



NWCA

Coaching Philosophy

Your top wrestler is ineligible. Your lightweight just stopped by the office to let you know he simply can't make the weight anymore. One of your captains is suffering through a losing season and trouble at home, and "his heart just isn't in

it". An anonymous coach once asked, "What human being in their right mind would put their emotional well-being in the hands of teenage boys?" You are wondering the same thing, so you open your desk drawer and pull out the coaching philosophy you wrote months ago for a

reminder of why you put in for this type of abuse. What? The drawer is empty or the dust-covered document you withdraw hasn't been updated in 4 years? You may be missing one of the most vital components of a successful wrestling program not to mention the key to your mental stability