EVANSTON ELITE WRESTLING PROGRAM

Code of Conduct & Expectations (Ages 5–18)

Purpose

Wrestling teaches discipline, respect, teamwork, and perseverance. To keep our program safe, fair, and positive, all wrestlers must follow these expectations.

Wrestler Expectations

- **Respect:** Show respect to coaches, teammates, opponents, referees, and parents at all times. Use kind and encouraging words. No bullying, teasing, or negative talk.
- **Effort & Attitude:** Always try your best, regardless of skill level or outcome. Arrive on time, ready to practice and learn. Accept feedback from coaches with a positive attitude.
- **Sportsmanship:** Win and lose with respect and humility. Shake hands before and after matches. Celebrate victories without bragging; accept defeat without excuses.
- **Behavior:** No fighting, roughhousing, or unsafe actions outside of instruction. No foul language, inappropriate gestures, or disrespectful conduct. Follow directions from coaches immediately.
- **Commitment:** Give full attention during practice—no distractions or misuse of equipment.
- **Health & Safety:** Maintain excellent personal hygiene by wearing clean gear, showering immediately after practice, and keeping fingernails trimmed. **Wrestlers are subject to skin health checks at any time, performed as often as needed at the discretion of the coaches or the program board.** Report all injuries, illnesses, or suspected skin conditions to a coach right away. Never use drugs, alcohol, or tobacco.

Parent & Family Expectations

- Support your child and the team positively.
- Refrain from negative comments toward athletes, referees, coaches, or other families.
- Allow coaches to coach.

Consequences for Misconduct

The following steps will be taken if expectations are not met. Coaches may skip steps depending on the seriousness of the behavior:

1. **Verbal Warning –** The wrestler is reminded of expectations.
2. **Temporary Removal –** The wrestler may sit out part of practice/competition.
3. **Parent Meeting –** Coaches meet with parents to discuss behavior and an improvement plan.
4. **Suspension –** Temporary removal from practice(s) or competition(s).

5. Termination – Removal from the wrestling program for continued or severe violations. *Immediate termination may occur for serious misconduct, including: physical fighting or intentional harm; bullying, harassment, or threats; drug, alcohol, or tobacco use; or repeated defiance after prior consequences.*

Agreement

All wrestlers and parents/guardians must read and sign this Code of Conduct before participating in the program. By signing, you agree to follow these expectations and understand the consequences of failing to do so.

_____ _____

Wrestler Signature Date

_____

Wrestler Printed Name

_____ _____

Parent / Guardian Signature Date

_____

Parent / Guardian Printed Name