

CROSS-GENDER COACHING:

A GUIDE FOR WRESTLING COACHES



1. ACCEPTABLE & ALLOWABLE PHYSICAL CONTACT



MAINTAIN PROFESSIONAL BOUNDARIES.

Burden of boundaries is always on the coach.

Acceptable touch must be clear and instructional.

Demonstrate with technique-specific actions only, not social/emotional contact.

Use visual and verbal cues first.

☑ Seek verbal consent for demonstrations.

☑ Maintain 2-adult rule in all settings.

☑ Educate athletes on their rights.



2. FEMALE-SPECIFIC HEALTH ISSUES



HELP MALE COACHES UNDERSTAND:

Menstruation, RED-S (Relative Energy Deficiency in Sport), and nutritional needs.

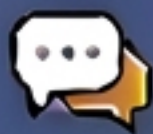
Normalizing conversation creates a safer environment.



Nutrition



Nutrition



3. EMOTIONAL PERCEPTION & COMMUNICATION



FEMALES ARE MORE PERCEPTIVE.

They are better at reading coach emotions, so be aware of what you say and how you act.

Coach motivation comes from trust.

Process goals over outcome goals.

Explicitly explain the 'why'.

TRUST



QUICK ACTION CHECKLIST FOR MALE COACHES

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| ☑ 1. Maintain professional boundaries | ☑ 6. Female-specific health issue awareness |
| ☑ 2. Find locker room supervision solutions (2 Adult Rule) | ☑ 7. Set clear boundaries |
| ☑ 3. Build trust | ☑ 8. Be aware of emotions |
| ☑ 4. Explain the 'why' | ☑ 8. Validate feelings |
| ☑ 5. Focus on technique over weight | ☑ 10. Technique-based contact only |

