

TEAM GOALS

- **ALWAYS KEEP YOUR COOL**

You must be mentally tough and stick to the game plan. Most points are given by the ref, not because you think you earned them. Never cost your team a team point because you broke mentally.

- **IF YOU HAVE 7 POINTS, YOU MUST GET 8**

We must put in the extra effort to get that extra point to get our major. Major decisions are 4 team points, decisions are 3 team points, it adds up.

- **ALWAYS SCORE THAT 1 ESCAPE POINT**

We should always score that 1 point from bottom. Some matches aren't won by big decisions and every point counts. Don't ever let anyone keep you down longer than 30 sec.

- **MOVE YOUR OPPONENT**

If we aren't moving our opponent, we aren't wrestling them. Dominate and be aggressive in hand fighting, wear them down, create opportunities.

- **SCORE THE FIRST TAKEDOWN**

70% of matches are won by the wrestler who scores the first takedown and it gives you the advantage in overtime.

- **WRESTLE TOUGH ON THE EDGES**

Never assume the ref will blow his whistle on the edge or you are out of bounds until the ref has actually stopped the action. A lot of wrestlers relax at the edge because they assume they will be called out. Always wrestle tough defensively and try to score on the edge if you are attacking or being attacked.

- **ALWAYS HUSTLE TO THE CENTER**

Don't ever walk but don't sprint, just maintain a good jog to the center. This shows mental toughness and a never-quit attitude to our opponents.

- **SCORE EVERY PERIOD**

We can't wait to score at the end of the match; we can't live or die by the last points scored.

- **SCORE ON TOP**

When our opponent takes bottom, we will keep them down and score.

- **LEARN FROM EVERY MATCH**

Don't ever make excuses for losing and believe every opponent is beatable. Our goal is to never give up and to stick it out. Always fix your weaknesses, remember the good things you have done and don't focus on the negative.