

Hillsboro Mat Club
COACHES EXPECTATIONS

1. Role model all that we teach and emphasize to our wrestlers. Recognize we are representatives of Hillsboro Mat Club.
2. Exhibit our Mission Statement and Bylaw 2.3.
3. Coach wrestlers up.
4. Be on time, work hard, be honest and be fair.
5. Be job-oriented, which means we must be willing to spend necessary time to finish each coaching task completely, thoroughly and with a high-level of quality.
6. Be knowledgeable in our areas of coaching (presentation and repetition leads to habits which leads to learning). Utilize USA Wrestling resources, training opportunities, veteran coach insight, etc.
7. Coach ALL wrestlers.
8. Be the first to arrive and last to leave practices/tournaments. Do not leave a tournament until all wrestlers have finished wrestling.
9. Use appropriate language. We need to maintain our poise and focus during times when emotions are high due to a bad call or wrestler performance.
10. Listen when someone (another coach, official, etc.) is speaking.
11. Help with mat cleaning, setup/cleanup, tournament operations, etc.
12. Take responsibility and ownership for role as a coach (be critical of ourselves first and foremost if something did not go well).
13. Be positive with wrestlers and find that silver lining. If our approach to being demanding is a positive one, we will get the most out of our wrestlers.
14. Be positive with the parents and volunteer staff. Parents volunteering to help with check-ins, table scoring, timekeeping, etc are there to support you. Don't complain/don't blame.
15. Be positive with fellow coaches. Respect each other's roles and input. Once a final decision is made (even if different than what we had wanted) we need to support that decision not only with the wrestlers but also among ourselves (especially outside of the full staff setting). Don't complain/don't blame.
16. Keep open lines of communication with the Head Coach, staff and board. If there are any schedule conflicts, coaching/wrestler issues, or any other concerns, make sure the necessary people are aware.
17. Wear proper coaching attire and be visible/accessible at practice/tournaments. Understand that wearing the attire identifies me as a representative of the club in and out of wrestling events.
18. Return all personal messages that pertain to wrestling business.
19. Our primary goal is to develop our student-athletes as both people and wrestlers; to help them achieve their highest-level as such. It is important our wrestlers have fun participating in the sport and enjoy their experience in our program. We must do our best to find ways to improve wrestler's self-esteem.
20. Being in this wrestling program needs to be important to everyone involved, with respect to everyone's time and efforts. As a HMC coach, the program should be one of our priorities.