

START

Join the wrestling team!

Having the guts to get here is half the battle

Come to practice every day and go to as many competitions as you can no matter how bad you think you may be.

Everyone is bad when they start. Keep coming every day and stick with it. You are valuable to the team every time you come and give it your best.

Choose to get better!

Getting better is a choice in wrestling.

Buy into the team and the system. Go to the extra trainings, open mats, optional workouts, freestyle, & summer camps. Go with the goal of getting better instead of just putting in the time.

Time to believe!

Be a team contributor. Push someone in practice, be a capable back up, win a starting Varsity spot, and start pulling points for the team.

Give first and you will receive.

Know that you are a very good wrestler and that you are very close to placing at state.

Seek out the best practice partners and coaches in practice. Welcome and seek out the tough matches. Dominate your opponents in every position. Score points and secure pins.

Being the Varsity starter at your chosen weight, winning matches, getting seeded, getting on the leaderboard, and the like just plain happen because you have earned it.

Choose to place at State!

BE A STATE PLACER!