

KAWARTHA OLYMPIC WRESTLING CLUB WRESTLING CLUB

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WWW.KAWARTHAWRESTLING.COM

Registration Checklist

- Read the package in detail
- Sign all forms
 - Kawartha registration sign and circle sizes
 - OAWA registration sign only
- Photocopy of Birth Certificate, Driver's license, or Photo OHIP card must be attached
- \$100 or \$300 payment, or series of postdated cheques

Code of Conduct

Members of Kawartha Olympic Wrestling Club are reminded that they are representatives of this Team, the community, the province, the country as well as their parents. The team will be evaluated by the actions of its members both on and off the mats. Taking this into account, we expect all our members to be considered in the highest regard. We therefore insist that members follow these rules and expectations:

Team Rules

1. Abide by the rules, laws, regulations and bylaws of the OAWA, the CAWA, Canada, the Province of Ontario, or any host or host venue.
2. Respect the property of others at all times, including while traveling to events, while participating at events, while residing in accommodations. Theft and vandalism will not be tolerated.
3. Harassment is a criminal offence and will be treated as one. Harassment whether written, verbal, sexual, physical, emotional or racial, will not be tolerated. Any form of hazing will be treated as harassment.
4. Any conduct detrimental to the best interest of the club will not be tolerated. This includes fighting and poor sportsmanship such as swearing, trash talking, showboating or arguing with officials, coaches, parents or teachers.
5. Possession or use of intoxicating substances (drugs or alcohol) while under the legal age, and/ or being intoxicated, regardless of age, while representing the club at any event is forbidden.
6. The use of any form of tobacco is prohibited.
7. On over night coach-supervised trips the following protocol will apply: The curfew is 10 p.m. in your assigned room, and lights out at 11 p.m. This can change depending upon arrival time to the hotel or accommodations. Members must be in their assigned rooms, unless permission to change rooms is given by a coach. Members are responsible for any damage resulting to their assigned room unless the changed assignments are noted.
8. Not notifying a coach and all athletes in contact with, of any infectious or contagious diseases including ringworm is forbidden. Athletes with a contagious disease are not to return to practice until the skin is **completely** returned to normal.
9. The use of banned substances identified by the CAWA and/or the IOC. A list of banned substances is provided upon request.
10. Club members must participate in any counseling programs when requested to do so.

Consequences:

First Offense

At the discretion of the coach and the Executive staff the parent/s will be contacted if under-18 years of age and or sent home at his/her parent's expense. Following the trip a disciplinary hearing against the violator will be held to discuss suspension from overnight trips for at least a period of exactly one-year. A more severe penalty may also be imposed.

Second Offense

At the discretion of the Executive staff, expulsion from the Team for a period of one full year. A more severe penalty may also be imposed.

Third Offense

At the discretion of the Executive, a lifetime ban from the Team could be the maximum penalty.

If the action taken is not satisfactory to the athlete involved, s/he has the right to an appeal by contacting the president and outlining s/his concerns. If this appeal is lost s/he can appeal to the executive.

Expectations of Athletes:

1. **Communication-** Coaches and athletes must work together to maintain the safety of all club members at all times. If you feel that a teammate is putting their personal safety or the safety of others in jeopardy as a good leader you must inform a coach. Be sure to communicate you goals and expectations at the beginning of the season so that the coaches know how to put you on your path to success.
2. **Attitude-** Exhibit a positive attitude at all times. Behave in an honest and courteous manner. The use of profane language or offensive gestures is not permitted. Put-downs, fighting, excuses, or complaining (whining) will not be permitted. Welcome new members by introducing yourself and try to learn the names of everyone on the team.
3. **Punctuality / Initiative -** Be prompt. Arrive "on time" and "on time" means being there 10 minutes early and ready to go. Do not wait to be told to start. A good team practice should run itself. If you are late, it is disrespectful and disruptive to the other members and coaches to take your time getting changed and ready.
4. **Readiness-** Come to practice and tournaments prepared. For practices, have a water bottle (no sharing), shorts, T-shirt, wrestling boots, running shoes, skipping rope, and trimmed fingernails. For tournaments, you will need a red and a blue singlet, wrestling boots, warm up gear, a combination lock, a nutritious meal or two, as well as toiletries for showering. Personal hygiene is crucial in the prevention of skin infections such as ringworm. You should always shower immediately after every practice and competition by using a washcloth soaked with medicated anti-fungal soap.
5. **Work Ethic -** Always train to the best of your ability. Work to your maximum at practice as well as at competitions. Set goals to work towards developing skills and correcting errors. Maintain an excellent level of fitness.
6. **Respect / Integrity –** Respect your coaches and support staff (schoolteachers and custodians included) by following their instructions. Please address coaches as “Coach” and their last name. Please do not use their first names, unless otherwise advised. Parents and support staff should be addressed as Mr. or Mrs., unless otherwise requested by them. Respect the property of others, whether at the training site, the competition site or while residing in travel accommodations.
7. **Desire / Commitment-** Athletes need to be self-motivated and promise to support themselves, their teammates, coaches, and above all else the reputation of the Kawartha Olympic Wrestling Club.
8. **Benevolence-** Take an active role in helping with fund raising. Provide help when help is needed. Each event partaken by the club is a direct reflection of what it represent. When we raise money as a team, we raise money for the betterment of the team and that includes everyone.

- 9. Commitment** –Plan ahead and maintain an agenda or schedule. Manage your time effectively in order to excel in school or your personal life and to avoid missing training or competitions due to falling behind.

