is strictly prohibited. Absolutely do not use "Reply all". WPJWC does not tolerate "gossiping" among parents. **Remember: We are teaching our children and leading by example.**

**Media, photo & video etiquette:** It is WPJWC policy to use photos, videos, and media of staff, volunteers, parents, wrestlers, and other team members, etc. in our social media posts, advertising, etc..

**Declination:** If a member chooses for their self, (minor) wrestler, family members, friends, etc. to not be used in WPJWC media events then that person or persons must put their intent to decline the aforementioned in writing with names and submit it to the team mom or head coach. This includes, but is not limited to: Social media posts, Advertising, Newspapers, etc.). Unless you submit your declination in writing to WPJWC, we assume no responsibility and shall not be held liable for using or publishing pictures or media as we deems fit.

**Volunteers:** The WPJWC is operated by 100 % volunteers, donations and sponsors to reduce the financial burden to its members. Therefore, we ask all parents to be as involved as possible. It is important to understand that coaches and staff members also have families and work full time. They volunteer to help our young people. Some volunteer for no reason, other than they want to help, and have no children in the program. There is always something that needs to be done, like make cookies for a bake sale, assist at a fundraiser, etc.

**Fundraisers:** The WPJWC performs fundraisers throughout the year. Fundraisers include but are not limited to Bake Sales, Car Washes, Labor Sales, Halloween Festival/Dance, Car Shows, etc. Please volunteer for and offer other ideas of raising funds to be brought before the Board to approve. We are looking for good ideas and great people. **It is the expectation of sponsored families to participate in all fundraising activities. WPJWC understands that some families cannot participate financially, so the expectation is that they are supportive in other non-monetary ways.**



## Woodland Park Jr. Wrestling Club Policies

### **BOARD OF DIRECTORS**

Dustin Rodriguez-Head Coach WPJWC

*Executive Director*

*President / Founder*

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Jennifer Rodriguez

*Executive Director*

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Chad Douglas- Assistant Coach WPJWC

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Debra Genger

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## Woodland Park Jr. Wrestling Club Policies

**Sportsmanship:** Simply defined, sportsmanship is treating others with common decency and civility. Specifically, sportsmanship refers to the behavior of athletes, coaches and spectators in game settings.

### Players' Code of Ethics

I hereby pledge to be positive about my youth wrestling experiences and accept responsibility for my participation by following our Player's Code of Ethics pledge;

- ❖ I will encourage good sportsmanship from my fellow teammates, coaches, officials and parents at every tournament, and I will demonstrate good sportsmanship at every opportunity.
- ❖ I will attend every practice and tournament that I can and I will notify my coach if I cannot attend.
- ❖ I will listen and learn from my coaches.
- ❖ I will treat my coaches, other wrestlers, officials, parents, and fans with respect regardless of race, sex, creed or ability, and I will expect to be treated the same.
- ❖ I deserve to have fun during my wrestling experience and I will let my parents or coaches know if it stops being fun. I understand that conditioning and practice, at times, may not be fun but is necessary in order to perform at my highest potential and to help prevent injuries.
- ❖ I deserve to wrestle in an environment that is free from drugs, and alcohol and expect adults to not use them at all sports events.
- ❖ I will encourage my parents to be involved with my team because it is important to me.
- ❖ I will do my very best in school.
- ❖ I will be truthful and honest to my coaches in every way. If I am dishonest, I may be removed from the team.
- ❖ I will remember that wrestling provides me the chance to learn, grow, have fun, and know that the harder I work, the better I will be.

Wrestler Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Acknowledgment: \_\_\_\_\_ Date: \_\_\_\_\_



## Woodland Park Jr. Wrestling Club Policies

### Parents' Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following the Parent's Code of Ethics Pledge;

- ❖ I will remember that we are here for youth—not adults.
- ❖ I will place the emotional and physical well-being of my child ahead of my own personal issues, relationships, or dislikes of others.
- ❖ I will encourage good sportsmanship and show positive support for all wrestlers, coaches and officials at every tournament, practice or other club event.
- ❖ I will place the emotional and physical well-being of my child ahead of my personal desire to win.
- ❖ I will insist that my child play in a safe and healthy environment.
- ❖ I will require that my child's coach be trained in the responsibilities of being a youth sports coach and expect him/her to adhere to the Coaches' Code of Ethics.
- ❖ I will support coaches and officials working with my child, and encourage a positive and enjoyable experience for all.
- ❖ I will refrain from gossiping about other parents or causing undue tension within the organization.
- ❖ I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all club events.
- ❖ I will do my very best to make wrestling fun for my child.
- ❖ I will ask my child to treat other wrestlers, coaches, parents, fans and officials with respect regardless of race, sex, creed or ability.
- ❖ I will not involve myself in the affairs of other wrestlers or parents with the exception of the possibility of immediate harm/endorsement of any individual.
- ❖ My wrestler and I will be truthful and honest to the Board and coaches in every way. If I am found to be dishonest, my wrestler and I may be removed from the team at the discretion of the coaching staff, as this does not uphold the WPJWC vision and objectives.
- ❖ If the above requirements are not followed, I understand that I will be subject to removal from the club at the discretion of the Board.

**Printed Name:** \_\_\_\_\_

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

**Signature:** \_\_\_\_\_