**Dallastown Wrestling Philosophy**

**Coaches Philosophy:**

**Major Themes-**

1. **Athletes First and Winning Second-Guiding principle for all decisions that will be made regarding individual athletes and the team as a whole.**
2. **Athletic participation should be an extension of the class room.**
3. **Wrestling provides a unique avenue to learn essential character traits needed for success in life.**
4. **The safety and well-being of all athletes is of primary importance.**
5. **Create a positive environment where athletes can enjoy and learn the sport of wrestling**
6. **No individual is more important than the team.**
7. **Important to learn to survive success and failure.**
8. **Sportsmanship is essential in success and defeat.**
9. **Reliability, honesty and Integrity are the cornerstones of success.**
10. **All wrestlers can be better than they are physically, mentally and technically.**

**Student-Athlete Expectations:**

1. **No form of hazing or harassment of team mates will be tolerated**
2. **Communicate all problems or concerns immediately to the coach. First contact should be Athlete to Coach.**
3. **Be accountable for your own actions.**
4. **Be on time, honest and reliable**
5. **Strive to improve every day**
6. **Be coachable and open to suggestions**
7. **Represent Dallastown in a positive manner in every way.**
8. **Achieve in school to the best of your ability**
9. **Show respect for your team mates, opponents and coaches.**
10. **Team before self.**

 **Parent Expectations:**

1. **Support your child in success and failure.**
2. **Refrain from giving coaching advice to the athlete. Even positive critique from a parent can cause parent-child relationship stress and strain.**
3. **Support Coaching decisions in the presence of your student-athlete.**
4. **Display good sportsmanship as a fan and parent.**
5. **Be positive in your comments regarding other wrestlers, coaches and opponents.**
6. **Encourage your child to communicate any problems or concerns to the coach first.**
7. **Encourage good eating, sleep and study habits.**