

Bishop Kelly Wrestling Program Building

Our vision

*To one day be both sport and academic
State Championship Team*

Philosophy

Bishop Kelly wrestling philosophy at all levels is to develop well-rounded kids, not just wrestlers. Winning is a by-product of having a program built on a solid foundation from top to bottom. Technique and hard work will always be apart of the wrestling program but here at BK we coach to the spirit, mind and body to enhance our program. The end result is to have program that our kids, coaches and parents can be proud of.

Yearly Program Goals

Coach and embrace the *Knight's Code of Honor* at every level
35 plus on High School wrestling team
Youth wrestling program
Academic State Champs
Best Conditioned Team

*** Knight of Honor ***

Faith
Academics
Goal driven
Respectful
Honorable
Coachable

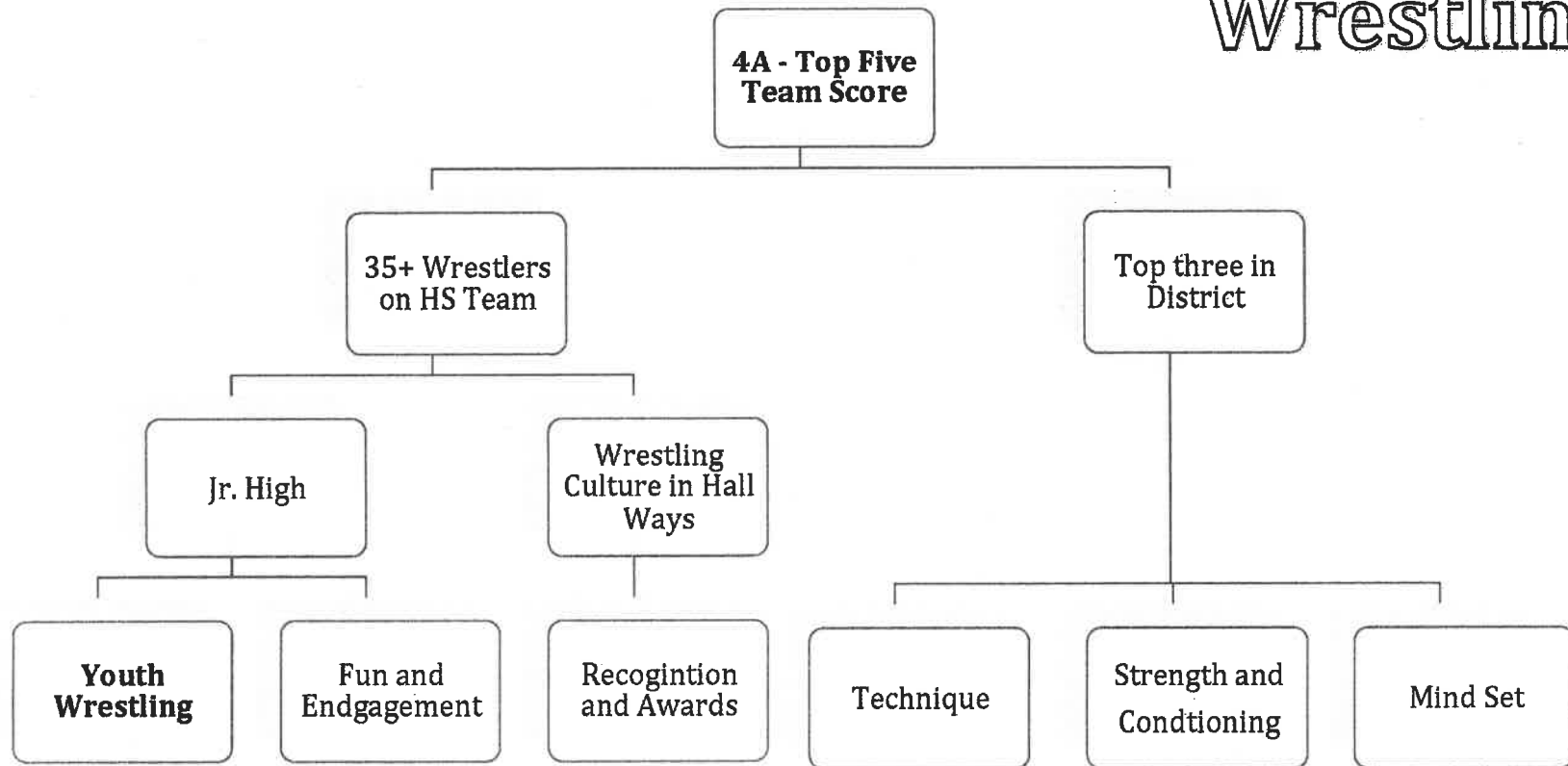
5-Year Goal:

To place top five as a team in the 4A Division at State

- Numbers in all programs: BK, TVCS, and Youth Program.
- High expectations and Accountability: Coaches & Wrestlers
- Committed and Effective Coaches and Leaders on staff
- System of support that meets individual student athlete needs
- Engaged and empowered families and community involvement

Academic achievement and well being come first and foremost within the BK program.

Bishop Kelly Wrestling



First Year Obstacles:

- a. Youth wrestling Enrollment
- b. Mat space for Jr. High Practice
- c. Youth Coaches

First Year Objectives:

- a. Promotion and Marketing
 - BK Youth football
 - Catholic Middle Schools
 - Churches - Sunday after mass
- b. **Two practice Mats for Jr. High**
 - Where to host practice?
Up stairs or Jr. High Gym
- c. High School Coaches
 - + BK wrestlers, Volunteer Parents
 - + *Senior Project*

This coming year new strategies to implement into our current program:

- Recognition and Awards
 - o Pins for Pins
 - o Hammer of the Week
 - o Weekly Stats: pins, takedowns, escapes
 - o * *Knight of Honor* * - T-shirt
- Check every two/three weeks
 - o Skin
 - o Grades
 - o Mind Set/Goals
- Video breakdown
 - o BK wrestler
 - o Tough opponent
- Optional Morning work outs
 - o At BK or Suples
- Youth Wrestling Program
 - o Featured club dual before HS dual
 - o Volunteer Hours: Assistant Coach

Wrestling Philosophy

1. Style of wrestling that emphasizes attacking, scoring points, and looking for the pin.
2. Take pride in having great conditioning, pushing the pace in matches, and imposing our will.
3. We want our wrestling to be fun and exciting to watch.
4. Emphasis on wrestlers being mentally tough, being a "competitor", and being able to compete with anyone.