

Mountain View High School



Wrestling

Dear Parents and Wrestlers,

We are implementing a leadership “class” to our program this year and would like for everyone in our wrestling family to be aware of what we are doing and why. In our short history we have had some great accomplishments both as a team and as individuals. As a coaching staff we felt that although we have had good wrestlers who were good people, yet there was still something missing.

Leadership is expected out of all of us at sometime or another throughout our lifetime but we are never taught about what a leader is or what a leader encompasses. In implementing this program we hope to give these wrestlers a head start on becoming good leaders and understanding that we all have a role to play in life. It is our hope that they carry this philosophy with them the rest of their lives.

It is our hope that the parents of each participant read through this packet and become acquainted with our philosophy and support our overall goal. Our philosophy and goal is to create great wrestlers and great people. The goals of an individual will never supercede the goals of the TEAM.

It will be required that each participant in our program read this packet and begin implementing these leadership qualities throughout our season.

Additionally we would like you, the parent, sign this packet as well so that we know that you are aware of what we are doing and trying to accomplish.

Thank you for your support.

Sincerely,
MVHS Wrestling Coaching Staff

Participant Signature: _____

Parent Signature: _____

Wrestling Leadership Program

Mountain View High School

Mission Statement

Wrestlers on the Mountain View High School Wrestling Team learn that hard work and intense training are key factors for not only their own success, but for the success of the Mountain View Program. Mountain View High wrestlers know that being “champions” means that they work hard and focus on developing the skills to reach their maximum potential. Hard work and trying to improve not only makes them a champion on the mat, but also in everything they do. Those who are a part of the Mountain View Wrestling family hold themselves responsible for their own achievement and contribute to the success of the team and program

Program Success:

It is our belief that a young person who goes through our program will develop or improve their sense of confidence, pride and responsibility, and an appreciation for hard work. The skills that we teach not only improve wrestling talent but also support a high level of success in many other areas that Mountain View wrestlers encounter throughout the course of their lives.

Team Success:

Wrestlers on the Mountain View High School Wrestling team are invested in the success of teammates and the team like they are invested in their own success. Doing the extra work it takes to be a champion is not only self-sacrifice, but also sacrifices made of a *leader* for the sake of the team. Many view wrestling as an individual sport, however, Mountain View High wrestlers adopt a *team concept* and actively look for what they can do for their teammates. The successful Mountain View team works together, wins together, and loses together.

Athlete Success:

It is crucial to the Mountain View High School wrestler’s success to be goal-oriented and hardworking in pursuit of personal challenges. Athletes will be trained how to set, work for and evaluate their progress to reach personally challenging goals throughout the season. Failure will be view as a learning opportunity and an invitation to work harder or smarter– and never a reason to lower personal standards. The Mountain View High School Wrestler has the confidence to meet adversity and misfortune with intensity, poise and character.

Functional Goals

Functional Goal 1: Teammates on this team will strive to create team cohesion

- *Importance:*

This goal is extremely important if the team is to succeed as a whole. I have had teams with a lot of talent but that did not live up to its potential because there was little or no team cohesion. On those teams, most teammates liked each other but cared little about how we did *as a team* as long as their personal goals were met.

- *What the Mountain View Wrestler observes that tells him that teammates are striving to contribute to a cohesive team? Here are some examples:*

- Teammates rally around one another whether they win or lose a match. Meaning they come to the mat and give him a pat on the back no matter the outcome of the match.
- Teammates encourage others to run, work out, or drill during the season or in the off-season
- Teammates talk about the “team” proudly
- Teammates recognize the success of the team as a whole
- Teammates convey high expectations about what the team can do during the season.
- Teammates are concerned about other teammates problems both on an off of the mat
- Teammates hang out together and don’t exclude teammates who want to hang out.

- *What the Mountain View Wrestler might observe if the team is not cohesive:*

- Parents and athletes that only watch their kids and not cheering on the whole squad.
- Comments that are detrimental to the whole team's success either made by a parent or by a team member

- What Mountain View Wrestlers do as “Team Leaders” to contribute to strong team cohesion

- Recognize it when teammates are being team oriented.
- Be sure to welcome all teammates in team events, even teammates who resist going. Always extend an invitation because an inclusive team is a cohesive team!
- Hold team meetings before or after practice to remind kids what goals are and see if there are any topics that need to be addressed further

Methods to create team cohesion

- Team outings – camping, fishing, bowling, going to the movies together
- Team dinners at coach's house

Functional Goal 2: Teammates on this team have exceptional Sportsmanship- Conduct and attitude considered as befitting participants in sports, especially fair play, courtesy, determined spirit, and grace in losing.

