

Dealing with Anger and Frustration

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In wrestling, you will experience the entire gamut of emotions, from tremendous highs to gut-wrenching lows. In life, things won't always go smoothly either. You won't always get what you want, and you won't always win.

As a wrestler, you have to deal with a lot of different people, and you won't always be able to control how those people act or react to situations. You do have control of yourself and how you react to all the emotional events that will occur during the sea-

son. Preparing yourself to cope with anger and frustration in a positive way is a key element to developing effective leadership for yourself and your team.

You spend a lot of time with your coaches, and some of their expectations,