

Minneapolis Wrestling Club

Wrestler Registration

Name _____

Address _____

MN/USA Card Number _____

Email _____

Phone _____

Date of Birth _____

Number of Years of Wrestling Experience _____

Location of Previous Wrestling Experience _____

Approximate Weight _____

T-Shirt Size _____

Short Size _____

Medical Issues _____

Emergency Contact _____

Please Return to: Minneapolis Wrestling Club
P.O. Box 68062
Minneapolis, MN 55418

MINNAPOLIS WRESTLING CLUB

RELEASE AND WAIVER OF LIABILITY FOR PARTICIPANT OR OBSERVER

I, the undersigned, participant or observer, desire to participate in or observe the following event/activity:

Minneapolis Wrestling Club Membership

In witness whereof, the undersigned hereby voluntarily executes the release under the following terms:

- Activities:** I understand that my activities may include athletic competition and games, food preparation, operation of sporting equipment, heavy lifting, physical labor, contact with household chemicals, or other related event activities.
- Safety:** I understand I am required to follow all safety rules and procedures established for the event/activity.
- Assumption of Risk:** I hereby expressly and specifically assume any and all risk associated with my presence at the event to include any related transportation provided for the event. I fully indemnify and hold harmless the Minneapolis Wrestling Club, its agents and employees from any and all claims, demands, rights of action or causes of actions, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of my involvement in or observation of this event/activity.
- Insurance:** I understand that the Minneapolis Wrestling Club may not carry Volunteer Accident Medical and Disability insurance coverage specific to the event/activity. Additionally, I understand that such insurance is secondary to the participant's own insurance coverage. *Each participant is encouraged to obtain his/her own medical insurance coverage.*
- Medical Treatment:** I hereby assume full responsibility for any personal injury which may occur-directly or indirectly-while participating in or observing this event/activity.
- Photographic Release:** I hereby grant and convey the Minneapolis Wrestling Club all rights, title and interest in any and all such photographic images, video or audio recordings made by its agent during the event/activities, including, but not limited to, any royalties, proceeds, or other benefits derived from such photographs or recordings.
- Other:** This release is intended to be as broad as permitted by Minnesota law. If any clause or provision is held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this release.

<i>Print</i> Participant Name:		D.O.B.	
<i>Signature</i> of Participant:		Phone	
Signature of Parent/Guardian is required if participant is under 18 years of age		Actual Age:	
<i>Signature</i> of Parent/Guardian:		Date	

MINNEAPOLIS WRESTLING CLUB

CODE OF CONDUCT AGREEMENT

WRESTLERS

- Follow and play by the rules.
- Never argue with a sports official. If you disagree, have a coach positively approach the official.
- Control your temper at all times. Verbal abuse of officials and verbalizing other players, deliberately distracting or provoking an opponent are not acceptable behaviors in any sport.
- Work hard for yourself and your team.
- Be a good sport. Applaud all skillful moves whether they are made by your team or the competitors.
- Treat all participants in wrestling as you like to be treated.
- Cooperate with your coaches, team-mates and opponents.
- Participate for your own enjoyment and benefit, not just to please parents, coaches and teachers.
- Respect the rights of all participants regardless of their gender, ability, cultural background or religion.

Parents

- Always remember that youth participate in sports for their own enjoyment, not yours.
- Encourage youth to participate, do not force them.
- Be positive on the wrestler's efforts and performance rather than winning or losing.
- Always encourage youth to play according to the rules following the code of conduct.
- Refrain from making negative comments regarding wrestling mistakes or losing a competition.
- Remember that youth learn best by watching great role models.
- Reinforce the stance on removing verbal and physical abuse of others.
- Always respect the official's decisions and teach kids to do likewise.
- Always show appreciation for volunteer sports coaches, officials and club administrators.
- Respect the rights of all participants regardless of their gender, ability, cultural background or religion.

Coaches

- Always remember that youth participate for their own enjoyment and winning is only part of the fun.
- Refrain from using negative ridicule or yelling at youth for making a mistake or not winning.
- Be considerate and reasonable in your demands on youth's time, energy and enthusiasm. Wrestling is only one part of their busy lives.
- Always operate within the code of conduct, rules and fair spirit of your sport and instruct the youth to do the same.
- Always ensure that the time youth spend with you as coach is a positive experience. All youth are deserving of equal attention and opportunities.
- Ensure that sporting equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved within the sport. This includes opponents, coaches, officials, administrators, the media, parents and other spectators. Encourage players to do the same, be a great role model.
- Always show concern toward sick and injured players. Follow the advice of a trained medical trainer when determining whether an injured child is ready to recommence training and competition.
- Where appropriate obtain qualifications and keep up to date with the latest coaching practices and the latest principles of growth and development of youth.
- Any physical contact with youth should be appropriate to the situation and necessary for the player's skill development or medical care.
- Respect the rights of all participants regardless of their gender, ability, cultural background or religion.

Signature _____

Date _____