- *Importance or sell:*

Mountain View Wrestlers represent the school, their family, and the wrestling program. Part of the “Mountain View Mission” is having a program that is dedicated to producing champion wrestlers and champion people. That part of our mission is in jeopardy when the actions of individuals embarrass school, family, or team.

- *What you observe when Sportsmanship is active on the Mountain View team. Here are some examples:*
 - Mountain View Wrestlers act like *men and women of honor* on the mat, which means that they shake hands when it is appropriate and are respectful to opponents, teammates, officials, and coaches.
 - If a Mountain View wrestler feels like they are going to lose their composure, then they leave the arena to vent their frustration.
 - When “slips” occur, the Mountain View wrestler demonstrates character by appropriately apologizing to the offended party.
 - Mountain View wrestlers are sportsman outside of the team, which means that they follow school rules and respect their classmates, teachers, and school officials.
- *What do you observe on your team when this goal is not in place?*
 - Athletes throwing a fit, arguing with the ref., trash talking
 - Athletes don’t follow team policy and disciplinary action is common
 - Athletes consistently spend time in detention
 - Athletes speak disrespectfully of teammates, coaches, or school officials
 - Athletes fail to apologize for breaches in sportsmanship and character
- *What Mountain View Wrestlers do as “Team Leaders” to contribute to strong team sportsmanship:*
 - Model sportsmanship! Good team leaders are good sportsman and showing sportsmanship is the best way to influence it in your teammates.
 - **Do your best** to be a good person in and out of school.
 - Team leaders have the character to apologize when they are wrong. It takes a strong leader to admit a mistake.
 - Recognize sportsmanship in your teammates when you see it! If you see it, send some praise your teammate’s way!
 - Remind your teammates that it is important to the program that they stay out of trouble in school.
 - Never take part in “low character” conversations that “trash” another person, teammate, coach, or teacher with derogatory or unkind remarks. Team Leaders are above these kinds of conversations and encourage their teammates to handle conflicts directly—as sportsmen!

Functional Goal 3: Mountain View Wrestlers exemplify school and team pride.

- ***Importance or sell:***

It is very important to be proud of who you are and where you have come from. In a broader sense, exhibiting pride for organizations you belong is thought of as being a “professional” or being “loyal.” Pride is a byproduct of hard work, loyalty, and dedication, for when Mountain View Wrestling Alumni who look back on a hard working and overachieving team will look back proudly on their accomplishments. Pride shows to all who see you that you stand for something important and special. That makes a huge impression on your competition, your community and the next generation of Mountain View Wrestlers who look up to you with admiration and want to be like you.

- ***What do you observe on the team that tells you this goal is in place?***
 - *Wrestlers* wear their school and wrestling gear everywhere.
 - People in the community make positive comments about your program.
 - Wrestlers are excited about being Mountain View Wrestlers
 - Wrestler’s comments support their teammates, the team, and the school
 - The program is easy to “sell” because it is easy to say good things about the program when recruiting new wrestlers for the team.
- ***What do you observe on your team when this goal is not in place?***
 - *Wrestlers* don’t sell the program
 - Wrestlers have little or no respect for what other wrestlers or the team are trying to accomplish
 - Wrestlers ridicule coaches, the program, each other, or the school.

What Mountain View Wrestlers do as “Team Leaders” to contribute to strong team pride

- Wear your school and team gear everywhere – letter jackets, T-shirts etc.
- Talk avidly about your school and sport to the community.

Functional Goal 4: Team Leaders will challenge everyone on the team to improve their wrestling skills during the off-season.

- ***Importance or sell:***
 - ***Everyone*** can get better and the only way to do that is to attend a camp or clinic, lift weights, joining the Freestyle\Greco program
- ***What do you observe on the team that tells you this goal is in place?***
 - Kids asking for opportunities to get better in the off-season
- ***What do you observe on your team when this goal is not in place?***
 - Everyone goes their separate ways after the end of the season

What Mountain View Wrestlers do as “Team Leaders” to contribute to strong team skill improvement

- Have a team meeting a sell the idea of the attending a camp and joining the Freestyle/Greco-Roman team during the spring and summer.
- Tell everyone how much it helps in attaining his or her wrestling goals.
- Enthusiastically tell everyone how much fun it is!

