



November 12, 2019

Dear Wrestling Coach:

**Thank you** for your interest and willingness to share your talents and time with our wrestling youth. This packet is designed to get you started toward a successful and rewarding 2020 season. Some of you have been with us for years, others are new to Bangor Area Wrestling. Regardless, we know we will all make great gains in meeting personal and organizational goals if we understand and define them from the beginning.

**Coach H (Aaron Hoshide)** is our *youth wrestling coordinator*. He is tasked with ensuring that Bangor Area Wrestling meets its strategic goals in relation to our coaches, including training and satisfaction. **Please complete the attached document, including background check release** and feel free to share your thoughts/ concerns/ ideas with him at: [aaron.hoshide@maine.edu](mailto:aaron.hoshide@maine.edu) or you can reach him on his cell at 207-659-4808.

*Youth practice leaders* are tasked with creating and leading the practice plan for our intro and youth practices. They want to capitalize on the full team of coaches that we have! Practice leaders rely on your thoughts/ ideas as well as your time and commitment to the youth in our programs. Be sure to disclose your favorite move so we'll look to you for that demonstration! Finally, if being a formal youth practice leader is a position you would welcome, please reach out to Coach H or Kristie.

**Jordan Fogg & Dan Considine** coach our middle school team.

Philosophy:

We ask that all coaches spend some time familiarizing themselves with Bangor Area Wrestling. A great place to start is our website: [www.bangorareawrestling.com](http://www.bangorareawrestling.com) Please pay close attention to the home page, which includes our vision and mission statement as well as our strategic plan (button just under mission statement). The goals outlined in the strategic plan ensure that we are aligned and working together under the same culture. 2020 will be our 7th season of growing wrestling in the greater Bangor area. The strategic plan comes from years of research into community wants/needs as well as best practices/research by experts in the field of youth sports. We are thrilled that you are choosing to join these efforts!

Finally, my name is **Kristie Miner**. With my husband, Coach H, I am one of the original co-founders of Bangor Area Wrestling. I currently serve as the **Chair of the Board of Directors**. My goal is to create sustainable programming that will ensure wrestling has a vibrant and bright future in the Bangor area. I feel very fortunate to work with such an amazing group of volunteers. Please don't hesitate to reach out to me with any ideas or concerns. Since safety is of utmost importance, I ask that should you ever have any concerns about wrestler safety, including suspected abuse or neglect within our outside of our program, please contact me immediately at **207-659-1941**.

Thank you!! Looking forward to 2020 being our best season yet!

PO Box 8382 - Bangor, ME 04402 - [bangorareawrestling@gmail.com](mailto:bangorareawrestling@gmail.com)

[www.bangorareawrestling.com](http://www.bangorareawrestling.com)



**2020  
Pre-Season  
Coach Survey**

Thank You!!

Name:

I have the following wrestling experience:

I have the following coaching experience (include all sports):

I have the following safety training (CPR, first aid, etc):

Other relevant skills: (e.g. athletic training, working with youth with disabilities):

The mission of Bangor Area Wrestling includes fostering coach development. The Aspen Institute, Project Play Report states that parents are looking to enroll their children in programs that have trained coaches. Coach development needs and interests can vary from technical aspects of wrestling, to coaching methods, to safety. The final page of our Strategic Plan has a host of resources available for coaches. We also believe that one of our greatest resources is each other and encourage coaches to learn from one another. **Please list your training interest(s) and how we can help you.**

My goals for this season are:

(please state how you will define success and satisfaction this season)

Please complete and submit the background check release required by the OTO YMCA or that for Bangor Parks & Recreation found at:

[http://www.bangorparksandrec.com/forms/5831\\_volunteer\\_form\\_2018\\_fillable.pdf](http://www.bangorparksandrec.com/forms/5831_volunteer_form_2018_fillable.pdf)

Please e-mail or text **a photo and bio** to: [bangoareawrestling@gmail.com](mailto:bangoareawrestling@gmail.com) or 207-659-1941.

You will be added to our *Coaches and Volunteers* Facebook album. For sample bios and to learn more about our team, please find a link to the album through our website at:

<http://www.bangoreawrestling.com/about-us.html>.

Our wrestlers and their families love to learn about our coaches!

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