



# Glasgow Phoenix Wrestling Club



We build character, inspire discipline,  
encourage respect, motivate & teach new skills

## How can i become a good wrestler?

- Don't miss training.
- Be on time.
- Be ready to learn.
- How are you feeling today? Why are you feeling this way?
- Listen when the coach is talking.
- Ask questions.
- Use your training diary.
- Rest when you need to. If you don't feel 100% then just do your best or rest.
- Recovery – just as important as training hard, get a good sleep. Early to bed!
- Visualise – close your eyes and picture yourself completing techniques.
- Shadow wrestle – practice movements on your own.
- If you ever feel overwhelmed just close your eyes & take some slow deep breaths. Count to 20 slowly.
- Have FUN – if you aren't enjoying wrestling then speak to the coach.

## Training diary

This is your training diary. Use it however you like but here are some ideas:

- Training notes – anything you have learned that week at training.
- Questions you have. If you want to remember to ask the coach a question – write it down.
- Write something positive. It can be about yourself or something good that's happened.
- Goals & Aims – write you targets for the year but also easy achievable ones for the day.
- Write what food/drink you have had today.
- Draw your techniques and the things you enjoyed about wrestling.
- What do you want to improve about yourself or your wrestling.





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## Code of Conduct

As a member of Glasgow Wrestling Club all young athletes are expected to demonstrate a professional level of behaviour and commitment. Glasgow Wrestling Club believe it is important that all athletes, coaches, administrators, parents and officials show respect and understanding for the safety and welfare of themselves and others at all times.

As such all young athletes are expected to abide by the following:

1. Arrive at all training sessions on time, ready to participate and show commitment to the sport. - forfeits will be in place for latecomers -usually a LOT of press ups.
2. Participate within the rules of the sport, respect decisions of coaches and officials and demonstrate respectful behaviour towards all fellow athletes and opponents.
3. Take care of your personal hygiene. Wash your hands before and after sessions. Make sure your boots are clean before stepping on the mat.
4. Always wear the appropriate kit/uniform during training and wear suitable attire to all events.
5. Demonstrate positive behaviour at all times. No swearing or inappropriate behaviour in any public environment (i.e. whilst in the club, travelling as part of a team/squad, at team events/ functions etc).
6. Treat fellow athletes, coaches and staff with respect at all times. Derogatory statements about individuals will not be tolerated.
7. Agree not to smoke, consume alcohol, or take non-prescription drugs of any kind.
8. Treat all sports equipment and venues with respect and keep it in good condition. This includes leaving toilets and changing areas tidy at the end of sessions.
9. Inform your coach of any injuries or illness you may have before your session begins.
10. Make sure you know who your club's Child Protection Officer is and don't hesitate to contact them should you have any questions / concerns about the safety of your own or your fellow athletes. You may always get in touch with Glasgow Wrestling club or the Scottish Wrestling Child Protection Officer.
11. Follow the instructions of coaches and staff. If you are given instructions you don't understand or agree with, challenge these in a calm and respectful manner.
12. Do not use mobile phones during training, competitions or in changing areas.
13. Demonstrate respectful behaviour in all areas of your life including on social media. Remember that what you post or share reflects on you as a person and as a member of Glasgow Wrestling Club.
14. Enjoy it, if you aren't enjoying the class, speak to the coach, take a break.