Other requirements for being a Mountain View High Wrestling Program LEADER

All teammates can exhibit strong leadership on the program, but to be a strong leader, Mountain High Wrestlers know that they must lead themselves well! Here are some general actions that help transform a Mountain View High Wrestler into a Mountain View High School LEADER!

- **BE a good role models by following team rules**
- **TRY to impact positively on functional team goals**
- **WORK hard, drill hard, and compete hard**
- Demonstrates persistence - not insistence. A strong leader hangs on a little longer, works a little harder.
- Promotes the team's vision of success - The present is just the beginning. A good leader is impressed with the possibilities of the future.
- Demonstrates sincerity - A good leader can be trusted.
- Demonstrates integrity - A good leader has principals and lives by them.
- Common Sense - A good leader has and uses good judgment based on reason.
- **Initiative – Team captains get things started —NOW!**

While all team athletes are expected to exhibit leadership, my expectations for team captains are:

An essential component for any team's success is good leadership. A strong captain can help a team achieve a great deal of success by being responsible, having strong communication skills and earning the respect of one's peers and coaches. It is more than being a good athlete that makes a good captain. It is both an honor and a privilege to be a captain.

To be considered for selection of team captain you must exhibit the following characteristics of a good team leader:

- You will realize that the team's concerns come before your own.
- You will make a concerted effort to unify the team.
- You will develop trust in your teammates, coaches, and support staff.
- You have displayed all or many of the characteristic from above
- You have put in your time and deserve to be considered for the role of TEAM LEADER

Mentoring Leader Athletes

We would like all of our teammates to be leader-athletes in and around the school and community. Some of you will be picked by the coaching staff as TEAM LEADERS. Each person on this team will have a “role” to fulfill to insure that PROGRAM SUCCESS is achieved.

What are our expectations from you to become TEAM LEADERS?

- Know all functional leadership goals?
- Know all general leadership goals
- Learn all of the coach’s expectations for TEAM LEADERS
- Attend all leadership development meetings with the coaching staff
- Be a good role model for all of your teammates
- Learn what your “role” is as the team leader
- Learn how to handle team issues
- Learn what “serious” issues are and how to deal with them or inform the coaches of them
- Learn what your obligations are as the TEAM LEADER

It takes a special person to get out of their comfort zones and be a TEAM LEADER. This is a large responsibility and should never be taken lightly. It is a risk that must be taken in order for the TEAM to achieve excellence.

Winning is not the only goal, Program success is!!

Leadership Workshop

I. What is Leadership?

Leadership can be defined as a process of accomplishing goals by influencing others to work together as a common group to attain those goals.

A. Understanding Leadership

1. The Boss / Manager vs. The Leader

a. Bosses tend to:

1. Get compliance
2. Be short term oriented
3. Be unconcerned with development
4. Be focused on the task at hand

b. Leaders tend to:

1. Get commitment from others
2. Be long term oriented
3. Be concerned with the development of others
4. Take advantage of opportunities

B. Traits of a Good Leader.

1. They have a vision or desire to excel.
2. They are open minded, fair and open to input.
3. They are enthusiastic.
4. They possess critical thinking skills.
5. They are usually decisive and may be willing to take a risk.
6. They are sensitive.
7. They possess the ability to accept criticism and take responsibility.
8. They have a capacity for hard work.
9. They possess a high sense of integrity.

C. Leadership Roles

1. The Leader by Example.
2. The Problem Solving leader.
3. The Motivating leader.
4. The Communicating leader.
5. The Teamwork leader.
6. The Empathetic leader.
7. The Responsible leader.
8. The Listening leader.

D. Leadership Styles

1. **Directive Style**- one who gives clear advice and instruction to inexperienced individuals.
2. **Coaching Style**- one who establishes two-way communication in helping experienced individuals build confidence and motivation to excel and become better group members.
3. **Supportive Style**- one who establishes two way communication and support of experienced individuals to use their skills.
4. **Delegate Style**- one who gives responsibility to individuals to carry out tasks and make decisions to experienced individuals.

