

Champion Builder

Wrestling Accountability System

"Good men prefer to be accountable."

Michael Edwardes

An important part of being on a team is knowing that all team members are contributing their fair share to the greater good of the team. Accountability is doing what you said you were going to do by becoming a part of a team. By joining a team you have pledged to all those around you that you would be a “full-timer” meaning that you will be at all scheduled practices, meets and team functions. The Champion Builder system is a way to make sure all wrestlers are being responsible citizens, pulling their weight, and not “riding the wagon”.

Expectations

- Wrestlers are expected to be good people, good students and then good wrestlers
- All wrestlers are expected to be at all practices unless serious extenuating circumstances exist
- If it is an absolute must that a wrestler miss practice they must clear it with the head coach before the practice date or dates
- The coaching staff will decide if an absence is excused or unexcused
- Wrestlers who are not pulling their weight in the classroom either with their behavior or grades will be held accountable
- Being a part of team means representing yourself, your family, your team and your school. Any act that poorly represents any of these things by violating team rules or expectations and wrestlers will be held accountable for their actions

Accountability

- Accountability will come in the form of extra work or duties as deemed reasonable by the coaching staff
- Champion Builder work outs, Live wrestling, mopping mats and other work outs or duties that are deemed fitting by the coaching staff may be assigned to wrestlers who are not acting like “Champions” or who need to make up lost mat time for absences

Champion Builders

- An excused absence will result in 2 Champ Builders to make up for missed practice time. This is an absence that is excused because the reason (Faith, family, academics) takes priority over wrestling and could not be avoided.
- An unexcused absence will result in 5 Champ Builders. These are absences in which the wrestler did not communicate with a coach by phone or in person as to their whereabouts for a scheduled practice.
- A wrestler must also pull their weight off the mat also. Any wrestler who has an "F" in a class will be given 5 Champ builders and required to attend study tables
- Wrestlers may also be assigned Champion Builders for any violation of team or school rules and expectations
- Any wrestler who has Champ builders on their record must make them up as soon as possible
- Champ Builders can be done before or after practice
- An attendance and Champ Builder record will be kept in a notebook in the wrestling room. Only a Coach can sign you off from a Champ Builder
- A coach must assign and see you do the duties that will relieve your Champ Builder status
- Wrestlers can also do Champion Builders to make themselves a better wrestler

"A good coach will hold the team accountable for both their actions and their results." - *Catherine Pulsifer*

"We are accountable only to ourselves for what happens to us in our lives." - *Mildred Newman*

This article was contributed by Jarrod Steffens (steffensj@harrisonville.k12.mo.us), assistant coach at Harrisonville High School in Harrisonville, MO. Jarrod adapted the idea from Kit Harris, Head Coach of Baldwin High School in Baldwin City, KS

Champ Builder #1 - Wrestling drills with partner

- 1) Snap and Spin
- 2) Top Ride - bottom man sit/turn/move...top man follow, short-arm block
- 3) Shoot / Leap Frog
- 4) Push/Pull - in stance w/ hands behind back, partner push/pull/snap
- 5) Shots/Head Drive - w/ hands behind back, take shots and drive w/ head
- 6) Sprawls - jam hip (R/L)
- 7) Pummel - fight for inside position
- 8) Repositioning/Hip Jam (from underneath)
- 9) Spin Drill - hip pressure to move partner, bottom man maintain base
- 10) Push/Pull on the mat
- 11) Lifts - 5 front, 5 side, 5 behind...step in and lift, use legs NOT back

Champ Builder #2 - Wrestling drills with no partner

- 1) Sprawls - jam hip (R/L)
- 2) Grass Drills
- 3) Sit-out and turn - on own, both sides, stay compact
- 4) Sprawls to Knee Jumps
- 5) Seals
- 6) Crabs
- 7) Bear Walks
- 8) Line Jumps
- 9) Explosions
- 10) Push ups to failure

Champ Builder #3 – Plates, 30 seconds each

- 1) Around the Heads
- 2) Curls
- 3) Shoulder to Shoulder
- 4) Front Lifts
- 5) Behind the Head, Triceps
- 6) Upright Rows
- 7) Walk the Room
- 8) Push-ups to failure

Champ Builder #4 - Dumbbells, 30 seconds each

- 1) Side Raises
- 2) Curls
- 3) Military
- 4) Front Raises
- 5) Upright Rows
- 6) Reverse Curls
- 7) Walk the Room
- 8) Push-ups to failure

Champ Builder #5 - Live Wrestling with a coach or suitable partner

Champ Builder #6 - Mopping mats by yourself after practice

Champ Builder #7 - Full "Walking Dozen"

- 1) Wrestlers do 1 pushup and then sprint to the other end of the room, and either do one wall pushup, or one crunch, and then sprint back.
- 2) They now do 2 pushups, sprint to the other end and do 2 wall pushups or crunches, then 3-3, 4-4, etc. all the way up to 12-12.

Other workouts and/or duties as deemed fitting by the coaching staff may be assigned as Champion Builders

