

GIRLS UNITED WRESTLING OF BELLINGHAM

Mission: Engage. Encourage. Overcome.

Purpose:

The purpose of the United Girls Wrestling Team of Bellingham is to engage in the sport of wrestling and each other's lives, to encourage each other in all circumstances, and to overcome challenges on and off the mat. We commit ourselves to physical, mental, and emotional training. We also commit to prepare for competition, build each other up, and face our greatest challenges with the support of our teammates, our families, and our community.

Core Values:

Engage

- Attend every practice
- Give maximum effort during training and competition
- Manage pain to continue training and competing
- Focus mentally during training and competition
- Train competitively and with intensity as allowed
- Be prepared for all activities
- Ensure eligibility in the classroom

Encourage

- Give positive encouragement over criticism
- Be enthusiastic during training and competition
- Be genuine in encouragement
- CHOOSE to love teammates in spite of (and because of) differences
- Respect each individual on the team
- Be honest with coaches and teammates
- Understand and accept that the spotlight may rest on teammate
- Encourage each other outside of wrestling

Overcome

- Anticipate and Accept Challenges
- Look for opportunities to grow
- Approach the mat unafraid of competition
- Approach each other unafraid of prejudice
- Seek the good in others, especially when there is tension in a relationship
- Be confident in your training, in yourself, and in the support and love of your team