

Pursuing Victory with Honor

Code of Conduct for Guardian Knights Wrestlers

Athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Character”). This code applies to all wrestlers involved in the Guardian Knights program. I understand that in order to participate in the Guardian Knights program, I must act in accord with the following:

Trustworthiness

- **Trustworthiness** Be worthy of trust in all I do.
- **Integrity** Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what’s right even when it’s unpopular or personally costly.
- **Honesty** Live and compete honorably; don’t lie, cheat, steal, or engage in any other dishonest or unsportsmanlike conduct.
- **Reliability** Fulfill commitments; do what I say I will do; be on time to practices and competition.
- **Loyalty** Be loyal to my school and team; put the team above personal glory.

Respect

- **Respect** Treat all people with respect all the time and require the same of other athletes.
- **Class** Live and wrestle with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post- match rituals.

- **Disrespectful Conduct** Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Respect Officials** Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

Responsibility

- **Importance of Education** Be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or wrestling on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- **Role-Modeling** Remember, participation in wrestling is a privilege, not a right; and I am expected to represent my club, coach, and teammates with honor, on and off the mat. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the Guardian Knights coaching staff.
- **Self-Control** Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome temptation to retaliate.
- **Healthy Lifestyle** Safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco, drugs, and performance-enhancing supplements or engage in any unhealthy techniques to gain, lose, or maintain weight.
- **Integrity of the Sport** Protect the integrity of the sport; don't gamble. Wrestle according to the rules.

Fairness

- **Be Fair** Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

Caring

- **Concern for Others Demonstrate** concern for others; never intentionally injure any wrestler or engage in reckless behavior that might cause injury to myself or others.
- **Teammates Help** promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.
- **Wrestle by the Rules Maintain** a thorough knowledge of and abide by all applicable competition rules.
- **Spirit of Rules Honor** the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

2010/2011

Please Keep for Your Records

Please return to the team coach or board member.

I _____ have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not. If I decide to leave or am asked to leave the Guardian Knights, I will sell back the singlet to the team and forfeit the right to wear the team uniform in future competitions.

Athlete Signature

Date

"Pursuing Victory With Honor" and the "Six Pillars of Character" are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. For more information on promoting character education and good sportsmanship, visit www.charactercounts.com.

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