

# DEL NORTE WRESTLING, INC

## Code of Conduct

### Parent's Code of Conduct

Every "Del Norte" wrestling parent agrees to:

1. Make sure that all fees are paid on time.
2. Turn in all necessary forms promptly.
3. Equip their wrestler properly so they can participate in all practices and matches.
4. Keep abreast of all information pertinent to their wrestler's practices and tournament schedule.
5. Notify the coaches in advance when their wrestler cannot make a Tournament.
6. Encourage good sportsmanship through their actions and words, by demonstrating positive support for all wrestlers, parents, coaches and officials, at every practice, match and tournament.
7. Promote the emotional and physical well-being of all wrestlers ahead of any personal desire to win or any personal reflected glory. This includes, but is not limited to, providing support for coaches, officials and all others to provide a positive experience.
8. Remember that the matches are for the wrestlers and not for the parents and win or lose, will appreciate the efforts of all wrestlers and coaching staff.
9. Will treat all other parents, wrestlers, coaches and officials with respect, regarding attitude, language and mannerisms.
10. Inform the coach or a board member of any physical or medical ailment that may affect the safety of their wrestler or any other wrestler.
11. Agree to abide by the grievance procedure listed below for items of concern.
12. Parents are not allowed to physically, emotionally, verbally or psychologically abuse any other parent, wrestler, coach or tournament official.

**Violations of these rules are disciplined according to the Consequences Policy listed below.**

### Guidelines for Parents

1. Parents should get their wrestler to practices and tournaments at prescribed times.
2. Parents should be understanding and supportive of the times and number of practices and tournaments.
3. Parents should be encouraging, not critical, of their wrestler, coach and team.
4. PARENTS ARE REQUIRED TO HELP OUT AT TOURNAMENTS.
5. PARENTS ARE WELCOME TO WATCH PRACTICES BUT WILL NOT BE ALLOWED TO PARTICIPATE IN PRACTICES. WE ASK THAT IF YOU WATCH PRACTICE TO REMAIN QUIET. OTHERWISE, THE COACHES AND WRESTLER BECOME DISTRACTED.
6. Any parent wishing to participate in practices will be required to have a USA Wrestling Coaches card and be approved by the Board of Directors.

### Consequences for Parents

1. Verbal warning
2. Written warning
3. Tournament and/or practice suspension
4. Removal from the wrestling program

### Grievance Procedure

It is possible that conditions arise when a member feels that a situation is unfair or unjust. This situation may be with a particular coach, team or the wrestling program in general. You should attempt to resolve the issue informally by speaking with the coaches and/or board members. It is recommended that this be done after you have considered the situation and your perspective for at least 24 hours. You can choose to do this face-to-face, by mail or via email. It will be the coaches'



and board members' discretion as to whether or not to address anonymous grievances.

### **Wrestler's Code of Conduct**

Every "Del Norte" wrestler agrees to:

1. Attend all scheduled tournaments and practices unless they have notified the coaches.
2. No verbal, physical or psychological abuse of any other wrestler, coach, parent or tournament official. All wrestlers will treat each other, parents, coaches and officials with respect and dignity regarding language, attitude, behavior and mannerisms. Violations of this rule are disciplined according to the "Del Norte" Wrestling Consequences Policy.
3. Respect the property and equipment used at any sports facility, both home and away.
4. Encourage good sportsmanship through their actions by demonstrating positive support for all wrestlers, parents, coaches and officials at every match and practice.
5. Treat other wrestlers, coaches, officials, parents and spectators with respect, regardless of race, color, creed, sex or ability.
6. Refrain from any form of "hazing" or the "initiation" of other wrestlers regardless of how insignificant it may seem.
7. Agree to abide by the Grievance Policy set forth by "Del Norte" Wrestling for items of concern.
8. Treat their training partners in practice with respect and should not intentionally harm or perform any moves not taught in the "Del Norte" Wrestling program.
9. There will be no biting, scratching, punching, etc. to other wrestlers, coaches or parents. This conduct may lead to being asked to leave the program.

### **Guidelines for Wrestlers**

1. Wrestle in a "clean" manner with no intent to harm their opponent.
2. Come to each tournament or practice ready to train and should give their complete attention to the coaches.

### **Consequences for Wrestlers**

1. Verbal warning
2. Written warning
3. Tournament and/or practice suspensions
4. Removal from the "Del Norte" Wrestling program

**AS A WRESTLING FAMILY AND MEMBERS OF DEL NORTE  
WRESTLING, INC I/WE AGREE TO THE ABOVE:**

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**Parent/Guardian Signature**

**Date**

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**Wrestler Signature**

**Date**