



Code of Conduct

At Frog Empire Wrestling Academy, we train athletes — but we build men and women of discipline, character, and toughness.

Your behavior on and off the mat reflects your respect for yourself, your teammates, your coaches, and this program.

This Code of Conduct is a condition of enrollment at Frog Empire Wrestling Academy. By enrolling, the Athlete and Parent/Guardian agree to comply with all policies outlined below on a yearly basis.

ATHLETE CODE OF CONDUCT

NON-NEGOTIABLES:

- Disrespect to coaches. No talking back.
- Bullying, hazing, or fighting outside of competition.
- Substance use or conduct that damages the club's reputation.

- Stealing.

1. Effort & Attitude

- Give 100% effort in drills, conditioning, and live wrestling.
- Avoid complaining, swearing, eye rolling, or disrespectful body language.
- Show up prepared — physically and mentally. Communicate with coaches beforehand.
- No quitting during live goes. You practice the whole time unless injured or said otherwise by a coach.
- Control what you can control: your effort, your attitude, your discipline.

Wrestling is hard. That is why we do it.

2. Respect

- Respect coaches, teammates, officials, opponents, and facilities.
- Shake hands before and after practice and matches.
- No bullying, hazing, gossip, or inappropriate language.
- Support teammates — do not tear them down.
- Leave every facility cleaner than you found it.

Disrespect to coaches or teammates will not be tolerated.

3. Discipline & Standards

- Be on time or communicate.
- Proper gear required:

- wrestling shoes (mat only)
- Headgear (optional)
- Trimmed nails
- Appropriate training attire
- No phones during practice.
- Keep the bathroom and parent area clean. Use lockers.
- Follow all mat rules and safety protocols.
- Only use equipment when instructed.

Safety and structure come first.

4. Sportsmanship

- Win with humility.
- Lose with maturity.
- No trash talk at tournaments.
- No gloating or excessive celebration.
- No blaming referees. Especially NO swearing at competitions!
- Represent Frog Empire with class at all events.

You represent this club at tournaments, school, and in public.

5. Academic & Character Expectations

- School comes first.

- Be accountable for your grades and conduct.
- Community service is encouraged.
- Represent the club positively in school and public settings.

Colleges recruit character as much as talent.

6. Social Media Policy

- No posting inappropriate content in Frog Empire gear.
- No negative posts about teammates, coaches, competitors, referees, or events.
- No trash talk online.
- Understand that college coaches and employers review social media.
- You represent Frog Empire at all times.

Online behavior has real-world consequences.

PARENT CODE OF CONDUCT

Parents are partners in development.

Expectations:

- Allow coaches to coach. In practice and in matches.
- Try not to coach from the stands.
- No confrontations with referees!
- Do not approach the bench or mat during competition unless it is a medical emergency.

- Address concerns respectfully and privately.
- Do not discuss partners during practice or lineup decisions during events.
- Support your child's growth — NOT just wins.
- Model sportsmanship at tournaments.

If there is a concern:

- Schedule a meeting.
- Speak directly to a coach.
- Do not discuss issues publicly or with other parents.

We are building a culture. Protect it.

CORE VALUES

H.E.A.D.S.P.A.C.E

- Hustle
- Effort
- Attitude
- Discipline
- Swagger
- Persistence
- Accountability
- Confidence
- Enthusiasm

STANDARD

- We respect coaches, teammates, and opponents
- We show up prepared
- We give full effort every rep
- We control our attitude at all times
- We do not quit
- We hold each other accountable
- We win with humility and lose with maturity
- We represent Frog Empire with pride

We don't rise to the level of our talent.

We fall to the level of our discipline.

CONSEQUENCES

Failure to adhere to this Code of Conduct may result in one or more of the following consequences, in any order deemed appropriate by the staff:

1. Verbal warning
2. Conditioning consequences
3. Removal from practice for the day
4. Meeting with parents
5. Tournament suspension with Frog Empire
6. Suspension from the club
7. Removal from Frog Empire (for severe or repeated violations)

FINAL STATEMENT

By enrolling in Frog Empire Wrestling Academy, athletes and parents agree to uphold these standards and protect the culture of the program.

We train hard.

We compete with discipline.

We represent with pride.
