THE PROGRAM AT A GLANCE

A plan for your season.

Individual goals. Purposeful practice. Consistent follow-through.

01 What we are working toward

Build a dependable wrestling style, stronger preparation habits, and the ability to learn from each match. Set meaningful goals, put in the work, and make small adjustments as the season develops.

02 The 10 pillars of our wrestling style

01 Fakes and snaps
02 Front headlock
03 Force reattacks
04 Shot recovery
05 Leg defense
06 Bottom wrestling
07 Top wrestling
08 Mat returns
09 Shot finishes
10 Setups

We revisit and connect these pillars throughout the cycle. Practice priorities follow the needs of the group, individual development, and what we see in competition - rather than a fixed weekly technique schedule.

03 How the training cycle works

FOUNDATION: Develop the pillars, establish individual priorities, and build repeatable preparation and reflection habits. Sessions combine instruction, drilling, situational wrestling, and live application.

CHAMP CAMP: Carry the same individual plans into postseason preparation. Refine key positions and routines, with high school guest wrestlers sharing experiences from their own postseason when available.

04 The weekly commitment

Complete the tracker after weekend competition, or reflect on practice if you did not compete. Send it to Jordan through your parent or guardian before the next session. Include one match or clip when available, with a question or timestamp.

Jordan reviews the update, identifies the next priority, and connects that feedback to practice. Wrestlers arrive ready to explain what they are working on and why.

FIRST-NIGHT HOMEWORK

List 3 wrestling goals and 3 non-wrestling goals for the season. For each: why it matters, what progress looks like, and one action you can take.

FIRST-NIGHT HOMEWORK / REVISIT THROUGHOUT THE SEASON

My season goals

Three wrestling goals. Three goals beyond wrestling. Your reasons. Your actions.

Wrestler name

Date

For each goal, explain why it matters, what progress looks like, and one action you can take. A parent can help you write; the goals and ideas should be yours.

ON THE MAT

01 **My goal**

Why / progress / action

02 **My goal**

Why / progress / action

03 **My goal**

Why / progress / action

BEYOND WRESTLING

01 **My goal**

Why / progress / action

02 **My goal**

Why / progress / action

03 **My goal**

Why / progress / action

Bring or send this sheet before your next session. Choose one wrestling action and one non-wrestling action to report on in your weekly check-in.

COMPLETE EACH WEEK / ABOUT 5 MINUTES

Weekly wrestler check-in

Fill in digitally and save, or write by hand and send a clear photo.

Wrestler name

Week ending

1. What went well?

One success from a match, practice, preparation, or mindset.

2. What did you do toward your goals?

One wrestling action and one non-wrestling action.

3. What needs work?

Choose 1-2 areas. Describe the position or situation.

4. Match or practice review

Event/results or practice takeaway. Add a film link and question/timestamp if available.

5. Your next step

One specific action you will take before the next session.

Weight update (if relevant)

Date recorded

Upcoming event / date

Use an available competition or parent-supported update. No extra weigh-in or target weight is required.

Anything Jordan should know?