

COACHING PHILOSOPHY

To create a positive learning environment fostering development of the student-athlete on & off the mat, in good times & bad.

The development of the student-athlete can be categorized into 3 pillars of success: mental, physical, & social. Each pillar is broken down into student-athlete principles (our expectations) & our coaching approach to attain those principles. Underlying all pillars is the philosophy of *lead by example in all we do*.

Mental

Developing the life skills of discipline, perseverance, & resiliency are key to building strong self-efficacy & self-esteem as well as the ability to bounce back from adversity & to handle stress/uncertainty.

Student-Athlete Principles:

- Exhibit discipline & focus
- Keep cool under pressure
- Set goals
- Maintain perspective

Coaching Approach:

- ✓ Finish the task – Encourage athletes to complete every drill, practice, & match.
- ✓ Push to the limit – Push athletes to their physical limit challenging them mentally to persevere.
- ✓ Compete everyday – Infuse competition into every practice increasing intensity & making drills more realistic. Everyday there are winners & losers.
- ✓ Aim high – Encourage athletes to set high, but achievable goals, both academically & athletically, always extending beyond present skill & performance level.
- ✓ You can do it! – Instill in the athlete success comes from hard work & discipline.
- ✓ Have a life – Encourage academic–athletic–social balance by taking an interest in athlete’s interests & motivations.

Physical

Student-Athlete Principles:

- Maintain balance
- Build strength
- Master fundamentals
- Build endurance

Coaching Approach:

- ✓ Different emphasis, different times – Develop a balanced body through specificity; off-season emphasis on strength & endurance, in-season emphasis on skill development & mastery.
- ✓ Teaching & repetition – Start with sound fundamentals, work on techniques & individual strategy. Skills become natural with repetitive & proper practice.
- ✓ Push each other – Strive for competition among teammates. When training with excellent wrestlers, each individual will have the opportunity to become the best he/she can be.
- ✓ Build the muscle/burn the fat – Encourage strength & cardiovascular fitness year-round.
- ✓ Build a life-long love of fitness – Emphasize the benefits of lifelong fitness.

Social

Student-Athlete Principles:

- Character counts
- Teamwork
- Sportsmanship

Coaching Approach:

- ✓ How matters – Winning is a goal for everyone, but focus should be on effort, not outcome.
- ✓ Respect everyone – Treat everyone with respect, including opponents, officials, & fans.
- ✓ Panther pride – Team pride is a cornerstone of a competitive athletic program. Winning builds pride, but so does hard work & commitment.

PARTICIPATION & GRADES

Wrestling program participants will receive a grade & PE credits towards NPHS graduation. **Wrestling is a graded PE class.** Grades are earned based on the following criteria:

- Attendance at practices
- Participation at dual meets & tournaments

A = 90% or more

B = 80-89%

C = 70-79%

D = 60-69%

F = 59% or less

All practices are mandatory unless otherwise stipulated. Wrestlers must suit up for all practices, including those ill & injured. (3) unexcused absences will result in a drop from the program. Students can drop the sport without penalty (no grade) as late as the week following the first competition. Drops after that date will result in a fail. Athletes who quit without notice will receive a fail.

Absences – Athletes must notify coach in advance if he/she will be missing a practice or competition. Please contact Coach Troxel for all absences due to emergency, illness, or unforeseen circumstance prior to practice or competition start – via text preferred (805) 285-8026. Calling in an illness to the NPHS attendance office will not excuse the absence from practice or competition.

NPHS WRESTLING TOURNAMENTS

42nd Annual Newbury Park Varsity Invitational

- **Saturday, 12/2/23, at Newbury Park High School**
- Major fundraiser for the wrestling program
- 30+ schools
- Staffed by all non-competing wrestlers & all parents wrestlers

This is an ALL DAY event – please mark your calendars now! Team check-in begins at 6:00 AM and wrestling will conclude by 7:00 PM followed by event clean up.

Wrestlers – All wrestlers are required to participate (competing & non-competing). Non-competing wrestlers will work at the tournament all day, Saturday, 12/2 (scorekeeping, timer, tapper, etc.). All wrestlers will also set up Friday evening, 12/1, time TBA (mats, scoring tables, snack shack, etc.).

Parents – All parents of competing & non-competing wrestlers are expected to volunteer at the tournament. Some pre-tournament opportunities include shopping, snack shack preparation, & Friday PM gym set up. Day of opportunities include snack shack, ticket sales, & scoring tables. *Please note: the best way to learn about wrestling is to work a shift at a scoring table – training sessions prior to event (TBA).* You won't miss a thing! We offer reserved seating on stage for parent volunteers when your kid wrestles. Sign-up on Sign Up Genius link in Shutterfly – select Volunteers tab – select “Newbury Park Varsity Duals”.

11th Annual Newbury Park JV Panther Duals

- **Saturday, January 13, 2023, at Newbury Park High School**
- Fan & wrestler friendly dual meet format (5 matches each)
- 10 local schools with focus on JV competitors
- All wrestlers not competing & all parents are expected to work at this event; sign ups & more information to come by early December