



Upper Township Wrestling Association



P.O. Box 743
Marmora, NJ 08223

Upper Township Wrestling Coach's Code of Conduct

As an Upper Township 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 an Upper Township 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, coach, 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 an Upper Township 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



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- Structure a safe environment for the athlete during practices, matches, travel, and other team functions.

As an Upper Township 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 official and gain knowledge of the most current rules, coaching/officiating techniques, and teaching methods for the sport
- Maintain an open line of communication with all wrestlers, their parents, other coaches and officials.
- 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 all wrestlers. Stress good health habits and clean living. Help parents understand the bigger role that sports play 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 is not the most important one.
- I will place the emotional and physical wellbeing of my players ahead of a personal desire to win.
- I will remember that wrestlers are involved in wrestling for fun and enjoyment and it is one of my responsibilities to make sure that happens.

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.



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I understand that as an Upper Township 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 an Upper Township Wrestling coach, and failure to adhere to this Code of Conduct will subject me to discipline up to and including permanent suspension of my coaching duties.

Signature

Printed name

Date

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