



Clinch Academy Adult MMA Competition Team Requirements

Purpose: To make known the intentions & requirements for the Clinch Academy Adult MMA fight team.

Goal: To establish and properly equip a group of individuals who want to train and represent the Clinch Academy as a Team in Mixed Martial Arts Competitions.

The intention and purpose of starting an MMA Fight Team training session is to gather together those who are serious about training for and competing in MMA competitions in representation of the Clinch Academy.

Qualifications:

1. Try outs will be hosted for any “New Comers” to the Team.
2. Attendance for fight team training is to be taken seriously. Any slack in your attendance could suspend your membership to the team.
3. If we are going to be a Team we have to look like a Team. All Clinch Academy competition team members will wear a Clinch Academy Hoodie or T-Shirt before a fight and Clinch Academy Fight Shorts during a fight.
4. All corners will also wear Clinch Gear.
5. All Team Members must know, understand and represent the Clinch Academy Competition Team Warrior Code.

Other:

When we have an official training camp set for a fight, we will have Coaches & Team Captains.

Coaches: The job of the Coaches will be to run the training sessions, give strategical & technical advice, hold you accountable to your work and training ethic. The coaches may or may not be present at competitions.

Team Captains: Team Captains are the stronghold for the team. Team Captains must be an example of how to train properly and role model for the rest of the team. Strength and encouragement are what the team come to you for. Team Captains will always be present at training sessions & competitions. During competitions Team Captains also play the role of Coach if a coach is not present.

**Coach and Team Captains may be the same person at times.*



TEAM CAPTAIN DUTIES AND RESPONSIBILITIES

The TEAM CAPTAIN will be expected to:

- Be on time to all team practices and team functions (at least 5-10 minutes early),
- Promote a positive attitude and positive team interactions - every day,
- Provide a positive role model and exemplify the Competition Team Warrior Code,
- Work closely with and be the “point-person” for the coaches,
- Encourage and support all teammates,
- Lead the team through good, the bad and ugly times,
- Perform other related team duties (as needed or requested by the coaches).

WORKING CONDITIONS/ENVIRONMENT:

The TEAM CAPTAIN will be asked to perform his/her roles at all times. This includes situations when the team is not performing well, in the midst of a tough training session, when teammates are struggling, if there is any conflict between team members...

ESSENTIAL JOB FUNCTIONS:

The TEAM CAPTAIN will be asked to:

- Be the hardest worker on the team (be the most committed/compelled)
- Model the Clinch Academy warrior code on and off the mat.
- Model mental toughness by remaining confident and focused . . . and by responding to individual and team setbacks/mistakes in an appropriate manner,
- Develop strong interpersonal and team relations (friendships),
- Provide energy and passion,
- Compliment and support teammates,
- Challenge teammates to get better and work harder,
- Confront teammates' negative attitudes, complaining, gossip, and lack of effort,
- Refocus teammates when distracted,
- Make good decisions,
- Check in and take direction from the coaches.

ABILITIES AND SKILLS NEEDED:

- Passion and enthusiasm,
- Energy and hard work,
- Commitment to be the BEST,
- Good verbal and nonverbal communication skills,
- Strong character (good decision-making),
- Confidence and mental toughness,
- Assertiveness (to do what is needed),
- Composure (to remain cool and calm under pressure).

QUALIFICATIONS REQUIRED:

A willingness to go “outside your comfort zone” and push your teammates (and yourself) to a higher level . . . every day!



Clinch Academy Competition Team

Warrior Code

“The Lord is a Warrior, The Lord is His name.”

Exodus 15:3

“The horse is made ready for battle but the victory belongs to the Lord.”

Proverbs 21:31

“If you faint in the day of adversity, your strength is small.”

Proverbs 24:10

“Do not put yourself forward in the Kings presence or stand in the place of the great, for it is better to be told, “Come up here”, than to be put lower in the presence of a noble.”

Proverbs 25:6-7

This Clinch Academy Warrior Code is specifically tailored to our Competition Team. The purpose of the warrior code is to ensure that our Team knows, understands & practices the proper virtues that must accompany the Clinch Academy Competitor. Competing is about much more than winning and losing. The act of competing within itself provides opportunity to refine yourself as a human being. I believe competition is good and that it is a tool God uses in our lives to accelerate growth. However, with the wrong attitude, competition can become perverted into something wicked very easily. Competition should help us become more proficient in our craft, develop our body, and give us the opportunity to grow in character.

Courage: Knowing the right thing to do and acting on it, even in the face of fear.

Self-Control: The ability to prevent yourself from doing something you WANT to do when you know it is the wrong thing to do.

Self-Discipline: The ability to force yourself to do something you DON'T want to do when you know it is the right thing to do.

Kindness: The act being friendly, courteous, generous, warm & considerate toward others.

Honesty: Always being true toward yourself and others.

Humility: Putting others interest above your own and maintaining an honest evaluation of yourself.

Respect: Deep admiration for someone or something elicited by their abilities, qualities, or achievements.

Honor: The point when a true respect leads to obedience.

Integrity: The quality of being honest and moral.

Perseverance: Setting goals, committing to them and enduring to the end.

All Competition Team members must value, practice and continually work to grow in these virtues on and off the mat!

Other Important Notes for MMA Fighters:

- Mixed Martial Arts has taken some of the honor, respect and integrity out of Martial Arts and has become more about ego, pride and show. We believe in representing Martial Arts in a positive light. When taught and practiced the right way, Martial Arts can be great for our community, but it can also be presented in a way that is perverse and not healthy at all. Just think Miyagi and Cobra Kai! There are different kinds of Academies out there with different motives and visions. We are more of a Miyagi school. Martial Arts should be a tool for personal growth, character and good conduct. Honor, Respect Integrity and Humility should be practiced and displayed just as much as your technical skill as a Mixed Martial Artist!
- Your walk out music is also to be considered. Does the music you choose to walk out to reflect the honor & respect that, not only we promote at the Clinch Academy, but the honor and respect I believe Martial Arts deserves? Be thoughtful about what you're choosing as your walk out music. You are not only representing yourself, but also your team and martial arts as a whole. Not to mention all of those who may look up to you one day. What kind of role model do YOU want to be? I ask that you at least keep the language as clean as possible in your walk out music. If your walk out music included a bunch of F-bombs, I would not even want to post your fight on our page if it were on youtube.
- Keep your conduct honorable before and after your fights. It is easy to get caught up in the hype before a fight whether it be during interviews or in the locker room. It is just as easy to get revved up after a fight whether you win or lose. Clinch Academy fighters keep under control. We are calm under pressure. We are confidently humble. ***"A gentle lion is still a lion!"*** We are gentle lions! We keep our power under control. Control your actions, control your speech and walk with integrity.