

www.wrestlingassistant.com

This website is maintained by wrestling coaches for wrestling coaches.

Below is the site's alphabetical index as of 9/1/06 where the articles are arranged in alphabetical order by subject.

- **Banquet**
- **Blogs**
 - Dan Gable
- **Books**
 - 101 Ways to Motivate Athletes
 - 101 Wrestling Drills and Games
 - Wrestling Coach's Guide to Excellence
- **Certificates in MS Word format**
 - Wrestler-of-the-Week WOW1, WOW2
 - Upset-of-the-Week UOW1, UOW2
- **Club**
 - E-mail Club Example
 - Club Brochure Example
 - Constitution and Bylaws
 - Vision and Mission Statements
- **Coaching** - There are 23 articles here.
- **Conditioning**
 - The Edge
 - Preseason Running Program
- **Contributors - much thanks!**
- **Directions to US high school**
- **Drug Abuse**
 - Coach's Playbook Against Drugs
- **Dual Meets**
 - Wrestling Music
 - Setup/Breakdown
 - Dual Meet Program Tips
 - Example 1 - Single sheet
 - Example 2 - Fold
- **Football and Wrestling**
 - Knute Rockne quote
 - Football vs Wrestling poster
 - Wrestler/football player Image
 - Professional Football Players who wrestled
- **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
 - Corporate Sponsor
- **Fun Stuff**
 - State Tournament Contest
 - Wrestling vs Basketball (8.5x14)
 - Wrestling Crossword Puzzle and solution
- **Glossary of Wrestling Terms**
- **Guidelines:**
 - Team Book
 - HS Team Handbook
 - Event Organizing Guide
 - 2005 Youth Wrestling Parents Guide
- **History** - 10 articles
- **Hygiene**
 - Ringworm
 - Clean Wrestling Room
 - Pinning Down Skin Infections
- **Leadership**
 - Becoming a Leader
 - Coaches as Leaders
 - Developing Leadership
- **Mental Imagery**
 - Visualization Skills
 - Mental Imagery - Part 1
- **Mental Preparation** - 14 articles
- **Motivation**
 - The Brick
 - Participation Cards
 - Cavalcade of Champions
 - Science of Motivation Series
 - Part I - Challenge
 - Part II - Achievement
 - Part III - Recognition
 - Part IV - Offseason Program
- **Motivational Sayings**
- **Newsletters**
 - Club examples
 - High School Team examples
- **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
- **Philosophy**
 - Importance of Sports
- **Parents**
 - Wrestle Mania - Father's story about his wrestling son
- **Practice**
 - Training Tips
 - Reaction Drills
 - Motivated Drill
 - Circuit Training
 - Wrestling Music
 - Wrestlers Games
 - Incorporating Drill
 - Conditioning Phase
 - How to Drill to Win
 - Scrimmage Variations
 - Winning Close Matches
 - Productive Kids Programs
 - 5 W's of Effective Practices
 - Nunamaker's Videotape Series
 - "M3-75" Practice Terminology
- **Printable Posters** - There's 24 posters here!
- **Promotion**
 - Join Us!
 - Media Guide
 - Team Posters
 - See the World!
 - Why Wrestling?
 - Newsletter example
 - Benefits of Wrestling
 - Dealing with the Media
 - Patches - Two examples
 - Event Organizing Guide
 - Promoting HS Wrestling
 - State Tournament Contest
 - Why Wrestle? - by Dan Gable.
 - Schedule Poster Example (8.5x14)
 - Letters to Wrestlers:
 - Summer
 - Team Meeting
 - Potential Wrestlers
- **Research**
 - Wrestling Research
 - HS Scoring Analysis
- **Road Trips**
 - Overseas
 - Security Tips
 - Travel Tips - Part 1 and Part 2
- **Rules and Regulations**
 - State HS Association Websites
 - Scholastic Penalty Chart
 - Wrestling Officials' Signals
 - Scorers/Timers Instructions
 - Scholastic Wrestling Primer
- 06-07 Scholastic Rules Changes
- Scholastic Rules Test 70 questions
- Scholastic Rules Quiz 20 questions
- Scholastic Season Regulations
 - Comparison
 - Florida
 - New Jersey
 - North Carolina
 - South Carolina
- **Scouting Forms**
- **Speeches**
 - The Brick
 - Shake It Off!
 - Redefining "Winner"
- **Sportsmanship**
 - "If the Shoe Fits..."
- **Sports Medicine**
 - Sports Medicine Myths
 - Pinning Down Skin Infections
- **Strength Training**
 - Strength Training for Kids
 - Strength Program Organization
- **Strategy**
 - Pre-Match
 - Match Strategy
- **Summer Reading Lists** - 2006, 2005
- **Support Personnel**
 - Team Manager
 - Statisticians/Scorekeepers
- **Team Book**
- **Team Meeting**
 - Join Us!
 - Team Book
 - Letter to Wrestlers
 - Pre-Season Team Meeting
- **Technique** - There are 15 articles here.
- **Thanks to:**
 - Unsung Warriors
- **Tournaments**
 - Bracket Sheets
 - Madison System
 - Online Registration
 - Tournament Checklist
 - Event Organizing Guide
 - Sponsorship Agreement
 - Creative Competition Bracket
- **Videoclips**
 - Dan Gable
 - Blair Academy
- **Videotapes**
 - Nunamaker's Videotape Series
- **Websites**
 - High School Team examples:
 - Iolani (HI)
 - Ponderosa (CA)
 - Blair Academy (NJ)
 - Winter Springs (FL)
- **Weight Control**
 - Wrestlers' Diet
 - Weight Management
- **Wrestling Financial Aid**
- **Wrestling Greats:**
 - "Micky" Hirschl
- **Wrestling Officials Resource Center**
- **Wrestling Room**
 - Room Features
 - Clean Wrestling Room
 - Wrestling Room Construction
- **Wrestling Stories**
 - White Envelope - A wrestler's Christmas story