



Rancho Bernardo Wrestling's Core Covenants.



What it looks like at:

PROGRAM MOTTO		WE Can...We Will...We Must...BE		
Covenant: an agreement, usually formal, between two or more persons to do or not do something specified.		<i>Mentally Tough</i>	<i>Pride</i>	<i>Confident</i>
<b>BOTTOM LINE: DON'T LET YOUR TEAMMATES DOWN!</b>		<i>A Rancho Bernardo Wrestler is Mentally tough at (a).....By...</i>	<i>A Rancho Bernardo Wrestler has pride in the program at /in(a).....By...</i>	<i>A Rancho Bernardo Wrestler shows confidence at (a).....By...</i>
<b>Practice</b>	1. Never letting set backs effect a perfect practice. (I.E being on time)	1. Always Maintaining the room to the standard of the program.	1. Never settling for less then the best outcome possible in a practice.	
	2. Always staying positive when practice get tough.	2. Encouraging teammates to always do the right thing in practice.(Positive Encouragement)	2. never backing down or 'Going easy' on teammates.	
	3. Avoiding the "easy" way. Always working hard and consistent. <b>EVERYTIME</b>	3. <b>DOING EVERYTHING THE RIGHT WAY THE FIRST TIME.</b>	3. Never settle for being taken down or beaten. <b>ALWAYS BATTLING!</b>	
<b>Dual Meet</b>	1. Always being in the right uniform, or weight and at the right spot at the right time.	1. Always maintaining the good of the team. The team outcome is all that matters!!	1. Taken on any Opponent and never letting down or not performing.	
	2. <b>WINNING EVERY 3rd Period</b>	2. Staying in school gear and with the team for the entirety of the dual.	2. Doing all warm-ups and drill to the standards of the team.	
	3. Not showing any emotion win or lose.	3. Never being 'palms-up-guy' and taking on all challenges with Bronco Wrestling Pride.	3. Always knowing that the team can overcome any obstacle. Beat anyone with RB Pride.	
<b>Tournament</b>	1. Being on weight the night before and not settling for last minute cutting of weight.	1. Always supporting teammates and making sure every action is in the best interest of the team.	1. Always knowing that you can overcome any obstacle. (I.e Conso Bracket, down in a match)	
	2. Keeping the team together with the goal of winning everything we set foot inside.	2. Wearing the uniform of the tournament for its entirety.	2. Supporting teammates in any situation. Team is always <b>FIRST!</b>	
	3. Staying in the tournament even when it may have not gone your way! <b>SUPPORT THE TEAM</b>	3. Representing the program on the mat off the mat, in staging and in warm ups.	3. Believing and showing that one can get bonus in every match.	
<b>Home</b>	1. Avoiding conflict at home that may effect the season.	1. Washing the uniform after every tournament so it maintains the perfect appearance.	1. Talking only in a positive tone when around parents and family.	
	2. Completing all items needed right away. (I.e Homework, Chores)	2. getting the appropriate sleep at night in order to show your team pride at practice and in a match.	2. Trustful that teammates are always doing the right thing and you are the example.	
	3. Making the right food choices in order to create the machine of a champion.	3. Keeping your social media sites to only emulate a person of pride for the program.	3. Knowing of the plan and how personal time effect the ultimate goal.	
<b>School</b>	1. Always being on time in the right seat and doing the right thing. (NO EXCUSES)	1. Keeping the campus clean of the trash you might drop and the trash others do drop.	1. Making the standard on grades of a B's or A's! Nothing less.	
	2. Avoiding hanging out with the people that have the bad reputation.	2. Taking pride in Team GPA. Not only your own but helping teammates to bring up their grades.	2. Being a positive role model for all to emulate.	
	3. By giving all teachers the respect is deserved by what they do for you! Yes sir...Yes Ma'am..	3. Gathering the school to come support the team at all matches.	3. Being able to help others do the right thing. Even if it's a friend.	
<b>Community</b>	1. No letting peer pressure lead one into bad decisions.	1. Understanding that the Team's name Starts with RB. So take pride in the community	1. Being able to do the right thing even when peers are not!	
	2. By going above and beyond to make the community a better place for all.	2. Always wearing the wrestling teams gear in the a positive manner.	2. Appreciating the community and all of it amenities.	
	3. Remembering perception is reality and not letting any bad preceptions be made of you or the program.	3. By sharing positive experiences in the program with people in the community.	3. That no matter where you are that every teammate will be doing the right thing all the time!!	