

## 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 »](#)

[DOWNLOAD GUIDE >](#)

---

## What Hudl Did for Football MatBoss is Doing for Wrestling

You've likely seen other wrestling teams using MatBoss at a tournament or dual. The fact is, 1,100+ college and high school programs across the country use MatBoss to record video and stats, saving thousands of hours every season.

Simply put, MatBoss allows you to focus on coaching, not busy work. And the platfor

gives you instant access to video and statistics for your team that provides insight never seen in the sport of wrestling before.

Check out a [quick 2-minute video](#) of MatBoss or [book a time with Tyler](#) to learn more

VIEW DEMO >

BOOK A TIME >

## The MatBoss Podcast Episode 6: Dustin Myers

Ohio RTC strength coach Dustin Mye joins The MatBoss Podcast for Episode 6. Host Chad Dennis talks to Myers about strength training for wrestlers, nutrition, supplements, Ohio State, Kyle Snyder and much more.

LISTEN NOW >



***"I get a statistics breakdown after every single meet..."***

Coach JohnMark Bentley from Appalachian State talking about his experience with MatBoss.

**WATCH VIDEO**



Tyler Hemmesch

*Business Development/Co-Founder*

**MatBoss**

m: 763 213 2923

w: MatBossApp.com e: Tyler@MatBossApp.com

[Book a time to speak with me via my calendar »](#)

MatBoss 6604 Dakota Trail Edina MN 55439

You received this email because you are subscribed to Marketing Information from MatBoss .

Update your [email preferences](#) to choose the types of emails you receive.

[Unsubscribe from all future emails](#)