



HORNET
WRESTLING
GOAL
PACKET

2010-2011

NO EXCUSES,
NO SHORTCUTS,
NO LIMITS

prACTice
Like a
Champion!

Goals are like a roadmap. They remind you of where you want to go and how to get there. I am a firm believer that all people should set worthy goals in life that are in line with their personal belief system. A person's goals should be high but attainable. Keep in mind that just because one sets high goals does not guarantee that they will always reach them.

Attached is a list that I believe are worthy goals for a Williamston wrestler. As you can see, the base of the pyramid contains most athletes. That is because this goal demands the least amount of work. As you go up the pyramid the amount of athletes that accomplish each of these goals diminishes until you reach the top of the pyramid.

When you are setting personal goals, make sure that they are in alignment with your personal wants and not what someone else believes should be your goals; you're the one who must put in all the hours and hard work, not anyone else.

Your goal must also be aligned with the amount of work you are willing to put into achieving that goal. For instance, everyone would like to be a state placer if they did not have to work hard. If you are only willing to practice and workout during the season then the highest goal you should probably have is to earn a varsity letter.

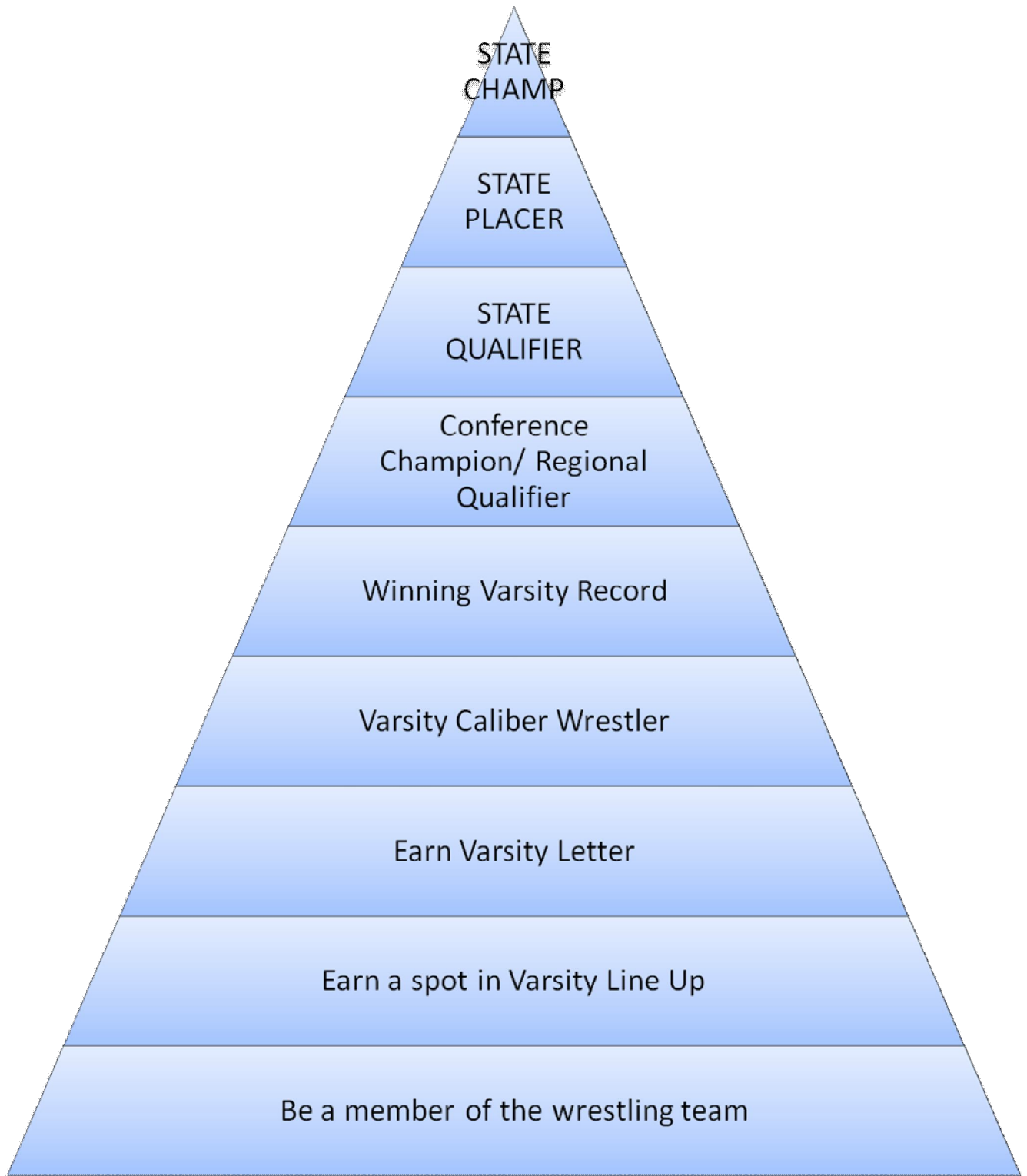
Be honest with yourself. If just being a member of this team is enough of a goal for you, then fine; be the best member of the team you can be. I am still very glad that you chose to wrestle and I am glad to have you as part of this team as anyone else. On the other hand, if your goal is to be a STATE CHAMPION don't get angry at me for getting on you about your work ethic. I am here to help you achieve your goals and keep focus. I will make sure you are doing what is needed and keep you on track.

