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Code of Conduct and Club Rules

We want to take this opportunity to welcome you and your Athlete(s) to TTWC!

To promote our mission of training the whole athlete and to ensure that athletes are conducting themselves at the highest levels of sportsmanship and respect, we have established the following code of conduct and rules to govern your association with TTWC. We ask that you read these rules with your parents so that you fully understand what being a member of TTWC requires of you.

1. General Behavior and Expectations.

All TTWC Athletes will be held to the following general standards of conduct and behavior:

- a. TTWC Athletes are expected to be respectful of coaches, officials, tournament staff, parents, or other persons in a position of authority, and of each other.
- b. TTWC Athletes should hold each other accountable for their actions. Support your teammates and maintain a positive attitude.
- c. Athletes are representatives of TTWC. Therefore, any Athlete who does not behave to the highest standards of integrity and good sportsmanship may be subject to discipline by TTWC including expulsion from TTWC. In such event, no refund of any type will be offered to the Athlete.

Examples of behavior that may violate this rule include, among other things, temper tantrums; throwing headgear or other equipment; damaging property or equipment; using profanity or other inappropriate language to belittle an opponent, teammate, or person in authority; talking back to match officials or referees (e.g., arguing a call); talking back to TTWC coaching staff or clinicians; taunting; bullying; any behavior or actions that could be reasonably interpreted as hazing; or any other act or behavior by an Athlete that is deemed by the coaching staff to reflect negatively on TTWC and/or any individual associated with TTWC.

- d. TTWC expects that its Athletes succeed in the classroom in addition to the wrestling room. Therefore, TTWC may deny permission for an athlete to participate in any competition or practice if their academic performance



declines. Examples of occurrences reflecting such decline may include bad grades, missed assignments, behavior problems in school, etc. We encourage an Athlete's parent/guardians to reach out to the coaching staff if academic issues arise so that we may help manage the situation appropriately.

- e. The use of language or behavior – including in social media or otherwise online – that belittles any person because of their race, religion, creed, orientation, gender, or any other personal attribute is strictly prohibited. Any Athlete engaging in such behavior will, upon substantiation of the allegation, be immediately dismissed from the Club. In such event, no refund of any type will be offered to the Athlete.
- f. When participating in competitions, Athletes are expected to be prepared to wrestle. This means not only showing up ready to compete physically and mentally, but also ensuring that they bring all necessary equipment, including uniform, head gear, shows, etc.

TTWC Athletes are responsible for ensuring that the space we occupy at any competition is clean and free from trash before we leave the venue. Athletes are responsible for this and should hold each other accountable. The Coaching Staff will not clean up after the club. Any Athlete who regularly fails to abide by this policy may be subject to discipline by TTWC.

Lastly, TTWC wants to foster a true “team first” environment. In part, this means supporting your teammates whether they win or lose and regardless of whether you win or lose. We expect our Athletes to cheer for their teammates and always be supportive. Criticism of a teammate will not be tolerated.

- g. Our Athletes' safety is of paramount concern to TTWC. We will therefore make reasonable efforts to protect our Athletes. That said, wrestling is a full-contact combat sport. To try and balance the safety concerns for our Athletes with the need for the Athlete to be properly prepared for and compete in tournaments, the following policies will apply:

- i. WEIGHT

- 1. TTWC believes that Athletes, especially those in Elementary and Middle School (i.e., Youth Wrestling), should wrestle at their natural body weights. Most competitions during the youth season use “Madison Weights”, which means that when an Athlete weighs in, the tournament directors will group Athletes together by weight in a “bracket”. There are no set weight classes. Therefore, an Athlete's exact weight does not matter during the season.



Occasionally, a youth tournament will require participants to make an exact weight. Examples include the CT State Qualifiers and the State Open, as well as several national tournaments that we attend. This requires the Athlete to “make weight,” or weigh in on the morning of the tournament at or below whatever weight class they are in. The TTWC Coaching Staff will discuss weight classes with the Athlete and his/her parent/guardian to ensure that the Athlete wrestles at appropriate weight class.

2. TTWC will **NEVER** demand that an athlete cut weight before a tournament. That said, however, it may be in the Athlete’s best interest to move to a lower weight for a given tournament. If this scenario arises, we ask that you discuss your plans with the Coaching Staff before beginning any weight control plan.

ii. INJURY

1. Wrestling is a full-contact combat sport. Injuries are going to occur. While most are minor, unfortunately there are occasions where an injury may be serious enough to keep an Athlete from participate for an extended period. TTWC views any decisions regarding the health of the Athlete – and their ability to compete with an injury – as an issue that is strictly between the Athlete and his/her parent/guardian. TTWC will ***not*** take a position and will offer ***no*** opinion or advice on an apparent or actual injury and the effect on the Athlete’s ability to wrestle. TTWC does, however, reserve the right to hold any Athlete out of practice or competition if, in the opinion of the Coaching Staff, that Athlete may further endanger their safety and well-being by competing with existing injury.
2. TTWC requires that, in the event of injury that prevents the Athlete from participation, the Athlete, through their parent/guardian, inform us of their status. ***Please note that TTWC will not ask for, accept, and does not need, any medical records of the Athlete. Any information about the health of an Athlete is entirely private.***
3. Because injuries are part of the sport, it is TTWC’s policy that it will not view negatively or otherwise “punish” Athletes losing time due to injuries upon their return. The goal of returning to competition is often a motivation used by injured Athletes to work hard on recovery. TTWC wants to foster that



and will welcome any Athlete back from injury enthusiastically.

