

Five qualities that make the best wrestling captains

For many wrestling programs, team captains are selected to be leaders of the program. The selection process -- as well as the role of a team captain -- can vary by wrestling program. But it's role that is held in high regard by many wrestling coaches

"I hold being a team captain as a great achievement," says Kyle Kleuskens, head wrestling coach at Neenah High School in Wisconsin. "It's better than being a team MVP to me." [Click here to download the free guide now »](#)

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