



CARY SCHOOL DISTRICT 26
JOB DESCRIPTION
ASSISTANT WRESTLING COACH

Reports To: Athletic Director and Building Principal

Supervises: N/A

Position Summary: The assistant wrestling coach is responsible for planning, organizing, and supervising all aspects of the wrestling program for middle school students. The coach promotes skill development, sportsmanship, teamwork, and a safe environment while adhering to district, conference, and IESA regulations.

Qualifications:

- Previous experience in wrestling as a coach or athlete preferred
- Knowledge of wrestling techniques, rules, and safety protocols
- Ability to effectively supervise and motivate middle school students
- CPR/First Aid certification preferred (or willingness to obtain)
- Must meet all district coaching requirements and background checks

Responsibilities Include:

- Plan and deliver developmentally appropriate wrestling practices
- Teach fundamental and advanced wrestling skills, techniques, and strategies
- Promote positive sportsmanship, team culture, and respect
- Supervise students before, during, and after practices, meets, and events
- Maintain a safe environment by enforcing safety procedures and proper use of equipment
- Communicate schedules, expectations, and updates to athletes and families
- Coordinate meet preparation, including rosters, weigh-ins, and equipment needs
- Attend all required coaching meetings and professional development
- Collaborate with school administration and athletic staff
- Ensure compliance with IESA and district athletic policies
- Model appropriate behavior and serve as a positive role model for students

Skills:

- Strong leadership and motivational skills
- Effective communication with students, families, and staff
- Ability to manage behavior and promote a positive team environment
- Knowledge of adolescent development and coaching best practices
- Organizational skills for managing schedules, equipment, and program logistics



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TERMS OF EMPLOYMENT:

This is a seasonal position. The hours for this position are from 2:40 pm – 6:30pm. Salary and benefits as established by the Board of Education.

JOB DESCRIPTION CREATION / REVISION DATE:

12/2/2025