II. Developing Good Leadership Skills

1. Identify Common Goals
2. Identify Individual Strengths
3. Molding Individuals to Work together for common Goals

III. Leadership In Life

1. Define Your Mission
2. Identify Related Tasks
3. Get an Action Plan (Goal Setting)
4. Incorporate Your Group

IV. A Leadership Philosophy

1. What type of leadership style would best suit you?
2. What is your vision, what are your goals ?
3. How do I get there from here?
4. What individuals will I be working with?

V. Conclusion and Wrap-up

VI. Question and Answer Session

Traits of a Good Leader

A. Vision - A good leader is one who understands the group's mission and incorporates it into his own. He is cable of moving others toward those goals. Remember he is not a motivator. He will be able to identify or have a clear (vision) of what each individual must accomplish to achieve the goal.

B. An Open Mind- A good leader should be free of prejudices. Each individual should be considered based on what he/she can bring to the table. Is the individual creative, can he/she offer a different perspective? It is important to remember that those that are afraid of change may find it difficult to improve.

C. Enthusiasm - A good leader will bring a great deal of enthusiasm and excitement to the table. The leader will have a genuine belief in what he/she is trying to achieve. He/she will not have under lying motivation, but a desire to gain involvement from all.

D. Critical Thinking- A good leader will be able to identify, prioritize and recognize issues that are important and solve them in an organized, thoughtful manner.

E. Decisive- A good leader will be willing to take a risk, and will not be afraid of failure. Remember, no one ever did anything great without taking a risk.

F. Sensitive- Sensitivity is an essential trait of a good leader, however; the leader must be sure not to be too sensitive. Give praise when something is good, and constructive criticism when things go wrong. Be a good listener.

G. Criticism- A good leader can identify good and bad criticism and should be receptive of constructive criticism and be able to evaluate the individual and his abilities to contribute.

H. Work Ethic- A good leader is hardworking and committed to achieving the goals he/she has set for the group. He/she will tend to be motivated to the task at hand.

I. Integrity- A good leader is modest, honest, sincere and loyal.

Types of Leaders

A. By Example- A good leader doesn't say "do as I say not as I do".

B. By Solving Problems- A good leader will take an interest in the problems of others and draw from his/her experience and knowledge to find a way to solve the problem.

C. Motivation- A good leader will be able to motivate individuals to work together to achieve the common tasks or goals of the group.

D. Communication- A good leader will also be able to explain effectively what is necessary to achieve the goals of the group.

E. Teamwork- A good leader will be able get the individuals to work together by a willingness to assist the group in achieving the goal or task.

F. Empathetic- A good leader treats other as he would like to be treated, and feels what the concerns and needs of the individuals may be.

G. Responsibility- A good leader is willing to take responsibility for the mistake and failures, as well as crediting others for a task well done.

H. Listener- A good leader is willing to listen to the input and ideas of other individuals

A Boy's Idol

When I was six years old, I idolized two boys older than I by five and seven years. Both had all the makings of fine athletes. I watched them constantly as they caught a pass, hit a ball, made a basket, hit a takedown, and I pictured the day when I would be like them.

It thrilled me to catch a pass thrown by them, hit a ball pitched by them, or retrieve a basketball shot by them, even having fun wrestling with them. My day was made when they would say "hello" or simply nod their head in my direction or putting their hand on my head. They were my Idols. I longed to be an athlete just like them. I GREW and THEY GREW.

I watched and listened as they bragged about cheating in school. I absorbed all of the ways of cribbing on exams. The hidden answer written on the palm of the hand, the half-opened book on the floor. I listened as they told of how they took it easy in practice sessions; how they refused to block for a teammate they didn't like or not throw a pass in practice to a teammate for a layup that they did not like; while drilling in wrestling practice be a little rough with a teammate they did not like; how they chewed Dentyne and rubbed their hands with after-shave lotion, so the coach wouldn't know they were smoking. I listened as they bragged about how many beers they could drink; how many nights they had broken curfew and how they mistreated girls.

I listened as they called their mother "old lady" and their father "old man". As they called this teacher and that coach something else; as they spoke of church and god as being non-existent.

