



**Chadron State Wrestling
Championship Culture**

5 Things to Do Daily/ Weekly

#1- Pray Daily as a Team

#2- Team Bible Study/ R.A.W

#3- Encouraging Others

#4- Staying a Family/ Injured Athletes

#5- Laugh Together

The Definite Dozen

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Championship Culture

TO STAY AT CHADRON STATE:

1. **BE COMMITTED TO YOUR ACADEMICS-** Know your catalog, make a plan, get your degree. Go to class every day. Be on time. Sit up front. Take good notes. Do all extra work possible. Plan ahead and talk to your professor when we travel or you are having a problem. Get tutors when you need them.
2. **BE COMMITTED TO HAVE CLASS-** Treat teachers, trainers, support staff, food service workers, and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Its easy to flunk an asshole. Everyone takes notes, everyone picks up trash and everyone is courteous. Say please, thank you, yes sir, and yes ma'am. Give people the benefit of the doubt and always remember to smile.
3. **BE COMMITTED TO DOING THE RIGHT THING-** We have plenty of school rules, know them. Realize if you just try to do the right thing you will be OK. Try to do the next right thing right and you are as close to perfect as any person can be.
4. **BE COMMITTED TO THE PROGRAM-** We realize that our wrestlers are in a fishbowl at Chadron State. Every word and action will be watched. Our program's reputation provides many opportunities yet brings many responsibilities. We must be committed to build on to the tradition of our program and respect those that have gone before us and paid the price to build the program.

TO WRESTLE AT CHADRON STATE:

1. **BE COMMITTED TO HARD WORK-** Our program is built on the concept that hard work pays off. We believe that we work harder than anyone else, and because of that we always deserve to win. There is a reason we are the best we can be, we work at it. Our best wrestler must be our hardest worker. So, be our hardest worker!
2. **BE COMMITTED TO BECOMING A SMART WRESTLER-** We all must be ready to learn. We believe we work smarter than anyone else. We must develop wrestlers who understand the sport. We all must be good listeners and learn by watching. We must make good decisions, we must be wrestling with poise. We prepare mentally for practice and competition.
3. **BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT-** We must all believe in our team concept. Our program is built on the concept that the team/program is bigger than any one wrestler or coach, we need unselfish wrestlers and coaches.
4. **COMMIT YOURSELF TO A WINNING ATTITUDE-** Our wrestlers must be committed to winning but understand we don't measure our success by winning alone. Each time we compete we evaluate ourselves on reaching our potential. We never quit, we always are looking for ways to win.

TO WIN HERE:

1. **BELIEVER IN OUR SYSTEM-** Commit yourself to our philosophy, to our wrestling system. Be a sponge and soak up the concepts of how we compete. Learn your role, then accept your role and do it the best you can.
2. **BELIEVE IN YOURSELF-**Wrestle with confidence, think positive. Don't get down when you wrestle poorly, realize you were chosen to be here, be a leader, remember that your heart controls what your tongue says. Lead by example.
3. **BELIEVE IN YOUR TEAMMATES:** - Communicate with each other, help each other. Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be a friend. We are all different- be tolerant of teammates and others.
4. **BELIEVE IN YOUR COACHES-** Understand that your coaches are trying to help make you better people and wrestlers. Ask questions, don't whine, complain or make excuses. Learn to take tough coaching. You must believe that coaches are doing what they think is right for the team and you.

CHADRON STATE WRESTLING TRAINING PHASES

Pre-Season Phase I (September- Mid-October)

- Weight Management (Educate)
- Strength Building
- Cardiovascular Training
- Wrestling (Block) Drilling
- Team Building

Early Season Phase II (Mid October- December)

- Integrate Our System
- Focus on Technique, Drills & Learning
- Wrestling (Block) Drilling, Sparring Drilling
- Long Grinding Matches (Live 15 Min.- 60 Min.)
- Practice- 2 hours or less

Dual Season Phase III (January)

- Less Technique
- Situational Drilling, Sparring Drilling, Individual Technique
- Shorter Match Lengths (Live 7 Min. & 10 Min.)
- Less Conditioning (Mix of running, swimming, and biking)
- Practice- 1.5 hours or less

Peak Phase IV (February- March)

- No Team Technique (Individual)
- Sparring Drilling
- Match lengths are shorter and more intense (Live :30, 1, 7 Min.)
- Practice- 1 hour or less

Post- Season Phase V (April- August)

- Focus on Technique, Drills & Learning
- Implement & Promote Freestyle & Greco Roman Wrestling (Tournaments)
- Strength Building
- Cardiovascular Training
- Individual & Team Goals
- Team Building

CHADRON STATE WRESTLING TAPERING PERIODS- IN SEASON

WHY

- Optimal Results
- Reducing with a 41-60% in volume produces the best results

Progressive Taper

- Gradual
- Day to Day Reduction in volume
- 2 week tapering period

HOW

- Week 1- Start with 60% volume (Monday)
- Week 1- (Friday/Saturday) 50% volume
- Week 2- (Sunday/Monday) Start at 50% volume
- Week 2 (Friday/Saturday) 41%
- Example- 100 Min. of Drilling, live, 10 sprints= 60 Min, of Drilling, live, and 6 sprints.

WHEN

- Taper 3x a season
- Mid-Season Tournament (Mid December)
- Late January/ Early February Dual/Dual tournament
- NCAA Regional Tournament (Late February)

*Tapering period 8-14 days before the event produces optimal results, starting with 60% to 41% volume over the course of that week.