

# **2013-14 LOCKER ROOM TALK / RESPONSIBILITIES**

(Keep **brief** – 7-8 minutes)

- **Introductions**
  - **Introduce self** to coaches & team
  - **Coach verification** that all wrestlers are in proper uniform, properly groomed / equipped and ready to wrestle
  - Wrestlers compete, coach's coach and fans cheer; my primary focus is sportsmanship and safety. **Stay focused on your role tonight.**
- **Inspection of contestants (quickly)**
  - Grooming / hair coverings / **taping**
  - Face masks / pads / headgear / **T-shirts**
  - Laces / jewelry / proper uniforms / mouth guards
- **Rule changes**
  - no major rule changes
  - however – absolutely **no** post match handshakes (applies to duals only) to opposing coach
- **Reminders**
  - **inspect skin daily throughout season – report changes to coach**
  - **3<sup>rd</sup> penalty is stalling – opponent gets choice on restart**
  - **Reporting to the mat** procedure (review briefly)
  - **Fleeing** the mat
  - **Front headlocks** / restricting breathing
  - Start and stop on **whistle**
  - **Line is in / beyond line out / any part of both shoulders or scapula in for NF**
  - **Your thoughts on stalling**
- **My communications** to you while wrestling
  - Listen to what I say!!
  - Explain what are some phrases / comments you use on the mat  
(Ex: center / work in / keep it legal / easy down / let him breathe / etc.)
- Address **captains**
  - Shake hands with captains
  - Your responsibilities
  - Team sportsmanship
  - Bench conduct
  - Encourage wrestlers to consider officiating as a HS athlete
- **Questions or concerns??** - Good Luck - wrestle hard!

## **IN THE GYM RESPONSIBILITIES**

- Find **meet manager** and introduce yourself (know where he / she will be for the entire contest)
- **Examine facilities** for safety
  - 5 feet of **safety mats** / mats properly secured
  - **Blood materials** / first aid in corners
  - **Chairs** / head table / bleachers at least 10 from the mat
- Meet with **head scorer and timekeeper** (explain your expectations)
- **Review lineups**, starting wt. class, and check weight eligibility (if time permits)
- **Do not fraternize** with coaching staff or spectators or athletes
- **Meet with captains and coaches** at edge of mat for choice of odd or even matches, reminders about starting weight and sportsmanship.