I listened as they bragged about telling off a teacher; about stealing library books; about stealing equipment from the locker room. I listened as they laughed about quitting a team; being thrown off a team; being thrown out of a game or match for fighting; being thrown out of school. I listened as they swore, man, they were the greatest! They were my idols. I longed to be an athlete just like them.

I GREW AND THEY GREW

I became a man. Suddenly, I saw my life in perspective. I wondered about my two idols. Surely they were successful; surely they were All-Americans; surely they were pillars of their community.

I searched and I found them. Alas, both had given up struggling to establish themselves as plain, ordinary people. They had set no records; achieved no goals; set no world on fire. Once I had worshipped them. Now, no one in the community gave them a second look.

Then I wondered; could some young, aspiring athlete have idolized me? Had I led him down the same trail I had followed? Had he longed to be an athlete, just like me?

My parents: Could I ever repay them for the sorrow and anguish I had brought them? My teachers and coaches; could I ever befriend them? Other people who had suffered because of me; could they ever forgive me? That young, aspiring athlete: Could he forgive me? Where is he now because of me?

THEY HAVE GROWN OLDER, AND SO HAVE I.

Now I am a parent. I love my sons and daughters deeply. I want them to love God. I want them to serve man. I want them to be the best they can be at whatever they want to be.

My sons and daughters will watch and listen to you because you are athletes. You will wear the PURPLE and BLACK. Many other sons and daughters will watch and listen to you too. You are their IDOLS. They will long to be athletes just like you. YOU WILL GROW AND THEY WILL GROW.

Someday you will have sons and daughters. Perhaps my sons or daughter will be their Idols. Your sons and daughters will want to be athletes just like them.

Watch what you do because like it or not, you are a role model.

Six Attributes of a Champion by Chris Horpel

Which attributes do you need to work on?

Physical

Ability (natural talent)

This is the natural ability or "Godgiven talent" with which you were born. This is the only attribute of the six that cannot be improved, no matter how hard you try. Someone with a lot of natural ability will learn technique faster than someone with less.

Skill (technique)

This is any technique that you learn. Once you have learned it, there is no difference between a wrestler with a lot of natural ability and one with less natural ability. Doing a technique correctly looks the same, no matter how great the natural ability difference between two wrestlers may be.

Takedown techniques that all collegiate wrestlers should know include: single leg, double leg, high crotch, fireman's carry, arm drag, hip throw, front headlock, duck under, seat belt, whizzer kick up, ankle pick, foot sweep, snapdown and pummeling.

Top techniques include: maintaining control, Sheets leg ride, crossbody and highleg rides, stepthrough Turk, arm bar, half nelson, reinforced half nelson and hip tip.

Bottom techniques include: hand fighting, stand up, wrist roll, Granby roll, switch, sitout, leg ride defense.

Conditioning (being in great shape)

This is everything you do to condition yourself for wrestling. If you can out condition your opponent, you can rely on conditioning to win many of your matches.

You should be able to run seven Stanford stadiums under 20 seconds each at a 90 second interval. You should be able to do a minimum of 20 pull ups, 65 pushups, and 50 dips. You should be able to run a six minute mile.

Mental

Toughness (trying really hard)

I believe there are two types of mental toughness. One type you have at birth. For instance, believing in a cause so deeply that you are willing to be tortured or even die for that cause, is one type of mental toughness.

There is also the kind of mental toughness you learn. Being in great physical condition helps make you this kind of tough. If "fatigue makes cowards of us all," as coach Vince Lombardi once said, then it follows that a lack of fatigue will help you stay mentally strong longer in adverse conditions. In this second type of toughness, you can train your mind and body to be tough by doing (and conquering) lots of challenging things. The harder you can push yourself, the tougher you can become.

Training hard and being tough should become a habit. If being mentally tough becomes a daily habit, you will automatically be tough in your most challenging wrestling matches.

Desire (wanting to win)

Everyone **wants to win on "match day."** As coach **Bobby Knight** once said, "There is nothing so overused as the will to win. Of course everyone wants to win on game day. It's all the training, the day to day grind that really tests your desire. It's not the will to win that is most important, but the will to prepare to win."

So, you have to learn to love every aspect of wrestling. The early morning workouts, the drilling, the live goes, the competition and even the weight control ... everything.

