**The Secret Move**

Over the years, I have seen many wrestlers desperately wanting and waiting to learn the "secret move" to become a champion. They wait but never find it, sometimes complaining that the coaches will not teach it to them. However, the secret move is not what they think. "It" is not really a secret at all!

In reflecting on the qualities of my most successful wrestlers, I realized that there is no single recipe for success. Each wrestler had their own unique way of improving, proving that there are many paths one can take to achieve greatness.

"It" is the many small things you can do that will add up and make all the difference in your wrestling.  
"It" is:

* The extra pushups you do at home and the extra miles you run on your own.
* Going over to a teammate's house at night to review technique and/or watch wrestling videos.
* Practicing a particular move of your choice repeatedly so you can be proficient at it.
* Practicing with intent and purpose each day to reach your personal goal.
* Staying after practice to work on your technique.
* The team workouts you organize on your own to push each other to get better.
* The off-season practices, workouts, and camps you attend, learning your craft and getting stronger.
* Being mentally and physically tough, working out hard and wrestling hard every day.
* The heart and courage you find to wrestle a full six minutes.
* The enjoyment you find in wrestling and the discipline to do what is right every day.
* Being courteous, polite, and having manners in the way you treat everyone.
* The pride you have knowing that you are competing in a sport that few others are willing to do.
* The group of friends you hang out with who believe in you and follow your leadership.
* The competition you have between your wrestling brothers and sisters which makes each of you better.
* The character quality of teammates you inspire to join wrestling and wrestle with and against you.
* The support you give each other on and off the mat which helps each of you improve.
* Taking care of your "job," avoiding excuses, and being responsible and ready to wrestle each day.
* The belief and expectation you have in yourself to be the best.

Remember… *“How you are in wrestling is how you are in life.”* - Coach Brown