PHILOSOPHY OF DALLASTOWN WRESTLING

**THE DALLASTOWN WRESTLING PROGRAM IS BUILT AROUND A**

**SYSTEM OF AGGRESSIVE, OFFENSE-ORIENTED WRESTLING. WE**

**BELIEVE THAT TO BE THE BEST, YOU NEED TO THINK LIKE THE**

**BEST/TRAIN LIKE THE BEST AND WRESTLE THE BEST.**

**THE GOAL IS TO WIN EACH BOUT...BUT TRUE WINNING MUST GO**

**BEYOND THIS SHORT-SIGHTED GOAL. THE REAL QUESTION is:**

**"DID I DO AS WELL AS POSSIBLE BASED UPON TALENT, TRAINING AND**

**EFFORT… AND DID I LEARN?" IF SO.THE OUTCOME IS SUCCESSFUL.**

**Be Aggressive *Be Smart Be Offensive* Be a Good Sport *NO EXCUSES***

**CONDITIONING** Conditioning is a variable, which can be controlled and should never be a reason for failure. You must be in optimum shape physically in order to be mentally tough and avoid injury.

**PHYSICALLY** Wear down your opponent physically and mentally.

**MENTALLY** Break your opponent. Enjoy the spirit of competition. Respect all fear none…and never fear failure.

**DRILLS**—(Boring but Essentials)

* Drill the specifics in your plan of attack
* Drill each technique as perfectly as you can
* Repetition Drilling-first slow and then increase speed.
* Passive Partner Resistance-improves timing
* Be a Good Drill Partner-correct, coach and do not prevent.

**KEEP IT SIMPLE**

When on your feet, take him down and keep him off of your legs. When you're on top, keep him down and turn him toward his back. When on the bottom, get out.

**BELIEVE** in yourself and your training. You need to be convinced that you deserve to win.

**MATCH COMPOSURE**- concentrate on doing the things that you do best. No one can wrestle your style better than you. Focus on what you can control. Never show frustration during a match.

**STRATEGY**

* DEVELOP A SYSTEM THAT WORKS FOR YOU
* UTILIZE THE COACHING STAFF AND TEAM MATES
* TAKEDOWNS AND ESCAPES ARE ESSENTIAL
* PINNING IS AN ATTITUDE AND A BONUS
* BE AWARE OF MAT POSITION AND SCORE AT ALL TIMES

**TEAM WORK AND RESPECT**

When you are at practice, help each other, but do not take it easy on one another during live. Never humiliate a teammate or opponent of lesser ability. Be proud that you are as good as you are and that someone of lesser ability is trying to learn from you. Teach each other how to be better people and better wrestlers. Do not feed the shortcomings of teammates... starve them.

Respect each other; you are all in this together. We all either enjoy the season and are proud of it or not. Remember, people will know our team and its reputation a lot sooner than they will know you as an individual. Earn the respect of your coaches, teammates, teachers, opponents and all who we encounter.

**AVOID THE THREE GREATEST ENEMIES TO SUCCESS:**

**Laziness, Selfishness and Fear of Failure**

**HAVE FUN- Remember that wrestling is a unique combination of artistry, science  
and entertainment ENJOY PERFORMING.**