And, of course, you must really want to win when you compete. Losing should feel horrible. Actually, it's not the losing, but not wrestling up to your potential that should feel horrible. If you must lose, make sure your opponent feels the effects of it. Beating you should make your opponent feel pain. In short, you must leave a piece of your soul on the wrestling mat after every bout you wrestle.

Confidence (belief in yourself)

Confidence should come from using the following formula: you work hard, you improve, you win and you believe in yourself. And, when you lose, you figure out why, you make the necessary adjustments, you improve and you therefore believe in yourself more. Either way, you become better. Nothing makes you confident like hard work and success. Ideally, you should get better after every match, win or lose.

Technique works when applied with a strong belief. Conversely, perfect technique doesn't work too well without belief. You either have confidence or you don't. Sometimes believing in yourself can be very elusive. You must try very hard to wrestle with "fighting spirit," especially when losing. And finally, never be afraid of losing. Fear of failure can paralyze you, so wrestle to win.

WHAT IT TAKES TO BE NO. 1

You've got to pay the price.

Winning is not a sometime thing; it's an all the time thing. You don't win once in awhile, you don't do things right once in awhile, you do them right all the time.

Winning is a habit. Unfortunately, so is losing.

There is no room for second place. There is only one place in my game and that is first place. I have finished second twice in my time at Green Bay and I don't ever want to finish second again. There is a second place bowl game, but is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do and to win and to win and to win.

Every time a football player goes out to ply his trade he's got to play from the ground up from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That's O.K. You've got to be smart to be No. 1 in any business. But more important you've got to play with your heart with every fiber of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.

Running a football team is no different from running any other kind of organization an army, a political party, a business. The principles are the same. The object is to win to beat the other guy. Maybe that Pounds hard or cruel. I don't think it is.

It's reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they're there to compete. They know the rules and the objectives when they get in the game. The objective is to win fairly, squarely, decently, by the rules but to win.

And in truth, I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline. There is something in good men that really yearns for, needs, discipline and the harsh reality of head to head combat.

I don't say these things because I believe in the "brute" nature of man or that men must be brutalized to be combative., I believe in God, and I believe in human decency. But I firmly believe that any man's finest hour his greatest fulfillment to all he holds dear is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle victorious.

- by Vince Lombardi

Mental Practice

Control ties.
Escape immediately.
Score the first points.
Focus on the positive.
Out hustle your opponent.
Win the overtime matches.
Work the center of the mat.
Know the score at all times.
Don't dwell on the negatives.
Warm-up and stretch properly.
Break your opponent mentally.
Win with class / Lose with class.
Learn something new every day.
Constant motion during all drills.
Wrestle the way you do in practice.
Work to score points the entire match.
Attempt scores on the edges of the mat.
Establish a positive and effective routine.
Refuse to be taken out of stance or position.
Push yourself as hard as possible all the time.
Envision practice situations as match situations.
Establish and follow a positive and effective routine.
Utilize your training journal before and after practice.
Don't display excessive emotion on or around the mat.
Help at least one teammate become a better wrestler each day.

ATTITUDE IS EVERYTHING

Jerry was the kind of guy you love to hate. He was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Jerry replied, "Each morning I wake up and say to myself, Jerry, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested.

"Yes it is," Jerry said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good or bad mood. The bottom line: It's your choice how you live life."

I reflected on what Jerry said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it. Several years later, I heard that Jerry did something you are never supposed to do in a restaurant business: he left the back door open one morning and was held up at gunpoint by three armed robbers. While trying to open the safe, his hands, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Luckily, Jerry was released from the hospital with fragments of the bullets still in his body.

I saw Jerry about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?" I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place.

"The first thing that went through my mind was that I should have locked the back door," Jerry replied. "Then, as I lay on the floor, I remembered that I had two choices: I could choose to live, or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked. Jerry continued, "The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read, 'He's a dead man.' I knew I needed to take action." What did you do?" I asked. "Well, there was a big, burly nurse shouting questions at me," said Jerry. "She asked if I was allergic to anything. 'Yes,' I replied. The doctors and nurses stopped working as they waited for my reply.. I took a deep breath and yelled, 'Bullets!' Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'"

Jerry lived thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything.

By Francie Baltazar-Schwartz

ATTITUDE

By

Charles Swindoll

“The longer I live, the more I realize the impact of attitude on life, Attitude, to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the inevitable. The only thing we do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes.”

