

Hillsboro Mat Club  
**PARENT EXPECTATIONS**

1. Let the coach do the coaching. Sideline coaching can be confusing and leads to a negative experience for your child. Instructing your child to not follow the coach's direction will not be tolerated.
2. Parents must remain in the stands. Only wrestlers and coaches on the mat. If you are needed for any reason, someone will call you down/over.
3. Practice is essential. It is important that all wrestlers participate in all practices and that they arrive on time. Athletes/Parents must notify their coaches if they are unable to attend practice. If they do not attend practice at all during the week, they will not be allowed to participate in that week's tournament. Exceptions are at the discretion of the Head Coach and Director of Coaches.
4. Help your wrestler maintain proper hygiene (shower, cut fingernails, etc), and report any feelings of sickness, possible injury or skin issues to your head coach or team manager immediately. Practice/Tournaments are secondary to the health of your wrestler and the team.
5. Wrestlers are expected to wear the proper attire to practice and tournaments. For practice, this includes comfortable/athletic type shirt and shorts or a non-issued/non-uniform singlet (no issued singlets to practice). At tournaments, this includes their team uniform singlet, shirt/shorts, and any other warm-ups/uniforms directed by the Head Coach.
6. Please do not use wrestling as punishment. Doing so affects the entire room/team.
7. Obnoxious behavior, use of profanity/abusive language will not be tolerated at any Hillsboro Mat Club event. This includes, but is not limited to, yelling at the tournament officials, coaches, wrestlers (including your child), other spectators and/or expressing your dislike in a verbally loud manner. Anyone displaying this behavior will be asked to leave. If you do not leave immediately after being asked the police will be summoned to handle the incident, which is now a violation of Oregon law.
8. The use of or being under the influence of tobacco products, alcoholic beverages or other intoxicants is prohibited on school property.
9. Be respectful of the spaces we practice and compete. This includes removing your shoes when walking across the mat. Make sure to cleanup after yourselves and dispose of trash properly.
10. If you desire to talk with a coach about a concerning issue, make an appointment through the team manager or send the coach an email with your concern. DO NOT approach the coach or coaching staff on tournament day or during practice. (AFTER practice is usually best)
11. Courtesy is required in all verbal and written communication. Do not criticize, harass or verbally attack any coach or member of Hillsboro Mat Club. Doing so will result in immediate suspension. (Waiting 24 hours to address a heated issue is usually recommended.)
12. Involved parents are vital to the success of Hillsboro Mat Club. We need volunteers to step forward in various roles to help make our program a success.
13. Be a good support system for your wrestler. Expect respect and discipline, but let the coaches handle constructive criticism. Don't give in to doubt! Trust the process. Encourage your wrestler's strength and dedication. Wrestling is hard. As a parent, it will be hard to watch your child struggle; but they will reap lifelong benefits when they learn how to push themselves and work through the lessons.