

# Priest River Little Guys Wrestling Club

## Code of Conduct & Singlet Policy

**The Priest River Little Guys Wrestling Club, its members, Board and coaches are proud of this organization, its' wrestlers and their accomplishments. How we conduct ourselves on and off the mat reflects on the participant, our Club, and the community.**

### Parents Pledge

As a PRLGW Club parent, I acknowledge that I am a role model and remember that athletics are experiences for kids that provide them positive traits to guide them through life.

- I will provide positive behavior, support, and encouragement, especially at “matside”.
- I will show respect for all the other wrestlers, coaches, referees and spectators.
- I understand what I say and what I do, reflects directly on my wrestler, the Club and me.
- I will refrain from coaching “matside” and allow my child’s coach to be heard.
- If I intend to coach my child “matside”, I will participate in training and practices to maintain consistency in methods.

As a PRLGW Club parent, I hereby accept my responsibility of being a positive role model.

I realize and understand that if I violate this Pledge or any policy set forth by the Club there may be disciplinary action, discussion, verbal warnings, suspension from practice or expulsion from Club.

### Wrestlers Pledge

As a PRLGW Club Wrestler, I acknowledge that I represent the Priest River Little Guys Wrestling Club and the local community. I understand that wrestling and other athletic activities teach me sportsmanship, self-discipline and confidence – traits that will last me a lifetime.

- I will show respect for all other wrestlers, coaches, referees and spectators.
- I will participate by the rules of the sport and always exhibit good sportsmanship.
- I will always strive to perform at my best

As a PRLGW Club wrestler, I hereby accept my responsibility of being a model of good sportsmanship.

I realize and understand that if I violate this Pledge or any policy set forth by the Club there may be disciplinary action, discussion, verbal warnings, suspension from practice or expulsion from Club.

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The Priest River Wrestling Club provides the Singlets free of charge. However, the singlets are only on loan for the season and must be returned to the Club no later than the end of season party. Please take care of your wrestler’s singlet by washing and gently drying after each tournament. Singlets only need to be worn for photo night and each tournament. If you do not return the singlet or it becomes damaged beyond repair, the replacement cost is \$50. The team singlet provides the wrestlers with a sense of membership and club unity. It also gives the coaches and membership the ability to locate our Club Wrestlers to coach and encourage them during their matches. **ALL WRESTLERS ARE REQUIRED TO WEAR CLUB SINGLET AT ALL TOURNAMENTS DURING THE SEASON.**