**Westside High School 2025 Wrestling Team Code of Conduct**

Dear Westside High School Varsity Wrestling Team Members,

As a member of the Westside High School Wrestling Team, you represent our school, community, and the values we uphold. This Code of Conduct outlines the expectations and responsibilities to ensure a respectful, disciplined, and successful season. By adhering to these guidelines, you contribute to a team environment that fosters sportsmanship, dedication, and personal growth.

**Code of Conduct**

**1. Respect for Coaches**

* **Listen Attentively**: Pay full attention to coaches during practices, matches, and team meetings. Follow their instructions promptly and respectfully.
* **Communicate Professionally**: Address coaches with respect, using appropriate language and tone. Discuss concerns or questions calmly and at an appropriate time, such as after practice or during designated meetings.
* **Accept Feedback**: Embrace constructive criticism as an opportunity to improve your technique, mindset, and performance. Coaches provide guidance to help you grow as an athlete and teammate.
* **Punctuality**: Arrive on time for practices, matches, weigh-ins, and team events as directed by the coaching staff. Notify coaches promptly if you are unable to attend or will be late.

**2. Respect for Teammates**

* **Encourage and Support**: Foster a positive team environment by uplifting your teammates. Offer encouragement during practices and matches, regardless of outcomes.
* **Resolve Conflicts Respectfully**: Address disagreements with teammates calmly and privately. Seek assistance from a coach if a conflict cannot be resolved.
* **Inclusivity**: Treat all teammates with kindness and respect, regardless of skill level, weight class, or background. Bullying, hazing, or exclusionary behavior will not be tolerated.
* **Teamwork**: Support your teammates in training and competition. Wrestling is an individual and team sport—your actions impact the entire team’s success.

**3. Respect for Opponents and Officials**

* **Sportsmanship**: Compete with integrity and respect for opponents. Avoid taunting, unsportsmanlike conduct, or any behavior that disrespects other wrestlers.
* **Respect Officials**: Accept referee decisions gracefully, even if you disagree. Only coaches should address officials regarding calls or concerns.
* **Handshake Etiquette**: Participate in post-match handshakes, demonstrating sportsmanship and gratitude for the opportunity to compete.

**4. Attendance and Commitment**

* **Attendance**: Attend all practices, matches, weigh-ins, and team events unless excused by a coach in advance. Unexcused absences may result in disciplinary action, such as reduced match participation.
* **Preparedness**: Come prepared with appropriate attire, equipment (e.g., wrestling shoes, headgear), and a focused attitude. Ensure all gear is maintained and brought to every practice and match.
* **Academic Priority**: Maintain academic eligibility as per Westside High School and [insert state athletic association, e.g., GHSA] guidelines. Balance academics and athletics responsibly, as schoolwork is a priority.

**5. Behavior at Practices and Matches**

* **Positive Attitude**: Display effort, discipline, and a positive attitude at all times. Avoid negative body language, complaining, or disruptive behavior.
* **Focus and Effort**: Stay engaged during practices and matches. Give maximum effort in drills, conditioning, and matches to improve your skills and support the team.
* **Safety**: Follow all safety protocols, including proper technique, weight management, and use of equipment to prevent injuries. Report any injuries or health concerns to coaches immediately.

**6. Representation of Westside High School**

* **Conduct in Public**: As a representative of Westside High School, maintain appropriate behavior at school, during travel, and at all team-related events. This includes on social media, where posts should reflect positively on the team and school.
* **Uniform and Appearance**: Wear team uniforms and gear appropriately and with pride. Follow any dress code guidelines for matches, travel, or team events.
* **Community Engagement**: Participate in team-related community service or school events when required, demonstrating leadership and school spirit.

**7. Health and Wellness**

* **Weight Management**: Follow safe and healthy weight management practices as guided by coaches and in accordance with [insert state athletic association] regulations. Unsafe weight-cutting practices are strictly prohibited.
* **Physical Health**: Report injuries, illnesses, or health concerns to coaches immediately to ensure proper care and prevent further harm.
* **Nutrition and Rest**: Maintain a healthy lifestyle, including proper nutrition, hydration, and rest, to perform at your best and stay in peak condition.
* **Substance-Free**: The use of alcohol, tobacco, vaping, or illegal substances is strictly prohibited. Violations will result in disciplinary action, including possible suspension or removal from the team, per school and athletic association policies.

**8. Disciplinary Actions**

Violations of this Code of Conduct may result in consequences, including but not limited to:

* Verbal or written warnings
* Reduced match participation
* Suspension from matches or practices
* Removal from the team
* Additional school disciplinary measures Coaches will address violations on a case-by-case basis, in accordance with Westside High School and [insert state athletic association] policies.

**Expectations for the 2025 Season**

* **Commitment to Excellence**: Strive to improve your technique, strength, and mental toughness daily. Give your best effort in every practice, match, and team activity.
* **Team Unity**: Place team goals alongside individual achievements. Support your teammates in their weight classes and contribute to a cohesive, disciplined team culture.
* **Leadership**: As a varsity wrestler, set an example for younger athletes and peers at Westside High School. Demonstrate leadership both on and off the mat.
* **Passion and Resilience**: Embrace the challenges of wrestling with determination and passion. Celebrate the opportunity to grow through competition and hard work.

**Acknowledgment**

By signing below, you acknowledge that you have read, understand, and agree to abide by the Westside High School 2025 Wrestling Team Code of Conduct. Failure to adhere to these expectations may result in disciplinary action, as outlined above.

**Wrestler Name (Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Wrestler Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian Name (Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

This Code of Conduct is designed to promote a respectful, disciplined, and competitive environment for the Westside High School Wrestling Team. Let’s make the 2025 season one of pride, teamwork, and success!

Sincerely, **Westside High School Wrestling** **Head Coach: Lance ONeil**