



Coach's Code of Conduct

As a Patriot Wrestling Club coach, my behavior reflects upon the coaches, wrestlers, and family members of Patriot Wrestling Club.

The Coach's is expected to:

- Stay focused on helping the wrestlers learn how to wrestle and have fun.
- Keep the wrestlers safe and healthy, both physically and emotionally.
- Help the wrestlers channel their energy in a positive direction.
- Focus on the positive for the wrestlers – executing proper technique, scoring points, being tactfully aggressive.
- Never tell wrestlers to harm or hurt other wrestlers.
- Help wrestlers correct wrestling mistakes with constructive criticism.
- Help build wrestlers up, including their strength, flexibility, balance, coordination, stamina, general fitness, self-confidence, self-discipline, self-awareness, mental toughness, self-reliance and self-defense.
- Never belittle, shame, degrade, mock, reject, threaten, frighten or ostracize wrestlers, parents, coaches or refs.
- Keep winning in the proper perspective. Losses are an important learning opportunity.
- Do not gloat or over celebrate after wins.
- Do not pout or get too down after losses.
- Be a good sport and promote good sportsmanship for all wrestlers, coaches and parents.
- Control emotions, behaving appropriately and rationally before, during and after practices and matches.
- Observe the rules of wrestling, including the spirit of the rules and the unwritten rules.
- Shake the other wrestler's hand after a match if the other wrestler comes over to you after the match.
 - Note: The other wrestler is not required to come over to you, as the coach, after the match.
- Respect the wrestlers, parents, coaches and families of all teams, and the referees.
- Never yell at or approach the referee, opposing coaches, or wrestlers during a match.
 - If there is a question on scoring, wait for a stoppage, approach the scorer's table, and get clarification.
 - Do not yell or converse from the corner. Do not walk out onto the mat towards the referee.
 - The rules and score can be questioned. Judgment calls cannot.
 - Keep emotions in check.
 - If you still feel that there is an issue, first consult a Patriot Wrestling Club Assistant Director or Director. They help interpret the situation and can escalate issues to the tournament director or head referee if necessary.
 - Keep perspective. While we want success for all our wrestlers, This is kids club wrestling, not Olympic qualifiers.



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- Maintain club contact information such as emails, phone numbers, etc. as confidential and only for club use.
- Never use club contact information such as emails, phone numbers, etc. for personal use or share with others.
- Never do any actions that are detrimental to or reflect poorly on the Patriot Wrestling Club.

Per common sense, and as defined in USA Wrestling's Safe Sport Policy, the following are obviously PROHIBITED: Physical Abuse, Emotional Abuse, Sexual Abuse, Harassment, Bullying, Hazing The hierarchy of who to report any serious issues to is, in this order: (1) an Assistant Coach (if appropriate), (2) Head Coach, (3) Director.

This is not a Carroll High School team. We are privileged that Carroll allows us to use the Carroll facilities, but no coach of the Patriot Wrestling Club is to post anything on Carroll's social media or web site, or bring issues to the Carroll staff. The chain above is to be followed for getting any serious issues handled.

Failure to follow any part of this Code, by any Patriot Wrestling Club coach, will result in disciplinary actions where that coach will not be allowed to coach in the next scheduled practice and/or meet.

For a grossly flagrant offense or a second offense, a meeting of the Patriot Wrestling Club Board will be called to see if the coach will be removed from the Patriot Wrestling Club program.

In consideration of being allowed to participate in any way in the Patriot Wrestling Club's athletics/sports program, and related events and activities, the undersigned has read and agreed to the Patriot Wrestling Club's Code of Conduct.

Coach's Name (print)

Coach's Signature

____/____/____
Date