



North Hunterdon Wrestling Club, Inc.

## **NHWC WRESTLER CODE OF CONDUCT**

1. I will know and abide by the rules of NHWC and the sport of wrestling.
2. I will participate in every match and every practice except for illness, injury, homework, religious or school events.
3. If I must miss a match or practice, I will contact the coach or coach's representative as soon as possible.
4. I understand that school shall take precedence over any sports related activity. I will study hard.
5. I will not use foul language towards teammates, coaches, officials, or others.
6. I will not be critical of teammates and never discuss my teammate's abilities except to encourage good teamwork.
7. I will ensure my uniform and my other gear is complete, safe, and in good condition at all times.
8. I understand that I am on a team and will be a team player.
9. I understand that winning doesn't make you a champion. It is how you win, how you lose and how you practice that makes one a champion.
10. I will thank my teammates for their efforts.
11. I will listen to my coaches' instructions, be respectful and work hard in practice.
12. I know I represent the NHWC and the sport of wrestling and will carry myself as such.
13. I will conduct myself in a dignified manner at all times when in the company of my team.

**I hereby agree that if I fail to conform my conduct to the NHWC Wrestler Code of Conduct I will be subject to disciplinary action including, but not limited to the following depending on the severity of the offense:**

1. Verbal or Written warning.
2. Suspension or ejection from current North Hunterdon Wrestling Club events.
3. Suspension from future North Hunterdon Wrestling Club events.
4. Dismissal from North Hunterdon Wrestling Club.

**I have read this Wrestler Code of Conduct to my child and they understand and agree to abide by its governance.**

*Version 1*

*Date: 15-SEP-2022*