

BHS WRESTLING ~ LEARNING GOALS

"The educational experience of being a Bulldog wrestler"

LEARN:

~ to be a **FULL TIMER**

- ~ how to commit to a team with attendance and effort
- ~ learn the difference between just "being there" and really "being there"
- ~ full-timers succeed, part-timers do not

~ to contribute to and help create a **TRUE TEAM**

- ~ not only with each other, but for each other
- ~ you need your teammates, they need you
- ~ together, big things can happen
- ~ "Every man a BRICK...together a WALL"
- ~ IT'S ALL ABOUT RELATIONSHIPS!

~ to strive high and **THINK BIG**

- ~ big things only happen for those who can think big
- ~ it is not the accomplishment that matters, but the process of striving high
- ~ Ever wanted to climb a mountain? Let's do it! See you at the top!
- ~ the ancient Greeks tried to live by "*matching word with deed*" – be a "do-er"

~ **STRONG BODY, STRONG MIND, STRONG CHARACTER**

- ~ take care of your body, physical fitness, nutrition, healthy living, avoid the bad stuff
- ~ sharpen your mind and intellect with brain activity
- ~ be a good person...above all else...**ABOVE ALL ELSE!**
- ~ to be successful is meaningless unless you can be a good person along the way

~ to develop **EMOTIONAL MATURITY**

- ~ be in control of your emotions at all times
- ~ you control your emotions, they don't control you
- ~ act like a winner, whether you are victorious or not
- ~ help your teammates do the same, grow together

~ to follow the **CLASS ACT RULES**

- ~ give dignity and integrity to the sport of wrestling, to your team, to your school, to your parents, to your coaches, etc.
- ~ say Sir and Ma'm, please and thank you, be polite
- ~ your reputation probably says something about how you really are
- ~ be a warrior inside whistles, and a gentleman outside the whistles

~ how to put yourself in **IDEAL COMPETITIVE STATE**

- ~ you perform best when in the "ICS"
- ~ what does it feel like when you are "in the zone"
- ~ work on putting your mental self in this place, control it, be able to "flip the switch"

~ to **ENJOY YOURSELF**

- ~ be positive to yourself, you deserve nothing less
- ~ be positive to your teammates, they deserve nothing less
- ~ be positive to your coaches, they deserve nothing less