Personal Development

To achieve optimal satisfaction of life's goal there are three areas that you need to develop to the fullest and maintain at a personal level of satisfaction throughout your life. These areas are as follows;

SOCIAL - Family Relationships, Peer Relationships, Personal Development

PHYSICAL- Athletics, Vacation, Health, Nutrition, Personal Fitness

INTELLECTUAL - Emotional Development, Academic Growth, Spiritual Development

Each of these areas must be kept within proper perspective, one not outweighing the other. Generally, problems in one area will affect another area. While we may grow in each area at different rates, we need to strive to develop the social, physical, and intellectual in order to be the best person we can be.

Wrestling falls primarily within the physical area; however, development within the social and intellectual realms is important in becoming the best athlete you can be. Be sure to examine yourself in all areas. Identify weaknesses and do something to strengthen that part of yourself. As an athlete and a person, one is only as strong as the weakest link. Become the best person (athlete) you can be.

One aspect of being an athlete is to avoid developing an attitude that you are owed something. Another way of looking at this is being more of a "Giver" than a "Taker". The sport of Wrestling has provided all of us many opportunities not available to the average person. We need to look for ways to give back something to society and our sport.

Team Building

What is the mission of the team?

What are the tasks that need to be executed to achieve the mission?

Good Working Teams

Listen and respond constructively to your student/athletes

Provide technical, strategic and psychological support

Provide regular and systematic feedback

Players know their roles

Task focused

Respect for the game, coaches, team members, self

Coaches Contribution to Team Building

Clarification of the Mission

A commitment to team building

Knowledge of team's resources

Know what you have control of and what you don't

Remain sensitive to individual differences and needs of the student/athletes

Conflict resolution

Role' clarification whenever possible

View failure as feedback

Four Stages of Team Building

FORMING Know each other, short time uncertainty, new roles

STORMING Conflict/infighting: roles defined

NORMING Coming together

PERFORMING Doing it

"Coming together is a beginning, keeping together is progress, working together is success"

Henry Ford

PROGRAM PHILOSOPHY AND TRAINING

MVHS Wrestling Philosophy

The Mountain View Wrestling program has gained a tremendous amount of respect and recognition in recent years. This is not by accident! This has been a result of a workable partnership among our athletes, coaches, parents, and alumni. A tradition of excellence has been developing these last 15 years and each of us must do our part to continue the tradition and develop it further. Hard work, discipline, dedication, and commitment have been the cornerstones of the success of our program, and these characteristics must continue if we are to reach a new level of excellence.

As a Mountain View Wrestler, your decision must be to do the work necessary to be the best you can be. My overall philosophy is for each athlete to be the best athlete that he/she is capable of being, and to compete at the highest level possible. For some that may be the Conference level, while others it may be the State level. Many of you will fall somewhere in between those two. Our program will be geared toward each athlete's level of competitiveness. Goal setting and communication will provide us with the necessary tools to see where your role lies. Communication with the coaches and individual wrestlers will help us in understanding each other's roles and what each of us must do to achieve our highest goals.

The competitive season is our building block for our most important part of the season, the State Championships where we hope to be at our best!

We as coaches will let you know what is expected of you in your training and competitions. As Athletes, you need to give us honest feedback about your training, thoughts, and competitions so we can make adjustments and corrections as necessary.

Together we will be a successful unit that is striving to be the best that we can be!

“Winning is not a sometime thing, It’s an all the time thing.”

“You don’t win once in awhile,”

“You don’t do things right once in awhile,”

“You do them right all of the time.”

“Winning is a habit. Unfortunately so is losing.”

- Vince Lombardi, Green Bay Packers

Remember

“The Journey is the Reward”

A True Story

A lady in a faded gingham dress and her husband, dressed in a homespun threadbare suit, stepped off the train in Boston, and walked timidly without an appointment into the Harvard University President's outer office. The secretary could tell in a moment that such backwoods, country hicks had no business at Harvard and probably didn't even deserve to be in Cambridge.

"We want to see the president," the man said softly.

"He'll be busy all day," the secretary snapped. "We'll wait," the lady replied.

For hours the secretary ignored them, hoping that the couple would finally become discouraged and go away. They didn't and the secretary grew frustrated and finally decided to disturb the president, even though it was a chore she always regretted. "Maybe if you see them for a few minutes, they'll leave," she said to him.

