



# Wrestling Western Australia Coaching Standards 2008

## **1 INTRODUCTION**

A “Coach” for the purpose of this document is defined as an individual (and their primary assistant) with Wrestling Western Australia (WWA) membership that heads and represents a wrestling club in Western Australia, and is recognized by WWA. The following paragraphs highlight the coaches’ responsibilities and provide rules/guidelines to set the standards for coaches participating in WWA. Additionally, the following standards have been developed to aid coaches in achieving a level of behaviour which will allow them to assist their athletes in becoming well-rounded, self confident and productive human beings.

## **2 COACHES RESPONSIBILITIES**

Coaches play a critical role in the personal as well as athletic development of their athletes. They must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches must also recognize that they are conduits through which the values and goals of a sport organization are channeled. The athlete/coach relationship is a privileged one, thus how an athlete regards his/her sport is often dependent on the behaviour of the coach. Coaches must also respect fellow coaches and officials to promote comradeship and sportsmanship in the WWA. The below paragraph highlights the responsibilities of coaches participating in the WWA:

2.1 Consistently display high personal standards and project a favorable image of the sport of wrestling and of coaching. Honour all promises and commitments made, both verbal and written, and:

2.1.1 Refrain from public criticism of fellow coaches; especially when speaking to the media or recruiting athletes.

2.1.2 Refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of his/her duties.

- 2.1.3 Abstain from the use of tobacco products while in the presence of his/her athletes and discourage their use by athletes.
- 2.1.4 Abstain from drinking alcoholic beverages when practicing, competing, and participating in official events with his/her athletes and discourage their use by athletes.
- 2.2 Coaches are to keep themselves up to date with relevant information on coaching skills and techniques, and to provide a high level of competence through appropriate training.
- 2.3 If made aware of significant pressures in athletes' lives, e.g., family and financial or academic difficulties, coach in a manner that takes these pressures into consideration.
- 2.4 Ensure that the activity being undertaken is suitable for the age, experience, ability and fitness level of the athletes and educate athletes as to their responsibilities in contributing to a safe environment.
- 2.5 In the case of minors, communicate and cooperate with the athlete's parents or legal guardians, involving them in management decisions pertaining to their child's development.
- 2.6 Give athletes the opportunity to discuss, contribute and to agree with proposed training and performance standards. Provide athletes with information necessary to be involved in the decisions that affect them.
- 2.7 Direct comments or criticism at the performance rather than the athlete. Provide feedback to athletes and other participants in a caring manner that is sensitive to their needs.
- 2.8 Ensure that the best interests of the athlete are catered for where possible. Recognize and accept when to refer athletes to other coaches or sport specialists.
- 2.9 Cooperate with registered medical practitioners in the diagnoses, treatment and management of their athletes' medical and psychological problems. Consider the athletes' future health and well being as foremost when making decisions regarding an injured athletes' ability to continue wrestling or training.
- 2.10 Treat all wrestlers and officials with due respect both in victory and defeat and encourage athletes to act accordingly. Behave in a courteous and respective manner at all competitions.

### 3 COACHING RULES

3.1 All coaches must have an approved and current Working with Children Check

3.2 Take all reasonable measures to ensure the safety of the athletes with whom they work.

3.3 Do not exploit any relationship established as a coach to further personal, political or business interests at the expense of the best interests of their athletes or other participants in wrestling. (i.e. Conflict of Interest). Any disruptive or inappropriate behavior between the coaches and the athletes will not be tolerated.

3.4 Respect athlete's dignity; verbal or physical behaviors that constitute harassment or abuse are unacceptable.

3.5 Never advocate or condone the use of drugs or other banned performance enhancing substances.

3.4 Never contribute to the abuse of alcohol, tobacco products, or other recreational drugs by athletes.

WWA provides sponsorship, insurance and some funds for wrestling participants from various state clubs. If a coach is in violation of these Standards the coach may be subject to disciplinary action which may include:

- a formal reprimand;
- withdrawal of funding and/or sponsorship;
- suspension from WWA;
- dismissal from any WWA;
- or a combination of such actions;
- possible infractions and sanctions are not limited to those outlined above.

I have read and acknowledge the above Coaching responsibilities and rules.

Date: \_\_\_\_\_.

Name: \_\_\_\_\_.

Signature: \_\_\_\_\_.

Witness: \_\_\_\_\_.

Signature: \_\_\_\_\_.