



Prerequisites for Wrestling Success

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What does it take to enjoy success in the sport of wrestling? Check out these prerequisites, do some self-evaluation, make some adjustments, then take your performance to the next level. Do you...

- Work constantly on the mat and initiate the action... make things happen... dig down deep when it is necessary.
- After a mistake, or a defeat, or a coach's criticism, come back strong... work hard to make corrections.
- Never give up... always believe that the match isn't over until the final whistle.
- Work on your weaknesses to make them strengths... arrive to practice early and stay late to work on problem areas.
- Plan, evaluate, and study video tape.
- Take tips, ask questions, listen to your coaches, and other wrestlers... show a willingness to learn... admit to errors and mistakes without excuse.
- Pursue activities both in and out of season to maintain conditioning and improve skills (strength training, running, stretching and flexibility, freestyle and Greco-Roman wrestling, attend camps and clinics).
- Perform in the big event as well as in the normal match... come through in close matches... make the "big play" move when needed.
- Stay motivated... come back strong after a setback, mistake, missed opportunity, or a bad call by the official.
- Set goals... evaluate, make adjustments, and make sacrifices to achieve your dream.
- Control your temper... hold back without retaliating against an opponent's cheap shot.
- React to the official, coach, teammates, and fans in a mature and positive way.
- Adapt to the stresses of success, travel, morning workouts without negative effects on attitude or performance.
- Stay cool and confident under pressure.
- Maintain your focus, regardless on what is going on around you.
- Love the battle. 

