



6 STEPS TO BUILD **POSITIVE** TEAM CULTURE

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The success of your program is significantly influenced by your team's culture. You will increase buy-in and have a greater impact on your wrestlers, by intentionally applying these tips.

1. Lead by Example

Your wrestlers reflect you – your attitude, words, and actions have a lasting impact long after you have stopped coaching them.

2. Collaborate with Students to Set Standards

Talk about attendance, grades, swearing, drug abuse, manners – discuss consequences for inappropriate behavior. Get input from your students to help establish team rules and share them with parents.

3. Help Your Team Get to Know Each Other

The closer your team, the more accountable they become – try the 4-H technique – ask two or three wrestlers at each practice to share their:

Hero

Highlight

(outside of wrestling)

Heartache

Hope

4. Instill the Values of Wrestling

Help your wrestlers respond to different challenges –

When faced with a tough opponent:	Courage
To establish a path to success:	Discipline
To win more matches:	Hard work
When you never seem to win:	Perseverance
When you win often:	Humility

5. Be Part of the Community

Make your dual meets matter – host a canned food drive, a Toys for Tots night, or military appreciation event to support your community.

6. Hold Your Team Accountable

Reinforce the standards and apply the consequences – change takes time, accountability is necessary to achieve it.

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