

WRESTLING



TWELVE COMMANDMENTS OF WRESTLING

1. Thou Shall Not Quit
2. Thou Shall Not Miss Weight
3. Thou Shall Not Miss Practice
4. Thou Shall Respect ALL and Fear NONE.
5. Thou Shall Not Make Excuses
6. Thou Shall Display Positive Leadership
7. Thou Shall Listen to Thy Coaching Staff
8. Thou Shall Always Display Good Sportsmanship
9. Thou Shall Not Forget What Thy Parents Have Done
10. Thou Shall Complete All School Work and Get Good Grades
11. Thou Shall Improve a Little Each Day as a Person, Student and Wrestler
12. Thou Shall Not Do Other Activities to Risk Injury During Wrestling Season