



Coach's Code of Conduct

- Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the match.

!!Remember!!

Wrestlers are involved in wrestling for fun and enjoyment.

- Be a positive role model to your wrestlers. Display emotional maturity and be alert to the physical safety of everyone.
- Be generous with your praise when it is deserved. Be consistent and honest. Be fair and just. Do not criticize wrestlers publicly.
- Learn to be a more effective communicator and coach. Do not yell at wrestlers.
- Adjust to personal needs and problems of the wrestlers. Be a good listener.
- Never verbally or physically abuse a wrestler or official.
- Give all wrestlers the opportunity to improve their skills, gain confidence and develop self-esteem.
- Teach all wrestlers the fundamentals of wrestling.
- Organize practices that are fun and challenging for your wrestlers.
- Familiarize yourself with the rules, techniques and strategies of wrestling.
- Encourage all your wrestlers to be team players and uphold sportsmanship.
- Maintain an open line of communication with your wrestlers' parents. Explain the goals and objectives of the club.
- Be concerned with the overall development of the wrestlers.
- Stress good health habits and clean living.

To Wrestle is great, to love wrestling is greater!

Coach _____
Date _____

Coaching Director