



“Psychological Preparation for Wrestlers and Coaches”

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“**P**eople do not plan to fail..... they fail to plan.” This is a quote that I used to hear my high school coach say all of the time. The quote speaks volumes of not only athletics, but also real

life. People who fail to plan are usually not the most successful people.

If there is one thing that I have learned about coaching this great sport of wrestling, is that it is about 99% psychological. For Melvin Douglas (1996 & 2000

Olympian) fans, you may have seen his 1993 World Champion t-shirt that states this theory on the back of the shirt. Wrestling does require so many physical elements, but it takes a well-balanced and consistently trained mental preparedness