

Hillsboro Mat Club - **COACHES EXPECTATIONS**

1. I will role model all that HMC teaches and emphasizes to our wrestlers. I recognize that as a coach, I will represent HMC.
2. I will abide by the HMC By-Laws, especially 2.3 and exhibit our Mission Statement.
3. I will coach wrestlers up.
4. I will be on time, work hard, be honest and fair.
5. I will be job-oriented, which means I must be willing to spend the necessary time to finish each coaching task completely, thoroughly and with a high-level of quality.
6. I will be knowledgeable in all our areas of coaching. I understand that presentation and repetition leads to habits which leads to learning. I will utilize USA wrestling resources, training opportunities, veteran coach insight, etc.
- 7. I will coach ALL wrestlers.**
8. I will be the first to arrive and last to leave practices/tournaments. I will not leave a tournament until all wrestlers have finished wrestling.
- 9. I will use appropriate language, and maintain poise and focus even in times when emotions are high due to a bad call or wrestler performance.**
10. I will listen when someone (another coach, official etc) is speaking.
11. I will help with mat cleaning, setup/cleanup, tournament operations, etc.
12. I will take responsibility and ownership for my role as a coach.
13. I will be positive with wrestlers and find that silver lining. I understand that if my approach to being demanding is a positive one, we will get the most out of our wrestlers.
14. I will be positive with parents and volunteer staff. I understand that parents volunteering to help are there to support me and the coaching staff. I will not complain or blame.
15. I will be positive with my fellow coaches. I will respect each coach's role and input. Once a final decision is made (even if different than what I had wanted), I need to support that decision, not only with our wrestlers but also among ourselves (especially outside of the staff setting). I will not complain or blame.
16. I will 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, I will make sure the necessary people are aware.
17. I will wear proper coaching attire and be visible/accessible at practice/tournaments. I also understand that wearing the attire identifies me as a representative of the club in and out of wrestling events.
18. I will return all messages that pertain to wrestling business.
19. I understand that 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. I will do my best to find ways to improving wrestler's self-esteem.
20. I understand that being in this wrestling program needs to be important to everyone involved, and need to respect everyone's time and efforts. As a HMC coach, the program will be one of my top priorities.