

Banquet

Blogs

- Dan Gable
- Monthly Goals

Books - There's 18 wrestling books for purchase here.

Certificates

- Academic Certificate (pdf or cwk)
- MS Word (doc) format
- Upset-of-the-Week: UOW1, UOW2
- Wrestler-of-the-Week: WOW1, WOW2

Club

- Skill-based Teams
- Offseason Program
- Wrestling Club Tips
- E-mail Club Example
- Team Alpha checklist
- Club Organizing Guide
- Club Brochure Example
- Constitution and Bylaws
- Coach's Code of Conduct
- Wrestling Club Resources
- Vision and Mission Statements
- Participation Cards
- Tournament Cards (cwk, doc and pdf)

Coaching

- Integrity
- Delegate!
- Sport Safety
- Coach's PIP
- Film Review
- Note Taking
- Using E-mail
- Coach's Error
- Coaching 101
- Teach DIMITT
- Blair Academy
- Team = Family
- Girls Wrestling
- Good Recruiter
- Superman Club
- Coaching Duties
- Selecting Starters
- Let the Kids Play!
- Skill Based Teams
- Selecting Captains
- Rookie Coach Tips
- Fixing Kid's Sports
- Coaches as Leaders
- President's Challenge
- Practice and Training
- Team Alpha checklist
- "Coaches Never Lose"
- Dealing with Criticism
- Respecting the Referee
- Building Your Program
- Closing Out the Season
- Tournament Team Rules
- "What do ye grow here?"
- Coach's Code of Conduct
- Simple Excel Time Savers
- Better Competition Concept

- Be a Great Wrestling Coach
- Build Your Team of Mentors
- Preseason Coaches Meetings
- Rules for Wrestling Coaches
- Grapevine Wrestling League
- Starting a Wrestling Program
- HS Coaches Fall To-Do List
- Building a Winning Tradition
- How to Grow a Super-Athlete
- Time and Energy Management
- Keep the Young Wrestlers Out
- Parents: Partners, not Problems
- Coaching Wrestling Perspective
- Fewer Teachers; More Coaches
- One-Sport High School Athletes
- Great Leaders are Great Teachers
- Developing a Coaching Philosophy
- Top 10 Mistakes of a Young Coach
- National Coaches Education Program
- Wrestlers' Questionnaire (pdf or doc)
- UNO wrestling emphasizes character
- Features of a Great Wrestling Program
- The Art of Positive Coaching Part 1 and Part 2
- Yearly Planning Outline for New Head Wrestling Coaches in Wisconsin

College

- Wrestling Financial Aid
- Tips for Getting Recruited
- 2006-07 College-Bound Student-Athlete Guide

Community Service

- Community Service/Program Goals
- Pin Down Hunger - Blair Academy (NJ)
- Relay for Life - Anacortes HS (WA)
 - Coach's comments
 - Newspaper article
 - Sponsor request
 - Rent Wrestler flyer

Conditioning

- The Edge
- Circuit Training
- Missouri Running Program
- Preseason Running Program
- Training Anerobically on the Stairs
- Getting Out of the Wrestling Threshold

Contributors - much thanks!

Directions to any US high school.

Drug Abuse

- Coach's Playbook Against Drugs

Dual Meets

- Wrestling Music
- Setup/Breakdown
- Dual Meet Program Tips
 - Program Filler
 - Example 1 - Single sheet
 - Example 2 - Fold
 - Example 3 - Fold

DVD

- Chertow's Kids Wrestling DVD

E-mail article

- Club Examples
- High School Examples

Football and Wrestling

- Knute Rockne quote
- Football or Wrestling?
- Football Coaches quotes
- Football and Wrestling flyer
- Wrestler/football player Image
- Wrestlers Grapple with Football
- Football vs Wrestling poster humor
- Professional Football Players who wrestled
- 10 Reasons Football Players Should Wrestle
- Wrestling Lays a Foundation for Other Sports

Forums

- Art of Coaching section of
- The Mat.com Wrestling Forums

Freestyle

- Why Wrestle Freestyle?