Now take a look at the goal pyramid and decide what you want you to achieve in wrestling. Each and every goal on the pyramid is a worthy goal. Make sure that you are willing to do the work involved in achieving your goal. These goals are designed for freshman to achieve over the next three years, they will not happen over night. For instance, if you are ending your junior year and have never wrestled a varsity match, your chance of becoming a STATE CHAMPION is greatly reduced --- not impossible.

After setting your goal, talk to your parents about it. You will need their support and the higher your goal the more support you will need from them (the top three levels are very demanding). Next, write your goals out on the GOAL SHEET. Sign the sheet showing your commitment and hand it to Coach Weber the next day. I will go over your goals with you and make a copy for my records. Last and most important, hang your goal sheet somewhere you will see them first thing in the morning and last thing at night to remind you of what you wish to achieve.

Finally, once you reach your goal, establish new goals, and continue to achieve your dreams.

A year from now you will wish you had started today!



"Happy are those who dream dreams and pay the price to make them come true!"

Leon J. Suenes

Pyramid Goals and the Work Necessary to Achieve Them

First Level: Be a member of the Williamston Wrestling Team - to accomplish this goal you must come to attend all practices and abide by team rules.

Second Level: Earn a spot in the varsity line up – complete work for previous level, be the best wrestler in your weight, win challenge matches, work as hard as you can in practice.

Third Level: Earn a varsity letter – complete work for previous levels, you must complete the season in “good standing” and earn 16 varsity points.

Fourth Level: Varsity Caliber – complete work for previous levels, participate in strength training program in the off-season.

Fifth Level: Winning Varsity record - complete work for previous levels, go to camps and wrestle in summer league.

Sixth Level: Conference Champ/Regional Qualifier – complete work for previous levels, wrestle freestyle/Greco during the spring and summer.

Seventh Level: State Qualifier - complete work for previous levels, complete work for previous levels, drill 2-3 times per week in the summer.

Eighth Level: State Placer – complete work for previous levels, participate in a running program, participate in a plyometric program, drill a minimum of 3 times per week all year round, wrestle in at least 20 matches off season.

Ninth Level: State Champion – complete work for previous levels, use of varsity coaches, get a great drill partner, dedicate one hour a day every day to making yourself a better wrestler outside of practice, wrestle at least 30 out of season matches, wrestle in national tournaments during the summer (Fargo or Disney) MAKE NO EXCUSES WHY YOU CAN'T WORK OUT – Make excuses for why you have to!

For levels 7-9, you must communicate with Coach Weber and other coaching staff members your goals and what opportunities can best help you reach them.

Hornet Wrestling Goal Sheet

My individual goal is to achieve:

- 1.
- 2.
- 3.

Work needed to achieve this goal:

- 1.
- 2.
- 3.

Our team goals should be

20 + Dual Wins

Win Dual Tournaments

(Hudson, Three Rivers, LWOA, Bendle,
Dexter, Whitehall)

Top 5 at Mooney Classic

MWA Academic All State

League Champions

District Champions

Regional Champions

State Champions

Dual Goals --

- Give up no pins/tech falls in dual
- Earn 6 pins in dual
- Earn 1st takedown in 12 matches

Athlete Signature: _____ Date _____

Parent Signature: _____ Date _____