**Be productive early. Don’t be lazy.**

**Stop waiting to start. It’s time.**

**Rely on yourself. No one else will do it for you.**

**Be practical. Success is not a theory.**

**Do the work. Don’t wait around in the offseason.**

**Don’t complain. Wrestling is hard. Get on with it.**

**Don’t hang around with idiots.**

**Don’t waste time and energy on the things that are outside of your control.**

**Stop making excuses. It’s embarrassing.**

**Stop being a people pleaser. It’s sad.**

**Stop putting toxins in your body; it’s just plain stupid. Have the discipline to eat a healthy diet**

**Stop doing the same things over and over and expect things to change.**

**Excelsior! Always in All Ways.**

**In the end, it's extra effort that separates a winner from second place. But winning takes a lot more that that, too. It starts with complete command of the fundamentals. Then it takes desire, determination, discipline, and self-sacrifice. And finally, it takes a great deal of love, fairness and respect for your fellow man. Put all these together, and even if you don't win, how can you lose? - Jesse Owens**

**Too much emphasis is given to those with raw talent. He could have, should have, would have been this or that. The true credit belongs to those people who make the most of what they've been given. Good work ethics, determination, desire, and coachability exceeds those athletes with more talent who are seeking shortcuts to success. - T. J. Namberg**

**Gold Medals aren’t really made of gold. They’re made of sweat, determination and a hard to find alloy called guts.**

* **Dan Gable**

**Never give in – never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy. Never, never, never give up - Winston Churchill**

**I’m a big believer in starting with high standards and raising them. We make progress only when we push ourselves to the highest level. If we don’t progress, we backslide into bad habits, laziness and poor attitudes. - Dan Gable**

**Hard work beats talent when talent doesn’t work hard.**

**Stance**

**Motion**

**Level Change**

**Create An Angle**

**Setup**

**Penetrate**

**Finish**

**Never stop wrestling, chain one move after another, improve your position, no quit, no doubt, visualize success and make it a reality.**

 **Outwork your opponent off the mat.**

**Keep going no matter what the score is. Remember a pin is a guaranteed win.**

 **Opponents don’t care how you feel. The fans watching don’t see you at practice. Everyone just sees what happens out on the mat. Toe the Line**

**Your body can stand almost anything. Its your mind that you have to convince.**

**You earn your trophies, medals, and accolades in the practice room. You pick them up at competitions.**