Fund Raising

- Top Ten Ideas
- Sales
- Auctions
- Donations
- Lift-a-thon
- Carwash-a-thon
- Corporate Sponsor

Fun Stuff

- Wrestling Cheer
- Wrestling vs Rasslin
- State Tournament Contest
- Wrestling vs Basketball (8.5x14)
- Wrestling Crossword Puzzle and solution

Glossary of Wrestling Terms

Guidelines:

- Team Book
- Event Organizing Guide
- Tournament Team Rules
- 2005 Youth Wrestling Parents Guide
- 2006-07 College-Bound Student-Athlete Guide

History

- [History Quiz](#)
- [The Pankration](#)
- [Famous Wrestlers](#)
- [History of Wrestling](#)
- [Wrestling's Five Styles](#)
- [Wrestling with an Angel](#)
- [NCAA Wrestling Brackets](#)
- [First NCAA Championships](#)
- [Oldest Mention of Wrestling](#)
- [Ancient Wrestling Technique](#)
- [When Wrestling was Pointless](#)

Hygiene

- Play Safe and Clean
- Clean Wrestling Room

Ideas-of-the-Month

Job Seeker's Tips

- Cover Letter Tips
- Tips For a Good Interview

Leadership

- Becoming a Leader
- Coaches as Leaders
- Developing Leadership
- Concepts of Leadership

- Great Leaders are Great Teachers
- Selecting and Training Team Captains

Mental Imagery

- Visualization Skills
- Mental Imagery - Part 1

Mental Preparation

- [Confidence](#)
- [Goal Packet](#)
- [Commitment](#)
- [Goals + Work](#)
- [Love the Battle](#)
- [Teach DIMITT](#)
- [Mental Toughness](#)
- [Goal Setting Skills](#)
- [Winner's Checklist](#)
- [Pyramid of Success](#)
- [Champion Essentials](#)
- ["Don't Fear Criticism"](#)
- ["Think Like a Winner!"](#)
- [Learning From Losing](#)
- [Mental Perception Training](#)
- [Champions Ladder to Success](#)
- [Training for Mental Toughness](#)
- [Cool, Calm and Collected...Wins!](#)
- [Failure is Impossible \(cwk and pdf\)](#)
- [Rohan Murphy videoclip and article](#)
- [What Does It Take to Be a Wrestler?](#)

Motivation

- The Brick
- Skill-based Teams
- Participation Cards
- Tournament Cards (cwk, doc and pdf)
- What I Have Learned
- Cavalcade of Champions
- Off-season Motivational Letter
- Resources for Motivating Wrestlers
- Science of Motivation Series
 - Part I - Challenge
 - Part II - Achievement
 - Part III - Recognition
 - Part IV - Offseason Program

Motivational Sayings

Music

- Wrestling Music
- Just Break Em - Hip Hop

Newsletters

- Club example
 - Storm the Mat: Apple Valley, MN
- High School Team examples:
 - Jordan High School, NC
 - Winter Springs High School, FL
 - Rancho Bernardo High School, CA
- Regional/State example:
 - Dakota Grappler News

Nutrition

- Wrestlers' Diet
- Recovery Supplement
- Nutritional Supplements

Out-of-Season Training

- Run to Win
- Considerations

- Choosing a Camp
- Off-season Program
- Team Summer Camp
- Off Season Conditioning Tips
- Value of Off-Season Wrestling

Parents

- Fixing Kid's Sports
- Set A Good Example
- Wrestler's Biggest Fan
- Family Support of Wrestlers
- How to Grow a Super-Athlete
- Parents: Partners, not Problems
- Letter to Parents New to Wrestling
- Advice for Moms New to Wrestling
- 2005 Youth Wrestling Parents Guide
- Father's story about his wrestling son
- Dealing with Parents in the 21st Century

Philosophy

- Fixing Kid's Sports
- Importance of Sports
- Rules for Wrestling Coaches

Physical Education

- Lesson Plans 5-Day Wrestling Unit

Practice

- Practice Planning
 - Technique Lists (Example and Blank)
 - 4-Week Planner (Example and Blank)
 - Daily Practice Planner (Example and Blank)
- Sport Safety
- Agility Drills
- Training Tips
- Planning Grid
- Reaction Drills
- Motivated Drill
- Circuit Training
- Training Journal
- Wrestling Music
- Wrestlers Games
- Planning Practices
- 4-Man Scrimmage
- Incorporating Drill
- Conditioning Phase
- Practice Room Idea
- Constant Movement
- How to Drill to Win
- Practice and Training
- Scrimmage Variations
- Winning Close Matches
- Productive Kids Programs
- Brandon HS (FL) practice
- 5 W's of Effective Practices
- High School Practice Plans
- Tips for the Student Wrestler
- Nunamaker's Videotape Series
- "M3-75" Practice Terminology
- Warm-up & Stretching Activities
- Stretch, Warm Up and Cool Down
- Drill: Boring, but Vital (pdf and cwk)
- Wrestling Drills slide show with video
- Wrestling Games slide show with video

