

# Fairfield Youth Wrestling Club

Our goal is to produce Winners not Wins.

## Expectations for Wrestlers:

Have a Positive Attitude - Have Fun - enjoy yourself...

There are no Dad's on the Mats - only Coaches

## Expectations for Wrestlers during Practice:

- Listen - Pay Attention - Respect all
- Do what is Right - Do what is Ask
- Work hard - Give 100% effort - Be Tough
- Help Teammates - Be a good partner - have patience with them

## Expectations for Wrestlers during Meets/Tournaments:

- Be on time ready to wrestle - Shoes, Singlet, Shirt
- Be Respectful - You are representing Fairfield and your parents
- Stay where you are suppose to - Mat #
- Be a Good Teammate
- Do not believe other wrestler's comments - they want to beat you
- Inform a coach when you are In the Hole
- Don't start wrestling with out a coach
  
- In the Hole - get warm & mentally focus on the wrestling
- On Deck - Focus breathing and visualize your plan
- When up - Take off warm up and report to the table

## Expectations for Wrestlers during Matches:

- Focus on the present - the match - nothing else matters  
Do NOT look at parents or in the stands look only to your coaches
- Be Aggressive - Hit all moves HARD! -Don't quit until the whistle blows
  - Leave mat satisfied -That you gave your best
- Win or Lose - Act like a Champion
- Listen to your coaches post match talk
- After match go give Mom & Dad a BIG HUG!

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## Expectations for Coaches:

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### Mandatory - 2 Deep Leadership

2 adults present when alone with a child that is not yours

Be in sight of others when with a child that is not yours

## Expectations for Coaches during Practice:

- Coach all wrestlers, not just own child
  - Have 10 interactions with others before coaching own child again
- Practice Proper Praise, balance (-) with (+); end with a positive
- Be patient and strive to know what each wrestler excels at

## Expectations for Coaches during Meets/Tournaments:

- Don't stress winning - only winning ways
- Practice Proper Professionalism
- Focus on working our moves vs. winning
- Pay Attention, Help, Support and Coach every kid
- Motivate and Coach positively

## Expectations for Coaches during Matches:

- Encourage Being Aggressive and going HARD!
- Practice Proper Professionalism
- Maintain control of your emotions
- Talk strategy with wrestler
- Only 2 coaches at match side
  - one lead - in charge – vocal
  - one observer of score, time & openings - quite input to lead
- Be wrestler's advocate during match issues
  - Make choice based on circumstances
  - Know the score and the period
- Post Match de-Brief (simple 1 or 2 items)
  - Practice Proper Praise, balance (-) with (+); end with a positive
- Club's preference is not to coach your own kid...

# **Fairfield Youth Wrestling Club**

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## **Expectations for Parents:**

Have a Positive Attitude - Have Fun - enjoy yourself...  
Win or Lose show your wrestler that you love them!  
Remember they are only 6 to 12 year old...

## **Expectations for Parents during Practice:**

- Have wrestler at room 10 minuets before start.
- Be at the room 10 minuets prior to end time.
- Due to room limitation, we prefer you do not stay in room.  
The school lobby will be open.

If you stay:

- Sit quietly against the walls that contain the doors, preferably as far away as possible from where your wrestler normally practices.
- The only voice heard should be the coaches.
- All children must sit quietly with their parent.
- No interaction with your wrestler except during breaks called by a coach.

## **Expectations for Parents during Meets/Tournaments:**

- Stay in the Stands - Cheer loudly & have fun
- Let coaches coach
- Don't stress winning - only winning ways
- Support every kid
- Team tourneys - stay till end and support the team.

## **Expectations for Parents during Matches:**

- Stay in stands
- Cheer until you can not talk!
- Win or Lose show your wrestler that you love them!
- Be Positive
- Be Positive
- Be Positive
- Remember they are only 6 to 12 year old...