

Pillars of Success

DEVELOPING POSITIVE HABITS

Coach Zalesky

- ▶ 3 time NCAA champion
- ▶ Won 3 titles as a coach



- ▶ Every wrestler should leave his program with 2 things because they will need them in life
- ▶ Work hard
- ▶ Compete

Our pillars to Success

Carry over in all parts of life

- ▶ Work Hard
- ▶ Compete
- ▶ Responsibility
- ▶ Accountability
- ▶ Family
- ▶ School
- ▶ Wrestling

Work hard

- ▶ What does this mean/ look like
 - ▶ Learn a life long work ethic, believe you can outwork **ANYONE!!**
 - ▶ Some one that works hard does not select when and where they work hard, they are consistent across all areas of life
 - ▶ Hard worker on the mat = hard worker in the classroom
 - ▶ Slacker in the classroom = slacker on the mat
- ▶ Hard workers are identified by their action, not words

Compete (not just winning/ losing)

- ▶ It's the quest to become the best you can become
- ▶ The best you are capable of becoming based on your unique gifts and abilities
- ▶ The person you become in the pursuit of excellence is far more important than the apparent achievement of excellence
- ▶ It is process based, love the process

- ▶ Don't spend too much time comparing yourself to others
 - ▶ You may sell your self short
 - ▶ We all have different abilities

Responsibility

- ▶ Own your actions
 - ▶ Both positive and negative
- ▶ You represent
 - ▶ Your School
 - ▶ Team
 - ▶ Community when on the road
 - ▶ **Yourslef**

Accountability

- ▶ Wrestling is the ultimate proving ground pitting one athletes one on one
- ▶ We will hold you to the highest standards
 - ▶ Training and preparation
 - ▶ Behaviors
 - ▶ All areas of life
- ▶ You can fool everyone but yourself, When it comes down to competition and you lay it on the line. You and only you will know if you have done all you can do in preparation for success.

Expectations for Wrestlers

- ▶ Your expectations of success should be based upon the foundation of hard work and preparation you build.
- ▶ Comfort is the enemy of success, train and live to be uncomfortable as growth itself is uncomfortable.

Your job as a wrestler

- ▶ Learn the sport
- ▶ Develop a work ethic and mental toughness
- ▶ Enjoy the process
- ▶ Respect teammates, coaches and opponents
- ▶ Be coachable
- ▶ Set high goals and persevere and prepare to accomplish those goals

Work Hard
Compete
Responsibility
Accountability

CIF CHAMPIONS

