

## Athlete Code of Conduct

I, \_\_\_\_\_ hereby pledge to honor and support Valencia High School Wrestling by adhering to the team's Athlete Code of Conduct as stated below.

I will be respectful by using appropriate language in appropriate tones when interacting with other athletes, coaches, officials, parents, and spectators. I will not taunt, use obscene gestures or engage in boastful celebrations that demean fellow athletes.

I will treat everyone fairly regardless of gender, ethnic origin, race, religion, or sexual orientation.

I will treat all athletes, coaches, officials, parents and spectators with dignity and respect. I will not provide, use or condone the use of tobacco products or alcoholic beverages.

I will not provide, use, or condone the use of performance-enhancing or mind-altering recreational drugs.

I will arrive on time for all practices, meetings, and contests, with only emergencies and illnesses being acceptable reasons for tardiness or absence.

I will seek to become the best athlete I can be by practicing appropriately and eating right.

I will play by the rules of the sport, demonstrating and encouraging good sportsmanship both in victory and defeat.

I will be honest. I will not lie, cheat or steal.

I will be respectful by not fighting or damaging the property of others.

I will do my best to play safely so as not to injure myself or anyone else.

I will respect my teammates by not bullying them or engaging in hazing activities. I will respect the dignity or others by not sexually harassing or molesting them.

I will reject and report any individuals who request sexual favors or who threaten reprisal for rejecting such advances.

I will protect the integrity of the game by not gambling on the sport or having any involvement with those who do.

I will encourage and assist my teammates in becoming better athletes and human beings.

I have read and understand the above statements and agree to conduct myself in a manner consistent with each.

Signature of athlete \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent/guardian athlete \_\_\_\_\_ Date \_\_\_\_\_