



Mill Creek Middle School Student-Athlete Character Contract

Wrestler: _____

Coach: _____

Date: _____

I am a Mill Creek Middle School student-athlete. Therefore, I have the responsibility to represent my school, team, coaches and family with pride and respect for all. By signing this contract, I agree to abide by all of the following conditions.

As a person:

- At home I will follow my parents' rules and meet my obligations despite my busy schedule. I will volunteer to help with tasks around the house. Most importantly, I will not be argumentative with my parents and will follow their requests the first time they are given.
- I will let my parents and siblings know that I appreciate what they do for me. I will demonstrate this appreciation by saying "please," "thank you," "you're welcome," and, "I love you" on a regular basis.
- In the community, I recognize that everywhere I go I am a representative of my school, team, coaches and family. While in public, I will always be mindful of my manners and how others may perceive my words, my attitude, and my actions.
- In school, I will model appropriate behavior in the classroom, hallways, and in the lunchroom. I will follow the rules of our school while demonstrating good listening skills. In addition, I will demonstrate appropriate body language, eye contact and feedback toward my teachers and other adults in the building.

As a student:

- I understand that my first priority at Mill Creek Middle School is to get a quality education that will help prepare me as a responsible and successful member of society.
- I have made the commitment to pass every class and I understand that failure is not an option.
- To enhance my academics, I will attend our required team study hall every Wednesday before practice.
- If I am missing work or not meeting the grade requirements set by the team, I will make arrangements with my teachers before school or during lunch to complete my assignments.

As an athlete:

- I will compete to the best of my ability with respect for my fellow student-athletes. In addition, I will hustle at all times to set a good example for my teammates.
- I will have a good effort and attitude at all times, win or lose, playing or supporting my team on the mat or from the bench. I recognize that some days I will compete well and some days I may be "off." In either case, I will be a positive and supportive member of the team.
- I will behave appropriately on the bus trips to away contests and keep the bus clean. I will also remember to thank our bus driver after each trip.
- I will speak respectfully to officials, coaches & opponents, no matter the situation, or the emotions involved.
- I will listen to my coaches and work hard to apply what they teach me in order to improve as an athlete.
- I will not engage in poor sportsmanship or trash talking. I will demonstrate the outstanding character that is expected of a Mill Creek Middle School student-athlete.
- Finally, I will complete the entire wrestling season. I understand that quitting is not an option anywhere in life. If wrestling is not for me, I do not have to do it next season. However, I will finish what I have begun this season.

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____