



MAVERICKS WRESTLING EXPECTATIONS

The mission of Mavericks Wrestling is to promote, support, and develop amateur wrestling through preparation, competition, and fellowship. Our coaching staff conducts all training in an environment designed to promote a fun, yet informative, training experience. Hard work, dedication, and sportsmanship are promoted, and through positive reinforcement, our staff provides the best possible training for our young athletes.

Mavericks Wrestling has high character expectations for everyone associated with the club. This document is meant to outline the expectations of club wrestlers, parents, and coaches, but is not an all-encompassing document. There may be situations that are not explicitly discussed in the expectations, but still fall under its intent. Violation of our expectations will result in disciplinary action by the Mavericks Wrestling coaches and/or administration. Possible disciplinary actions may include: verbal warnings, practice or tournament suspensions, and/or dismissal from the club.

All Mavericks wrestlers, parents, and coaches will be held responsible for compliance with the guidelines set forth.



WRESTLERS' EXPECTATIONS

- 1) No wrestler is to abuse any coach or fellow wrestler physically or verbally
- 2) Wrestlers must listen to and follow the directions of all coaches.
- 3) Wrestlers will be expected to work hard at practice or will be asked to sit. Wrestlers shall not be disruptive during practice or competitions.
 - a) If a wrestler continues to be disruptive during practice, a parent will be asked to pick up the wrestler.
- 4) At all times, wrestlers must conduct themselves in a mature and respectful manner.
 - a) No unsportsmanlike yelling or cheering.
 - b) Win or lose, wrestlers must shake hands and congratulate their opponent.
 - c) No vulgar or obscene gestures of any kind should ever be made by a wrestler.
- 5) No wrestler is to use abusive and/or profane language at Mavericks Wrestling functions (practices, tournaments, meetings, etc.).
- 6) Wrestlers are not permitted in the wrestling room until a coach is present.
- 7) All wrestlers are to treat all Mavericks Wrestling property and equipment with respect.
- 8) The Mavericks Wrestling practice facility and any facility where competitions are held are to be respected.
- 9) Wrestlers will not come to practice if they are sick or have symptoms of illness.
- 10) Criminal activity, no matter the category or classification, will not be tolerated.



PARENTS' EXPECTATIONS

- 1) No parent or fan is to abuse another parent, fan, coach, wrestler, or referee physically or verbally. If a parent has a problem, concern, or issue, the only proper venue for discussion is with a Mavericks Wrestling staff member, in private, at an appropriate time.
- 2) All parents are to conduct themselves in a sportsmanlike manner:
 - a) No unsportsmanlike yelling (i.e., booing, teasing, or cheering if a wrestler is hurt or losing).
 - b) No instructions to take specific advantage of any injury incurred by an opponent while wrestling.
 - c) Unsportsmanlike gestures of any kind will be allowed.
- 3) Except in an emergency, no parent is to interfere with practices, meets, or coaching at any time. Coaches will be glad to talk to parents, in private, about any issue or problem before or after practices, meets, or as their schedule allows.
- 4) Please see that your child is picked up at the designated time after practice. The coaches will try to finish practice as close to the designated time as possible.
- 5) Please remember that this program is for our youth, but in no way is it to be used as an excuse for unfinished homework or other responsibilities. Explain this to your child so he/she can plan his/her time wisely.
- 6) Parents are NOT permitted to coach their child (on the edge of the mat) at any official practice or competition of Mavericks Wrestling unless you have approval from the Mavericks Wrestling coaching staff and have obtained a USAW Leader card.
- 7) Please keep your child home if they are sick or have symptoms of illness.



COACHES' EXPECTATIONS

- 1) I will always keep youth wrestling a positive and fun experience for my team.
- 2) I will encourage good sportsmanship by demonstrating positive support of all players, coaches, and officials at every game, practice, or other youth wrestling events.
- 3) I will place the emotional and physical well-being and safety of my team above all other considerations.
- 4) I will always practice positive reinforcement with my team and will reward them for their accomplishments.
- 5) I will read and seek to be informed about the rules of the sport I coach.
- 6) I will always speak to game officials with respect, on and off the mat.
- 7) I will be respectful in victory and defeat.
- 8) I will keep an open line of communication between myself and other coaches, parents, and board members.
- 9) I will set a high level of commitment that I will encourage my team to follow.
- 10) I will always be on the mats during practice. Discussions with parents will be held before or after practice unless the situation dictates otherwise.
- 11) I will attend practices regularly to understand what the team has worked on, so that I may effectively coach at events.
- 12) I will support and promote Mavericks Wrestling and will not engage in any activities that conflict with the best interests and goals of the club.
- 13) I will refrain from using profanity at any matches, tournaments, practices, or any other youth wrestling events.
- 14) I will refrain from using or being under the influence of drugs or alcohol while attending matches, tournaments, practices, or any other youth wrestling events.