



## Code of Conduct and Club Rules

We want to take this opportunity to welcome you and your Wrestler(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 thoroughly so that you understand what TTWC expects of its members.

### **1. GENERAL BEHAVIOR AND EXPECTATIONS**

All TTWC Wrestlers are expected to follow these general conduct guidelines. Repeated failure to abide by these guidelines, or an egregious violation of them, may result in you being removed from the Club.

- a. TTWC Wrestlers are expected to be respectful of coaches, officials, tournament staff, parents, and other persons in a position of authority, and of each other.
- b. TTWC Wrestlers should hold each other accountable for their actions. Support your teammates and maintain a positive attitude.
- c. Wrestlers are representatives of TTWC and are thus expected to behave maturely and exhibit good sportsmanship at all times. *Be humble in victory and gracious in defeat.*
- d. Engaging in any behaviors or actions, through any means, that belittles any person because of their race, religion, creed, orientation, gender, or any other personal attribute is strictly prohibited.
- e. When participating in competitions, Wrestlers are expected to arrive at the time designated by the Coaching Staff, ensure that they have all necessary equipment (e.g., head gear; mouth guard; shoes), and ensure that they clean up after themselves, i.e., throwing out their garbage.
- f. All of our Wrestlers are student athletes and thus need to balance their academic responsibilities and their wrestling responsibilities. TTWC recognizes, however, that academics must come first. We are available to discuss any issues that arise in this area with the wrestler and their parents.

### **2. WEIGHT MANAGEMENT**

- a. Generally, Wrestlers should wrestle at their natural body weights, especially those in elementary and middle school. Occasionally, a youth tournament will require participants to make an exact weight. The TTWC Coaching Staff will discuss weight classes with the Wrestlers and his/her parent/guardian to ensure that they compete at appropriate weight class.
- b. Once a wrestler commits to a weight class, it is their responsibility to safely make that weight. While TTWC will never demand that an athlete cut weight before a tournament, it may be in their best interest to do so, depending on the team's needs, the competition, etc. Any such circumstance should be discussed with the Coaching Staff.

### 3. INJURIES; SKIN CONDITIONS

- a. 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 participating for an extended period. Any decisions or discussions regarding an athlete's health (involving an injury or otherwise) is strictly between that wrestler, his/her parents, and their healthcare providers. We request only that you provide reasonable notice should a health or injury issue prevent a wrestler from participating in practice or a competition.
- b. Should a wrestler suffer an injury during practice or a competition that raises concerns of the Coaching Staff regarding the potential risk of further or a more serious injury, we reserve the right to hold any wrestler out of practice or competition for their own safety.
- c. Skin conditions are, like injuries, inherent in wrestling. While our practice mats are cleaned by a professional cleaning service after practice, it is *critical* that any wrestler who suspects that they have a skin condition notify the Coaching Staff *immediately*, and certainly before participating in any further Club activities. A failure to disclose a skin condition could lead to that wrestler spreading the condition to others. It is critical that everyone be vigilant about this issue.

### 4. PRACTICE

- a. Wrestlers are expected to attend all scheduled practices for their age and skill group. If you cannot attend a particular practice, please notify the Coaching Staff in advance.
- b. Practices will start promptly at the scheduled times. All wrestlers attending that practice should be "ready to wrestle" at the appointed start time.
- c. Practices generally last between 90 minutes and 2 hours. If you need to leave a practice early, please tell the Coaching Staff *before* practice begins.
- d. During practice, wrestlers are expected to pay attention and not talk or fool around when the Coaches are addressing the group. It is a sign of disrespect to the Coaches to not pay attention while they teach.
- e. Live wrestling is an important part of our practices. It allows you to try new moves in real time. We therefore ask that you treat live wrestling with the level of seriousness they deserve.
- f. TTWC encourages its members to occasionally attend practices at other clubs. Doing so allows you to vary your training and practice partners. If you choose to attend another club's practice, please do not do so if it means missing your regularly scheduled TTWC practice.

### 5. COMPETITIONS

- a. TTWC competes in tournaments year-round. We schedule competitions for the Club and communicate that schedule to you throughout the year. We will make reasonable efforts to provide the competition schedule far enough in advance to allow for appropriate arrangements.
- b. *High School Season* – CIAC Rules require that all High School-aged wrestlers compete for their respective school district teams during the formal wrestling season (December to March). Prior to and after the High school season, wrestlers may compete for TTWC.
- c. *Youth Season* – For youth wrestlers (those who are in 8<sup>th</sup> grade or younger), TTWC will participate in USAW Wrestling-sanctioned tournaments in Connecticut and surrounding states. All Club wrestlers should

compete in the scheduled competitions.

If the Club does not have a scheduled event in a given week, all Wrestlers are free to attend tournaments on their own. TTWC Coaching staff will likely not attend such events.

- d. Prior to all competitions, TTWC will advise wrestlers of the time they need to arrive at a tournament to allow for warm-ups. All Athletes must arrive on time and ready to compete.
- e. During the year, TTWC will attend several “dual meet” tournaments. This typically requires each wrestler to commit to a particular weight class so we can fill out the team roster. As these events are very challenging to schedule and coordinate, we will require you to follow the responsibilities below:
  - It is critical that if you commit to a dual team, you honor that commitment by making your weight, training hard (i.e., showing up to practice), and ensuring that you make appropriate arrangements to actually attend the event. As a member of a dual team, you are responsible to TTWC, its Coaches, *and* each of your teammates. Any wrestler who does not honor these responsibilities may not be asked to join a future dual team squad.
  - Any invitations to join a dual team, or requests by you to do so, the weight at which you will compete, and the specific tournaments you may attend, are issues entirely in the discretion of the TTWC Coaching Staff. Coach Tugman has the final say with respect to all roster spots for these events.
- f. TTWC has adopted and will enforce the following policy with respect to Club wrestlers who choose to compete for another club:

If a wrestler competes for another club at a tournament that ***TTWC is attending***, TTWC will ***not*** coach him or her or otherwise provide any support for that tournament. We expect TTWC members to compete for us and support the team for all tournaments on its competition schedule.

This policy does ***not*** apply to (i) tournaments where TTWC is not attending as a Club; or (ii) any public or private school team events.