

**From:** Wrestling Coaches Insider - Saturday Edition coach@coachesinsider.com  
**Subject:** Practice Logs and Journals | It's Not Just About the Training | Anxiety, Expectations, and Pressure  
**Date:** August 20, 2022 at 6:33 AM  
**To:** lanny@wrestlingusa.com



Saturday, August 20, 2022

## In Case You Missed It...

Coaching videos from this week you might have missed!



### Practice Logs and Journals

Mark Branch  
Univ. of Wyoming

[Watch Now!](#)



### It's Not Just About the Training

Brian Smith  
Univ. of Missouri

[Watch Now!](#)



### Anxiety, Expectations and Pressure

Dr. Lee Dorffeld  
Univ. of South Florida

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