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## Men Coaching Women

### Helpful Guidelines

- **Coach us like men, but treat us like women** - quote from Mia Hamm (USA Soccer). Coach your female wrestlers as you would their male counterparts, while at the same time being sensitive to their needs as a female.
- **Try to avoid one on one closed door meetings.** You don't want anything to be misinterpreted. If you do have to have to have this type of meeting, it is best to have another female in the room. Note: Several male coaches have female assistants so that the female can freely communicate special female needs.
- **Communication and trust.** Let your female wrestlers know that you expect them to meet the same high standards created for any athlete to be successful. You must lead by gaining their respect, while being sensitive to their strengths and weaknesses, and showing that you value their contributions.
- **Protect yourself.** In the educational setting, you must be aware of harassment lawsuits. If you are working on technique or watching film, it is a good idea to have another female counterpart around.
- **Coaches must exhibit fairness, openness, and honesty** - NCAA Principles of Conduct. The teacher-pupil relationship can never be crossed. There is zero tolerance for inappropriate behavior.
- **Tone is critical.** The tone of your voice and body language plays a very strong determining factor of how your message is received, regardless of what is coming out of your mouth.
- **Use common sense.** You should develop a connective leadership style of coaching compared to that of the hierarchal style. You want to create an environment that totally supports and rewards their efforts in the intense sport of wrestling.
- **Promote it.** There are many opportunities for females to compete. If you have questions regarding this contact USA Wrestling.

**USAW National Coaches Education Program**