

## H&M Mat Club Coaching Requirements, Code of Conduct and Information

### Requirements:

1. Complete and return the Coaching Fitness Form before the first practice.
2. Please respond to emails and phone calls promptly.
3. Follow the H&M Philosophy and Code of Conduct. See below.
4. Please review and be familiar with the H&M website and Facebook page.

### H&M Philosophy for Coaches

We coach 1) **Safety**-in the room and outside it; 2) **Fun**; 3) **Fundamental technique**; 4) and **Respect** towards fellow wrestlers, coaches and the STA facility.

In terms of technique, we always cover at least 2 of the following moves after we warm up with games and stretching. 1) Driving double leg takedown; 2) Standup with either leg and focus on getting your hips up and away; 3) Tightwaist ankle breakdown; and 4) half nelson.

### Code of Conduct for H&M Coaches:

- 1) Provide a safe environment for all the wrestlers at practices and matches - The safety of the boys is the club's first priority. Both St. Albans and Walt Whitman are excellent high schools with excellent facilities and good people, but you need to help make sure none of the wrestlers get lost or hurt.
- 2) Do not do anything to endanger the health or safety of another wrestler, coach or parent.
- 3) Do not threaten any other wrestler, coach or parent.
- 4) Do not lie, cheat or steal from the club or club members or coaches.
- 5) Be present and 15 minutes early for every practice and match. Notify Coach Long in advance if you cannot make practice or a match.
- 6) Be dressed in appropriate athletic attire. Please wear the H&M practice shirt at practice.
- 7) Teach the fundamental techniques of wrestling – If you need DVD's or books, just ask.
- 8) Know the Rules of Wrestling – The club will provide these to you.
- 9) Communicate with wrestlers, parents, opponents, coaches, referees and school staff in a positive way.
- 10) Good Sportsmanship - Sometimes athletes have to be reminded that this is important. Set an example and remind your wrestlers to do the same. Examples: No profanity or conduct that would set a bad example for a young wrestler.
- 11) Be comfortable instructing the wrestlers in practice and completion, i.e., *keep them focused!*
- 12) Remember that you represent the club, the wrestlers and their parents at all times.
- 13) Have Fun with the Sport – Competing in MCYWL will be a big step up from playing around at St. Albans. It is important that the boys come out of their matches, even if they lose, with a positive attitude that they accomplished something by competing on a cold Saturday when they could be playing video games.

***Failure to comply with any of the above rules can result in a warning, suspension or expulsion from the club***

*The guiding principles behind all this philosophy and the code of conduct is to avoid having a child get hurt; try to make wrestling as fun as we can so they stick with it until at least college; teach the fundamentals first so that those moves are automatic; and teach them that respect towards others, e.g., their teammates, their opponents, parents and coaches, is important.*

### General Information:

- 1) Coaches are paid at the end of each session. Pay is based on attendance.
- 2) Coaches are allotted one practice shirt and, if you coach during the winter, one golf shirt.