He sighed in exasperation and nodded. Someone of his importance obviously didn't have the time to spend with them, but he detested gingham dresses and homespun suits cluttering up his outer office. The president, stern faced and with dignity, strutted toward the couple.

The lady told him, "We had a son who attended Harvard for one year.

He loved Harvard. He was happy here. But about a year ago, he was accidentally killed. My husband and I would like to erect a memorial to him, somewhere on campus."

The president wasn't touched.... He was shocked. "Madam," he said, gruffly, "we can't put up a statue for every person who attended Harvard and died. If we did, this place would look like a cemetery."

"Oh, no," the lady explained quickly. "We don't want to erect a statue.

We thought we would like to give a building to Harvard."

The president rolled his eyes. He glanced at the gingham dress and homespun suit, then exclaimed, "A building! Do you have any earthly idea how much a building costs? We have over seven and a half million dollars in the physical buildings here at Harvard."

For a moment the lady was silent. The president was pleased. Maybe he could get rid of them now.

The lady turned to her husband and said quietly, "Is that all it costs to start a university? Why don't we just start our own?" Her husband nodded.

The president's face wilted in confusion and bewilderment. Mr. and Mrs. Leland Stanford got up and walked away, traveling to Palo Alto, California where they established the university that bears their name, Stanford University, a memorial to a son that Harvard no longer cared about.

You can easily judge the character of others by how they treat those who they think can do nothing.

----- A TRUE STORY

----- by Malcolm Forbes

PYRAMID OF SUCCESS

Never Lie To A Coach !

Never Embarrass Yourself!

The Team Comes First !!!!!!!

Never Give Less Than Your Best Effort !

Never Embarrass Your Parents Or The Coaches !

Never Embarrass The Wrestling Program Or Your Teammates !

For the longest time - I got it wrong...

I thought the ultimate achievement in wrestling was to win a State Championship...

It is not.

The ultimate achievement in wrestling is to prepare a young man for his life by having him become the best person he can become by acquiring the "Qualities of a Wrestler" while in pursuit of a state championship.

Acquiring these qualities is more important than winning a state championship.

They are what is needed to become happy and successful in life.

These qualities are acquired during the pursuit and not in the winning.

It is in the pursuit that a kid transcends into a man.

It is in the pursuit that a kid is prepared for what life will bombard him with when he becomes a man.

It is in the pursuit that this sport is at its finest.

Winning a state championship doesn't teach these things.

The pursuit does.

It is setting a goal that is more than you think you can ever achieve and then achieving more than you thought you ever could.

It is in overcoming any and all obstacles that may be in your path in pursuit of that goal.

It is in the agony of learning how to "figure it out" on your own.

It is in making the necessary adjustments even after "You figured it out."

The hard adjustments which will require supreme sacrifice that will only make a small difference. Which will happen to be the difference between winning or losing.

It is in working endlessly and seeing no results; and still continuing to work because your will is stronger than everyone else's doubt.

It is in failing miserably and very publicly in front of your peers and everyone who is important to you only to attempt again, even when the above average human would just quit, so he would never have to feel that humiliation ever again.

It is in not achieving your desired goal, after a very long hard season, one in which you bled to do so. To then make a personal decision to work even harder for another season with absolutely no guarantee of success.

It is in the knowing that you did everything that you could to achieve your goal and the understanding that sometimes that will be enough, and sometimes it won't.

You can't control that.

All you can control is to be as best prepared as you can.

It is in the understanding that when it magically is enough, that you are humble because you know the feeling of being on the other side of the win.

And when it is not enough you know to dig down and inspect and analyze your performance because there is something within the loss that you need to learn to help you achieve a future bigger goal.

And you find it.

And you turn a weakness into a strength.

And you keep doing that until you have no more weaknesses.

This is the process of becoming a man.

Many wrestlers who went on to win a state championship are now jerks.

Many wrestlers who took 2nd, 3rd or never even placed have become great people.

So it is not winning the state championship that is the difference.

It is what you take away from this great sport that is the difference.

It is in the pursuit.

If one's idea of achievement is to win a state championship then logically there can be only 1 winner per weight class throughout the state.

There is not.

Because the real winners in this sport are the wrestlers who acquire the traits which will be necessary for their success and happiness in life.

And those traits all can be found in the pursuit.

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