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## Parent/Guardian Policies

We want to take this opportunity to welcome you and your Athlete(s) to TTWC! The policies set forth in this document apply to all parents and guardians of TTWC Athletes.

**Policy Statement.** TTWC believes that our interests and yours are aligned. We want our Athletes to be successful, safe, and become outstanding wrestlers and young adults. With that in mind, these policies are designed to create appropriate boundaries between the Coaching Staff and you for the benefit of the Athlete. It is important for parents/guardians to consistently follow these policies, especially in front of the Athletes. If an issue arises regarding complying with or concern regarding a particular policy, we request that you make an appointment to meet with the Coaching Staff to discuss the matter.

**Consequences of Not Following Policies.** If a parent/guardian fails to follow any of the Club's policies, TTWC will take steps to address any such issues. Repeated and/or egregious violations may result in the Athlete being expelled from the Club.

**Parent/Guardian Policies.** Parents/Guardians are expected to be supportive of the Athletes and we at TTWC believe that all parents/guardians have their Athlete's best interests at heart. That said, highlighting issues for parents/guardians to be aware of and setting expectations when dealing with those issues will prevent any misunderstandings and provide a stable and consistent environment in which the Athlete can thrive.

1. Always remember that kids participate in wrestling for their enjoyment and not yours. No matter how well or poorly your child performs, the first question you should ask him or her is whether they are having fun and enjoying themselves.
2. Encourage your Athlete to participate but do not force them to do so. Wrestling is a very difficult sport both physically and mentally. If an Athlete is giving you signs that they are no longer having fun, talk to them. TTWC Coaches can help if you believe it would be beneficial.
3. Always be positive about your Athlete's performance and compliment them on things they did well. Do not dwell on mistakes.
4. Do not make wrestling about winning and losing. It is very easy to get caught up in the excitement of a wrestling season. But never forget that your Athlete is the one wrestling not you. They do not need the added pressure of parental expectations of having to win a match or that they "should" win a particular match. All Athletes,



- particularly those below the high school level, should focus on learning and improving, not their win-loss record.
5. During the season, TTWC Coaches and parents/guardians will be the Athlete's authority figures. They watch everything we do. If we behave poorly, they will mimic that behavior. It is therefore critical that we all model behavior of the highest character. Thus, should you have an issue with a coach (an in-match decision; a scheduling issue; etc.), please speak to the coach privately to address your concern. TTWC will not tolerate abusive language or behavior by a parent or guardian towards its Coaches or Staff.
  6. Similarly, your behavior at tournaments will be something your Athlete will always remember. Were you supportive? Did you cheer and encourage them? Did you compliment them on something even after a loss? Or were you mat side screaming at the official? Coaching over the coach? Belittling your Athlete's opponent? TTWC will, of course, not tolerate bad behavior by a parent/guardian at a competition. In egregious cases, we may ask you not to attend upcoming events.
  7. TTWC requests that parents/guardians remain in the viewing stands and out of the competition areas during tournaments. It is critical that TTWC Coaching Staff be the only "coaching" voices our Athletes hear when they are warming up and during a match. We want to avoid situations where a parent is competing with the coach to get the Athlete's attention during a match. That said, we strongly encourage you to cheer as loudly for your Athlete as you can from the stands. Your general encouragement is much more valuable to them than telling them they need to get out from bottom!
  8. With regards to officials, it goes without saying that they are not perfect and will make mistakes. However, even if an official "blows a call" that costs your Athlete a match, you may not, under any circumstance, speak to that official directly. TTWC Coaches are present at tournaments not just to coach the Athletes through matches but protect their interests with officials. If an official's call requires discussion, that is the sole responsibility of the Coaching Staff. Any communications by a parent/guardian directly with an official about a match call will not be tolerated as (a) it is improper and (b) can negatively impact TTWC's reputation with Referees and Tournament Officials.
  9. TTWC discourages parents from sitting in on practices. We do this to ensure that our Athletes are completely focused on the Coaching Staff. However, we also acknowledge that some parents want to observe practice. We therefore have adopted the following policy with respect to parents attending practice:
    - a. Unless an exception is granted by the Coaching Staff (see item 10 below), no parents are permitted in the practice room until the last 30 minutes of any practice. If you do observe the last 30 minutes of practice, you must stay off the mats and refrain from making noise or otherwise



causing a distraction. Also, there will be no cell phone use permitted in the wrestling room during practice.

- b. Parents must also not “coach” the Athletes (their own or others) during practice for any reason.
- c. Any parent/guardian or other person observing practice who causes a disruption will be asked to leave the wrestling room until practice is concluded.

10. Additional situations where TTWC will permit parents to attend practice include:

- a. If an Athlete of any age or level is attending their free trial practice, the parent may be invited to observe practice so they can see the environment and ensure that it is appropriate for their Athlete.
- b. For new and younger Athletes, the Coaching Staff, at its sole discretion, may approve a parent observing practices to provide a familiar face to that Athlete until they get used to their environment.
- c. Any other exception requests to this policy are at the sole discretion of the TTWC Coaching Staff.
- d. Parents who are not approved by exception to observe practice will be asked to leave the wrestling room.

11. Parents/guardians should also carefully review the Code of Conduct and Club Rules and discuss with their Athletes any issues or concerns. TTWC Coaching Staff is also available to answer questions and allay any concerns.