**FREE STATE WRESTLING**



Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***I Will…***

* BEHAVE & CONDUCT MYSELF in a manner that brings credit to myself, the school and the TEAM (“FAMILY”). Be a Firebird Wrestler!
* MANAGE MY TIME to meet all my responsibilities in my school work, practice, learning, and other areas of my life.
* ATTEND EVERY practice, match, tournament and TEAM function on time or early. That means that Studying is for working on grades and practice is for practice.
* PURSUE physical & mental conditioning outside of practice as a normal part of my daily routine to reach and achieve my goals.
* DISCIPLINE my body & mind for good health to include pushing through fatigue, maintaining adequate sleep and a proper diet.
* COMMUNICATE both in practice and off the mat for a mutual understanding between the Coaching Staff & My Teammates.
* RECOGNIZE the uniqueness of wrestling, learn from my mistakes and never make excuses. Champions never made excuses.
* ACCEPT & ENCOURAGE all coaching comments and assignments as ways that the TEAM & I may improve – I will remain 100% Coachable!
* SUPPORT & ENCOURAGE the good efforts & skills my teammates display each and every day!
* FOCUS on the task at hand – never create distractions or worry about worrying.
* PERFORM with enthusiasm, effort, intensity and determination – to the best of my ability in ALL training & competition!

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