



BILLING

- Memberships are billed monthly automatically on the day of sign-up.
- Cancel or change anytime using "manage membership" tab
- \$25 semi-annual fee is charged every 6 months to assist coaching travel and expenses

CLOTHING / GEAR REQUIREMENTS

- Members / Participants must cover all gender-sensitive areas of the body at all times
- NO SHOES ON THE MATS. WRESTLING SHOES OR SOCKS ONLY ON WRESTLING MATS
- Practice attire should include athletic shorts, sweats, t-shirt, and/or a singlet.
- Use of headgear and mouthpieces are optional

PURSUIT COACHING AT TOURNAMENTS

We aim to attend and coach at 1 tournament each month. During the regular-season and post-season it is often multiple tournaments each month.

^ This is an exception and not the rule in the sport and club scene. Many clubs only coach at a handful of tournaments the entire year.

We take pride in our athletes and strive to be there for them during competitions. Understand that there is a winner and a loser in every match. Our staff will always do our best to represent you and Pursuit with respect. We ask the same from all wrestlers and parents associated with our club. Also understand these events take as much and often times more time for our staff than they do for yourself or your wrestler. Consideration of these facts are appreciated!

CODE OF CONDUCT

We are molding the future generations. Wrestling is a metaphor for life and our operation serves to build wrestling & life champions.

It's important that we are transparent with our expectations of both our members and parents. If you do not wish to follow these guidelines, respectfully, choose another program.

Find our code of conduct for members and parents below.

Member & Parent Guidelines

- Be the best person (teammate, friend, aunt, brother, sister, wrestler, etc) you can be
- Avoid swearing. Use fillers - profanity can be learned outside of Pursuit.
 - Occasionally we all swear, just keep it the exception and not the rule
- Avoid slander or slurs
 - ie: no diction or phrases of abusive actions, sexually explicit/charged topics, self-harm, criminal acts, racial prejudice etc

- Praise in public, discipline in private
 - group shame will promote group shame be positive in our room and at events.
 - motivating teammates at times will require a bit of 'intensity'. Use discretion during these times. At times people need tough love.
- Be a leader, not a bully
 - Create an environment where its cool to build eachother up, and not tear eachother down
 - Holding someone accountable/down-to-earth is different than shaming or bullying ESPECIALLY IN FRONT OF A GROUP
 - ie: belittling someones level of wrestling / college of choice
- no fighting. parents, other coaches, officials, etc
 - If someone puts their hands on you, or another member, things change - you must face the consequences of your actions post-incident
- Avoid PDA in Pursuit Facilities and at events
- When outside of Pursuit events or facilities
 - you are a representation of Pursuit. Uphold the same high standard for yourself as when at Pursuit
- Always try your best and be willing to help others around you

While at practice and events:

- do not argue or disrespect your coaches.
- stay focused and listen to and follow instruction.
- try your best and work to get better, avoid "going through the motions"
- no talking while coaches have the group pulled in to show technique or give instructions