4. Skin Conditions are, like injury, inherent in the sport of wrestling. The issue, however, is that if an Athlete comes to practice with an undisclosed skin condition (e.g., ring worm), it can spread to other Athletes. Therefore, it is critical that if you have a skin issue, you immediately seek medical care to address it. You must also tell the Coaching Staff who will decide whether you can participate in practice.
2. **Practice.** Athletes are expected to attend all scheduled practices for their age and skill group. If an athlete cannot attend a particular practice, they must email TTWC and advise us of the practice that they will miss and a general reason for missing it. We do not need – or want – details, but valid reasons for missing practice include illness, academic commitments, family commitments, or other personal matters.

Ready to Wrestle. Athletes are expected to arrive on time to practice and be in the wrestling room by the beginning of practice “ready to wrestle.” This means having your shoes, pads, headgear, water, etc., with you in the room. We do not want athletes running out of the practice room to the locker room to retrieve a forgotten item. This disrupts practice and is unfair to your practice partner who is ready to wrestle.

Practice Length; Early Departure. Practice sessions will generally last for the length of time stated in the program description (generally 90 minutes). If you need to leave practice early on a particular day, please let the coaching staff know *before* practice begins.

During practice – and *especially during technique demonstrations* – athletes are expected to be quiet and respectful to the coaching staff or clinician. If you disrupt these sessions by talking or fooling around, the coaching staff may ask you to leave practice. Repeated disruptions may lead to further disciplinary action by TTWC.

Wrestle Hard . . . But Wrestle Smart. Live wrestling during practice is a key element in allowing you to try new moves in live situations. We therefore expect and demand that you treat live scrimmages with the appropriate level of seriousness they deserve. That said, keep in mind you are wrestling your teammate and, in most cases, a friend. Try to balance your competitive fire with the fact that we do not want to injure each other during practice.

Non-TTWC Training Opportunities; Other Wrestling Clubs. TTWC encourages our Athletes to train with other clubs from time-to-time. We view varying your practice partners and setting as an excellent way to try moves on opponents who may not have wrestled with you before and to practice against athletes with different styles and techniques. Whether this means a TTWC athlete attends another club’s



practice, or a TTWC asks a friend to join a TTWC practice as a “drop in” participant, we support and encourage our athletes to do so.

If you choose to attend another club’s practice, please keep in mind the following requirements:

- i. The practice session at another club should not conflict with TTWC’s regular practice schedule and commitments. If a scheduling conflict is unavoidable, speak with the TTWC Coaching Staff for guidance *before you commit to the other club*.
- ii. If you choose to invite an athlete from another club to join a TTWC practice, please advise the Coaching Staff beforehand so they can expect their arrival.

Competing for Another Club. While TTWC encourages its athletes to vary their practice and training schedule by trying new practice partners, different clubs, etc., TTWC’s policy regarding competing for another club is as follows:

*If you choose to **COMPETE** for another club at **ANY** competition where TTWC is attending, TTWC will **NOT** provide you with coaching or support for that tournament. **THERE WILL BE ABSOLUTELY NO EXCEPTIONS TO THIS RULE.** We expect TTWC members to compete for us and support the team.*

This policy does not apply to:

- a. Tournaments where TTWC is not attending; and
 - b. Any public or private school team events.
- 3. Competitions.** The Coaching Staff of TTWC will identify and schedule competitions that the club will attend throughout the year. We will make every effort to provide the competition schedule far enough in advance for you and your family to plan accordingly. Any competition schedule is subject to change at the discretion of TTWC.

The competition year for TTWC is necessarily built around the CIAC and Prep/Private School seasons in Connecticut, both of which begin around December 1st and end about late March (the “School Season”). During the School Season, athletes wrestling for their schools **MAY NOT** compete for TTWC at competitions. There are limited exceptions, such as when an Athlete is invited to wrestle at a national tournament, such as “Who’s #1?”, “Beast of the East”; etc. If you are invited to such a tournament during the School Season, and you want TTWC staff to accompany you to that competition, please alert the TTWC staff as soon as possible so it can coordinate with your school coaching staff.



- A. *School Season* – For youth Athletes (those who are in 8th grade or younger), TTWC will participate in USAW Wrestling-sanctioned tournaments in Connecticut and surrounding states. The club schedule will be set by TTWC and provided to Athletes and their families prior to the beginning of the season. Of course, the schedule is subject to change depending on circumstances. TTWC Athletes are expected to compete in the TTWC-attended tournaments unless they advise the coaching staff beforehand that they cannot attend.

TTWC will attempt to provide “off” weekends from time to time throughout the season to ensure that our Athletes have time to rest and recover. If an Athlete chooses to wrestle on an “off” weekend, they are free to do so. However, TTWC Coaching staff may **NOT** be present at such events and the Athlete will need to make alternative arrangements for coaching. Similarly, if an athlete is in good standing with the club and feels they need a week off from competition, they may do so if they first speak with the coaching staff.

Prior to all competitions, TTWC coaching staff will schedule a time by which the Athlete must be venue. All Athletes are expected to show up on time and ready to compete. Any athlete who is consistently late to competitions may be subject to discipline.

- B. *Pre-/Post-School Season*. TTWC will run practices and schedule competitions throughout the year to the extent that it is able to do so. The same rules that apply during the season will apply to the Pre- and Post-season competitions.