

**Champion Ring Program
2019 Application**

Must be submitted before Dec 31, 2019



**Redefining a “Champion”
Respect – Responsibility – Resilience**

Licensed coaches may nominate a youth athlete at the end of the year for a personalized USFL Champion Ring. Athlete must be 13 years old or older, meet these character traits and have participated in a minimum of 10 USFL events. Missed weight and other conduct related discrepancies will disqualify the bout from being counted.

The event check-in shall count as one event.

Respect in a martial arts context is largely aimed at conditioning for loyalty, better group cohesion, and control of the abilities when learning a martial art. It is difficult to quantify respect, especially since it can mostly be treated as a moral virtue; respect in the context of martial arts should then be qualified by individual conduct during training and competition as well as outside activities.

Responsibility is a core principle of what defines character. Particularly in a context of martial arts, responsibility helps foster leadership, discipline, and obedience. The Military regards character development as an individual responsibility. The youth participating in the USFL need to understand that ultimately the decision to have “good character” is an individual task that they need to take the control over. Responsibility includes owning up to the mistake one makes, and learning to grow from this. Under the umbrella of responsibility falls the notion of consequences, which is an important life lesson to teach the youth early on. In application of the sport context, it includes regularly attending practices, maintaining punctuality, paying attention to instructions given by coaches and officials, and upholding high academics.

Resilience, the ability to bounce back after failure, is another characteristic that is crucial for developing character. Resilience may also be defined as “achieving positive outcomes despite risk,” in the context of students from a high-risk background. By preparing students for the aftermath of failure, children no longer fear failure, which enables them to take risks that challenge themselves in their goals and actions. Within a Pankration context, resilience allows students to learn from mistakes after losing a competition, rather than giving up or sulking. It is common for children, especially at this age range of 8-16 years, to use unhealthy coping mechanisms.

Application must be submitted by approved coach

Date: _____

Name of Athlete: _____

(Must be licensed as of Dec 31, 2019)

Age of Athlete:

(Must be 13yrs as of Dec 31, 2019)

Name of Nominating Coach: _____

(Must be licensed as of Dec 31, 2019)

Ring Size: _____

(Size 8,10 or 12 only)

Name to be inscribed: _____

(First name initial if long last name)

Estimated number of Events: _____

*(Must have participated in at least 10 separate USFL or USFL recognized events, events where weight was missed, or disciplinary action occurred do not count. **Will be verified)*

I certify that my Athlete has demonstrated the following character traits:

RESPECT

RESPONSIBILITY

RESILIANCE

PRINT NAME OF NOMINATING COACH

SIGNATURE OF NOMINATING COACH

ADDRESS OF ATHLETE:

(Print Clearly)

EMAIL THIS COMPLETED FORM TO: Jon@fightleague.org

(Other methods of submitting will not be recognized, received or processed)

Gym participation in the Kravis Leadership Institute Character Development Program will be a future requirement once program is in place estimated 2021. Program will be free for all USFL training centers.