

Be a Great Wrestling Coach!

70 habits and characteristics of a great wrestling coach

BELIEVE THAT YOU CAN MAKE A DIFFERENCE ♦ Think positively ♦ Care about ALL members of your team ♦ Get GOOD people involved in your program ♦ Motivate students to excel ♦ *Make a Great First Impression* ♦ Display Integrity ♦ *Admit mistakes and learn from them* ♦ Delegate ♦ *Know How to Sell Your Ideas* ♦ Ask questions ♦ **DO IT RIGHT THE FIRST TIME** ♦ THINK LIKE A WINNER ♦ Follow through on your commitments ♦ **BELIEVE IN YOURSELF** ♦ Have a plan ♦ **Be open to new ideas** ♦ **FINISH TASKS** ♦ Change worry into action ♦ Maintain excellent attendance ♦ *Give everyone you meet your complete and undivided attention* ♦ *Be a teacher* ♦ Know the Wrestling Rule Book ♦ **VIEW CHALLENGES AS OPPORTUNITIES** ♦ Balance personal and work priorities ♦ Control your emotions ♦ Communicate clearly ♦ **Listen** ♦ Maintain a positive attitude ♦ **CONTINUOUSLY IMPROVE YOUR COACHING/TEACHING SKILLS** ♦ Be disciplined ♦ Get students to believe in themselves ♦ **Project a professional image** ♦ *Display self-confidence* ♦ Follow school, district, conference and state policies and procedures to the letter ♦ Plan your practices ♦ *Maintain high standards of excellence* ♦ **Speak positively about your team and program** ♦ Meet deadlines ♦ **Be a self-starter** ♦ Take responsibility for your actions ♦ Be yourself ♦ Offer solutions to problems ♦ Take initiative ♦ **RESPECT ALL** ♦ Find a mentor ♦ Anticipate and prepare for problems ♦ **Maintain a sense of humor** ♦ Do more than is expected ♦ **Keep your AD informed** ♦ *Follow the chain of command* ♦ Accept criticism graciously ♦ Be a student of **COACHING wrestling** ♦ **Remember names** ♦ *Be punctual* ♦ Don't take yourself too seriously ♦ **NEVER COMPROMISE YOUR INTEGRITY** ♦ Set goals and priorities ♦ Develop good habits ♦ Resolve conflicts ♦ **Seek advice and feedback** ♦ Be resourceful ♦ **GIVE CREDIT TO OTHERS** ♦ **Show Enthusiasm** ♦ *Be dependable* ♦ **NEVER use inappropriate language** ♦ **BE COURTEOUS** ♦ Dress neatly ♦ *Have a firm handshake* ♦ Keep in touch with alumni ♦ Be flexible ♦ **Know how to work with administrators**