KAWARTHA OLYMPIC WRESTLING CLUB WRESTLING CLUB: Athlete and Parent Participation Agreement

This agreement is intended for the benefit of everyone involved. Its purpose is to clarify the responsibilities of its members and provide for a positive experience for everyone.

I (print your name) _____ have read the KAWARTHA OLYMPIC WRESTLING CLUB Code of Conduct and fully understand the rules and expectations. I also understand the consequences for not following this code

(Signature) _____ (date) _____

For athletes under 18 years of age please have a parent/guardian sign below confirming that they have read and understand this Athlete Agreement and that they grant any Kawartha Olympic Wrestling Club Coaching Staff member full authorization to act on their behalf on overnight excursions. This includes the signing of any waiver forms for competitions on the behalf of the parent.

- **If there are any special or medical considerations that the coaching staff should be privy to, in order to be fully capable of dealing with any emergency that might result with participation, please note this below.**
- **As a condition of participation, each participant must have had a physical check-up by a certified physician within the last calendar year. A signature below will acknowledge and declare your son/daughter has had such a medical and is healthy and able to participate in wrestling and intensive physical actives.**

Disclaimer of Liability

The Kawartha Olympic Wrestling Club and its staff do not assume liability for any injuries incurred while at a formal practice or any wrestling related event or on the way to or from any said event or practice. Please contact your insurance company to get additional insurance if necessary.

The athlete, in participating or using any club facilities, does so at his/her own risk. The Kawartha Olympic Wrestling Club staff shall not be liable for any damages arising from personal injuries sustained by the athlete during any Kawartha Olympic Wrestling Club event or at the facilities. The athlete and his/her parents assume full responsibility for any damages or injuries which may occur during participation in club activities and hereby fully and forever exonerate and discharge the Kawartha Olympic Wrestling Club, its staff, employees and agents, from any and all claims, demands, rights of action or causes of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of the athlete's participation in the program and in use of the facilities.

Medical Authorization

In an emergency, I hereby give permission for my child _____ to be examined by a licensed physician selected by any member of the club staff, to be hospitalized, secure proper treatment, anesthesia, or surgery for my child in an emergency. I also give the staff permission to advise the hospital of our health insurance information at the time of any treatment. Our health insurance company is _____ and the policy number is _____. I can be contacted at the following telephone numbers for immediate consultation; _____

Parent's/ Guardian's first and last name (please print):

Parent's/ Guardian's Signature

Date

2008/2009 Kawartha Olympic Wrestling Club Membership Form

Please Print Neatly

Status:

New member _____ Renewal _____ Has any information changed from last year? Yes _____ No _____

Personal Information:

Last Name _____ First Name _____ Birth date ____/____/____ Gender: Male: Female:
 Address _____ City _____ Prov. _____ Postal Code _____ - _____
 Home Phone () _____ - _____ Work Phone () _____ - _____ Fax () _____ - _____
 E-Mail Address _____ Health Card (athletes only) _____

Parent/Guardian Information:

Last Name _____ First Name _____ Birth date ____/____/____
 Address _____ City _____ Prov. _____ Postal Code _____ - _____
 Home Phone () _____ - _____ Work Phone () _____ - _____ Fax () _____ - _____
 E-Mail Address _____

Membership Fees

√	Birth Year	Division	Provincial Member	Base Member	Deadline Date
	1999-2000	Novice	\$125	\$50	March 5, 2008
	1997-1998	Kids	\$125	\$50	March 5, 2008
	1995-1996	Bantam	\$125	\$50	March 5, 2008
	1993-1994	Cadet	\$300	\$50	January 11, 2008
	1991-1992	Juvenile	\$300	\$50	January 11, 2008
	1989-1990	Junior	\$300	\$50	January 11, 2008
	N/A	Volunteer			
	N/A	Official/Pairingmaster			
	N/A	Official/Coach			
	Check above	Official/Athlete			
	1989 or after	Junior Official			
	N/A	Coach			

- **Provincial Members \$300.00** includes 3 tournaments plus entry fee for **Provincials** plus gear (T-shirt, shorts, sweater). All other tournaments are self funded.
- **Base Members \$100.00** includes T- shirt and shorts. All tournaments are self funded

Date: _____ Applicants Signature or Parent/Guardian if under 18 _____ Witness signature _____

Return Forms to: KOWC at Port Hope High School Practice or Crestwood Secondary School Practice

Reminder: ATHLETES must send proof of age or form will not be processed, causing delays and added cost. Acceptable Proof of Age: Copy of birth certificate, drivers license, other government ID, or a school letter signed by the principal on school letterhead confirming date of birth.) Incomplete forms will be returned and/or not processed.

Office Use Only:

Amount Paid \$ _____ Date: _____ Cash or Check

Please circle your men's size for the following items: *Once the items arrive you cannot change this selection.

T-shirt	XS	S	M	L	XL	XXL
Sweat-shirt	XS	S	M	L	XL	XXL
Shorts	XS	S	M	L	XL	XXL

Code of Excellence for Parents at Events

- Be positive, courteous and supportive to everyone including competitors and officials.
- Encourage and support our son or daughter regardless of their performance outcome. Remember it is about them and not you.
- Please take an active role, whenever possible, with any fund raising event. Compared to most sports our fees are low because we have good parents who help raise money to keep our fees low. Good help is always appreciated in any club endeavour.
- Unless you are on the coaching staff, please leave the coaching to the coaches.
- If you are interested in learning more about the Kawartha Olympic Wrestling Club visit www.kawarthawrestling.com