

USA Wrestling Coach's Code of Conduct



As a USA Wrestling Coach, your goal should be creating a fun and challenging atmosphere where athletes can reach their full human and athletic potential. Character development and physical fitness are by far the most important things a wrestler can take away from a wrestling season.

As a USA Wrestling Coach, I should be a **positive role model** to all wrestlers. I will:

- ✓ Be consistent and honest, and conduct myself in a way that is fair and just
- ✓ Never verbally or physically abuse a wrestler or official; and keep my public criticism constructive
- ✓ Be a good listener, and constantly strive to learn to become a more effective communicator and coach
- ✓ Display emotional maturity and be alert to the overall safety and wellbeing of wrestlers

As a USA Wrestling Coach I should **organize practices that are fun and challenging**. I will:

- ✓ Adjust my coaching style and methods to the personal needs and concerns of each wrestler
- ✓ Give all wrestlers the opportunity to improve their skills, gain confidence and develop self-esteem
- ✓ Teach wrestlers the age appropriate skills based on USA Wrestling's Athlete Development model, and demand a high level of sportsmanship in practice and competition
- ✓ Strive to teach athletes how to compete with intensity, while acting fairly within the letter and spirit of the rules
- ✓ Structure a safe environment for the athlete during practices, matches, travel, and other team functions.

As a USA Wrestling Coach I should **strive for the greater good** of the wrestling community. I will:

- ✓ Know and uphold all aspects of USA Wrestling's Safe Sport Program, and encourage parents, volunteers and athletes to become Safe Sport trained
- ✓ Strive for continuous improvement as a coach and gain knowledge of the most current rules, coaching techniques, and teaching methods for the sport
- ✓ Maintain an open line of communication with my wrestlers and their parents. Publish and explain the goals and objectives of the club; and, consistently enforce team policies with fairness, consistency, and an appreciation for individual differences
- ✓ Be concerned with the overall athletic and human development of my wrestlers. Stress good health habits and clean living. Help parents understand the bigger role that sports plays in the development of a child



- ✓ I will strive to keep the concepts of winning and losing in proper perspective. Winning is always a goal, but it's not the most important one. I will remember, wrestlers are involved in wrestling for fun and enjoyment.

At all times and in all things when dealing with the wrestling public, other coaches, and officials I will adhere to the values of responsibility, honesty, dedication, accountability, respect, and integrity.

I understand that as a USA Wrestling coach, I have assumed certain responsibilities to prepare, develop and be a role model. I have read this Coaches Code of Conduct and agree to be bound by its terms. I clearly understand what is expected of me as a USA Wrestling coach, and failure to adhere to this Code of Conduct will subject me to discipline up to and including permanent suspension of membership.

Coaching an athlete to wrestle well is admirable; helping them develop strong character and a love for the sport creates a legacy.