



Rebuilding a Team

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Okay, last year's season was one you will never forget, but now many of the wrestlers who made it a dream season have graduated, and it is back to square one for your team. Everyone who has ever been

involved with sports knows the feeling. How can you make it the best season possible and begin rebuilding your team's future success? Many factors will be important as both the coach and the wrestlers try to make this season a productive one.

First, focus on the positive attributes of the remaining squad. Obviously, the returning lettermen will be the core of the team. One example that we used to recognize successful wrestlers was to name their favorite move after them. One of our code