**2019-2020 PR ELITE RULES, CODE OF CONDUCT AND EXPECTATIONS**

**THE PR ELITE CODE**

1. The team comes first! No wrestler is greater than the team.
2. We will not make excuses!
3. We will not blame others – Look in the mirror!
4. We will never quit!
5. We will display proper **sportsmanship** at all times!
6. Win/lose the same way!
7. Positive attitude!
8. We will give 100% effort at every practice, every dual meet, and every tournament!

**MISSION**

TO INTRODUCE THE YOUTH OF PINE-RICHLAND TO THE SPORT OF WRESTLING BY PROPERLY INSTRUCTING AND PROMOTING WRESTLING TECHNIQUE, AGILITY, BALANCE AND CONTROLLED AGGRESSION TRAINING.

**EXPECTATIONS FOR THE WRESTLERS**

1. Have fun.
2. Have a positive attitude.
3. Represent the team and the community in a positive manner. Do not do anything that would embarrass the community, the program, parents or each other.
4. Be on time for all practices, dual meets, and tournaments. Wrestlers are expected to be fully dressed, on the mat and prepared to practice at the designated time.
5. All Wrestlers need to accumulate 5 WAWA League Points throughout the season to be eligible for the WAWA League Year End Tournament. These Points are acquired by participation in WAWA sponsored matches or tournaments.

 **EXPECTATIONS FOR PARENTS**

1. Have fun.
2. Help your wrestler understand the team comes before the individual.
3. Have realistic expectations of your child.
4. Stress punctuality to your wrestler.
5. Schedule appointments and vacations so they do not conflict with practices or games.
6. Support your wrestler. If possible, be at the meets and tournaments for them. Cheer them on and have a good time. Be their biggest fan and be positive.
7. Let the coach’s coach. The wrestling staff will coach your son or daughter. This is your time to sit back in the stands and just be a cheerleader for the team and your wrestler. Only coaches in mat corners please (PR Elite and League Rules).

**HYGIENE**

1. Infections are an issue in all sports. Because of the close contact while wrestling, proper hygiene is critical. Any suspicious skin problem should immediately be reported to the coaching staff to avoid passing skin infections from one teammate to another.
2. Wrestlers are expected to wear clean workout gear to every practice.
3. Use antibacterial soap every day. Use a clean towel every day. \* Wrestlers should shower after every practice and match.