Printable Posters

- Motivational:

- Success
- Don't Wait
- The Throw
- Enthusiasm
- Steps to Success
- Wrestler's Creed
- College Wrestling
- Great Expectations
- Your Future is Here
- Focus (cwk and pdf)
- Football vs Wrestling
- Respect All, Fear None
- Never Quit (cwk and pdf)
- Everyone Dreams (8.5x14)
- Wrestling vs Basketball (8.5x14)
- Ten Steps to Greatness (11 posters)
- Twelve Commandments (pdf, cwk or doc)

- Wrestling Events:

- Wrestling Crowd (doc and pdf)
- High School Schedule Poster Examples:
- Winter Springs, FL (8.5x14)
- Jordan, NC Poster 1, Poster 2

- Team Meeting:

- Uncle Sam (doc)
- Pressure (cwk and pdf)
- The Throw (doc and pdf)

Promotion

- Join Us!
- Media Guide
- Team Mottos
- Team Posters
- Arkansas' Plan
- See the World!
- Wrestling A to Z
- Why Wrestling?
- Press Release Tips
- Newsletter example
- Benefits of Wrestling
- Promoting Your Team
- Dealing with the Media
- Patches - Two examples
- Ten Wrestling Qualities
- Event Organizing Guide
- Promoting HS Wrestling
- State Tournament Contest
- Sports Information Director
- Wrestling Information Person
- Wrestling 101 - PowerPoint presentation
- Promotional Booklet - 8.5x14, two sides:
 - PDF (outside - inside)
 - Appleworks (outside - inside)
- Schedule Poster examples:
 - Winter Springs HS, FL (8.5x14)
 - Jordan HS, NC Poster 1, Poster 2
- Letters to Wrestlers
 - Summer
 - Team Meeting
 - Potential Wrestlers

Research

- Wrestling Research
- HS Scoring Analysis

Resources for:

- Parents v1.3
- Youth Coaches v2.0
- Wrestling Club v1.1
- Motivating Wrestlers v1.3
- Getting Kids to Join Your Team v1.1
- Planning & Conducting Practices v1.0

Road Trips

- Overseas
 - Security Tips
 - Travel Tips - Part 1 and Part 2

Rules and Regulations

- State HS Association Websites
- Divisions by State
- Near-Fall Clarification
- Scholastic Penalty Chart
- Wrestling Officials' Signals
- Scholastic Wrestling Primer
- 07-08 Scholastic Rule sChanges
- 06-07 Scholastic Rules Changes
- HS Wrestling Rules Illustrations
- Michigan Wrestling Controversy
- Scholastic Rules Test 70 questions
- Scholastic Rules Quiz 20 questions
- 2007 NCAA Wrestling Rules Book
- Comparing State Tournament Formats
- HS Wrestling Summary (doc and pdf)
- Scorers/Timers Instructions updated 8/06
- High School Wrestling Match description
- 2006-07 NFHS Wrestling Rules Interpretations
- 2007 USAW's Rule Book/Guide to Wrestling

Scouting Forms

Speeches

- The Brick
- Shake It Off!
- Pyramid of Success
- Redefining "Winner"
- How to Become a State Champion
- Drill: Boring, but Vital (pdf and cwk)

Sportsmanship

- "If the Shoe Fits..."

Sports Medicine

- Ringworm
- Sport Safety
- Play Safe and Clean
- Skin Condition form
- Wrestling with Injury
- Sports Medicine Myths
- Pinning Down Skin Infections
- Avoiding Herpes and Ringworm

Strength Training

- Developing a Strong Grip
- Strength Training for Kids
- Strength Program Organization
- Use Body Weight as Training Device
- Strength Training Tips I - V

Strategy

- Pre-Match
- Match Strategy

Summer Reading Lists - 2007, 2006, 2005

Support Personnel

- Team Manager
- Statisticians/Scorekeepers
- Sports Information Director
- Wrestling Information Person
- Selecting and Training Team Captains

Team Book

- Content
- Examples
 - Bellingham High School (WA)
 - Rancho Bernado High School (CA)

Team Meeting

- Join Us!
- Team Book
- Letter to Wrestlers
- Letter to Potential Wrestlers
- Pre-Season Team Meeting

