

## Keys to Success

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**D**epending on how long you have been involved in wrestling, you may remember some of your coaches talking to your teams about being more successful. People, who are truly successful, whether it's in a sport, an activity, a career, or a relationship, will

practice all the same traits at a very high level and in a very consistent manner. Generally, people who are not very successful have a common thread as well. They will not practice very many of these traits, and what they do practice will not be at a very high level, nor it will be in a con-

sistent manner. This is the time of year when you will see which wrestlers understand the keys to success.

To be successful in wrestling requires education and knowledge. If you do not educate yourself about your sport, you are not putting yourself on the road to success.