



Upper Dublin Youth Wrestlers will:

- Learn and demonstrate **respect** for themselves and others.
- Learn and demonstrate **integrity**, positively representing themselves, their school, their family, and others who are associated with them.
- Learn and demonstrate **responsibility**, meeting and exceeding the expectations of both teammates and coaching staff.
- Learn and demonstrate the ability to accept **excellence** with grace and defeat with dignity.
- Learn **adaptability** and the basic elements crucial to developing a strong work ethic.
- Improve their physical fitness through **engagement** in both in season and out of season strength and conditioning programs.
- Improve the skills necessary to competitively wrestle through **collaboration** with their teammates and coaching staff.