



## The Value of Team Unity

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**Y**es, wrestling seems to be an individual sport. Once that whistle blows, it is a one to one competition. Strength versus strength. Technique versus technique. Endurance versus endurance. Anyone who has ever competed knows how lonely it can be out there, but wrestling is more of a team sport than it may appear, and most coaches would credit their success to teamwork. Creating that "team unity" in a seemingly individual sport can be a difficult, but rewarding, endeavor.

Even as early as pre-season conditioning, the athletes should be building the foundation of teamwork. In the earliest team meetings, the lines of communication have to be opened. The coach should convey his philosophy with the team, and he should also make