

BOARD MEMBERSHIP COMMITMENT

USAW/NJ has a long history of creating opportunities for youth to participate and grow in the sport of amateur wrestling. The athletes have a history of some of the greatest successes in the sport of wrestling on a scholastic, NCAA, and Olympic level.

USAW/NJ has had leaders who have been elected to and participated with the highest levels of USA Wrestling Board of Directors and on national committees. Active, concerned, and contributing members of the State Governing Body (SGB) are crucial to the organization's continued success and its' ability to achieve its goals.

Accordingly, State Governing Body members are expected to:

- Understand the organization's mission and purpose; ie.: know the SGB's goals, annual calendar, by-laws, programs, strengths, needs and responsibilities of each board member.
- Regularly attend meetings to which you are a part: SGB, Executive Committee, Councils, other Board and ad hoc committees.
- Participate actively on at least one Board Committee and immediately notify the Chair if one's duties cannot be fulfilled.
- Prepare for and participate in SGB and council/committee meetings. This includes responding to all communications (emails, text messages, phone calls, etc.) within at least a forty-eight hour time frame.
- Maintain confidentiality of all USAW/NJ sessions and communications.
- Avoid expressing in any public forum negative communication regarding the program, the leaders, and those we serve. This includes social media postings.
- Read and understand the organizations financial statements and help the SGB fulfill its' fiduciary responsibility.
- Be an enthusiastic advocate for the organization in all-relevant activities, helping to build and grow the brand.

- Always be on the lookout for and suggest nominees for the SGB and for its' councils and committees who can make significant contributions to the work of the mission of USAW/NJ.
- Strive to remain on message during meetings and bring sense of humor to meeting deliberations.

Board member name

Signature

Date