Technique

- Terms
- Leg Ride
- Sit Series
- Top Basics
- Movements
- Half Nelson
- Riding Skills
- Neutral Basics
- Bottom Basics
- Reverse Cradle
- Arm Bar Series
- Crossface Drive
- Arm Drag Series
- Technique Errors
- Underhook Series
- Head Tie-up Defense
- Crossface Cradle Series
- Bottom Chain Wrestling
- Wrestling Biomechanics
- Takedown Defense 5-H's
- Basic Skills: On Your Feet!
- 100+ Technique Videoclips
- Skills Checklist (pdf or doc)
- The Nelsons (Page 1, Page 2)

Thanks to:

- Unsung Warriors

Title IX

- SI.com 10/11/06 article
- Sherdog.com 7/29/07 article
- Title IX & Wrestling website

Tournaments

- Program Filler
- Bracket Sheets
- Madison System
- Online Registration
- How Brackets Work
- Tournament Checklist
- Event Organizing Guide
- Sponsorship Agreement

- Tournament Team Rules
- Better Competition Concept
- Creative Competition Bracket

Videoclips - There's at least 35 videoclips here!

- Matches

- Penn State vs Lehigh highlights on 12/13/06
- The Throw - Chris Taylor gets thrown
- Lee Kemp vs Dan Gable - Lee Kemp's 7-6 victory
- Gene Mills vs. Wallace - 1976 NJ State Finals
- Gable vs. Owings - "The Match"
- Cyler Sanderson vs Caramanica
- Cael Sanderson vs. Trengre - 2002 NCAA Finals.
- Kolat vs Bohn - 1992 Pennsylvania State Finals.
- Tom Brands vs Kendall Cross
- Zack Esposito vs. Knipp
- Ryan Lang (Northwestern) vs. Damion Caldwell
- Scott Winston (Jackson) vs. Frankie McLaughlin
- Jackson HS #7 vs Southern Regional HS #34 -

- Highlight videos

- Blair vs St. Ed Dual Meet
- Schlagle High School in Kansas City, KS
- College Park High School in Pleasant Hill, CA
- Folkstyle & Olympic wrestling highlights

- TV Newscast clips

- Blair Academy, NJ
- St. Edward High School, OH

- Interviews

- Anatoli Belaglazov, - current Russian coach
- Jeff Buxton
 - Unique practice tips
 - Double Leg Finishes
- Nate Carr
- Dan Gable -
 - Coaching Tips
 - Wrestling and Training Tips
 - Influence and Coaching Strengths
- Wade Schalles

- Technique

- Single Leg - Run the Pipe finish.
- Eight Good Single Legs - Title says it all.
- Throw-for-All - Lots of throws set to music.
- Penetration Steps - Zeke Jones.
- Double Leg Finishes - Jeff Buxton
- Bring-It Technique T-shirt - Cliff Keen's t-shirt.
- Takedown Basics - 3 videoclips of Tom Ryan

- Make sure you view these!

- UnderDog - Short, funny, wrestling film
- The Battle at Kruger - Importance of team unity!

- Other

- Rick Sanders in the 1972 Olympics.
- Rohan Murphy - amazing Penn State wrestler
- Watching Freestyle and Greco
- 2006 2006 NCAA Wrestling Finals highlights
- 2007 NCAA Division I videoclips
- 2007 National High School Championships

Videotapes

- Film Review
- Video Review Tips
- Training Plan from video review
- Nunamaker's Videotape Series

Websites

- Club examples:
 - The Edge (NJ)
 - Spring Hill (FL)
 - Mo-Town Grapplers (NJ)
- High School Team examples:
 - Iolani (HI)
 - Clovis (CA)
 - Jordan (NC)
 - Ponderosa (CA)
 - Inglemoor (WA)
 - Holy Cross (NJ)
 - Blair Academy (NJ)
 - Winter Springs (FL)

Weight Control

- Wrestlers' Diet
- Weight Management

Weight Certification Procedure

- New Weight Loss Rules article

Wrestling Greats:

- Dan Gable
- Henry Cejudo
- "Micky" Hirschl

Wrestling Referee's Resource Center

Wrestling Room

- Cubbies
- Room Features
- Wrestling Mat Care
- Play Safe and Clean
- Clean Wrestling Room
- Wrestling Room Construction

Wrestling Stories

- Father's story
- Christmas story
- Wrestler's poem