



## Keys to Success

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2x NCAA Champion and  
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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 will it be in a consistent manner. This is the time of year when you will see which wrestlers understand the keys to success.

To be successful in wrestling requires