



COUGAR WRESTLING - CULTURE

WHO ARE WE?

We're not just a team; we're a tight-knit community driven by a shared vision of success. Together, we foster an environment of support and encouragement, pushing each other to excel in wrestling and beyond.

MISSION

Empowering student-athletes for success in wrestling and in life through a culture of excellence, resilience, and personal growth.

VISION

Cultivating champions and leaders on and off the mat.

VALUES

Our core values guide every aspect of our program. We believe in EXCELLENCE, RESILIENCE, and PERSONAL GROWTH. These values shape our daily culture, setting high standards of conduct for all members of our community. We are committed to fostering a supportive environment where athletes can thrive both on and off the mat, embodying INTEGRITY, DEDICATION, and a passion for CONTINUAL IMPROVEMENT. Our values are not just words; they are the foundation of who we are and the driving force behind our pursuit of excellence in wrestling and in life.

STANDARDS

QO Wrestling is dedicated to maintaining the highest standards of SPORTSMANSHIP, INTEGRITY, and EXCELLENCE. Our commitment to these standards is unwavering, guiding every decision and action within our program. We strive to create a culture of RESPECT, ACCOUNTABILITY, and CONTINUAL IMPROVEMENT, both on and off the mat. By upholding these standards, we ensure a positive and inclusive environment where all athletes can reach their full potential and proudly represent Quince Orchard High School.

QO WRESTLING GOLD STANDARDS

1. ACCOUNTABILITY

Embrace accountability and honesty, fostering open communication to overcome obstacles with confidence.

2. TRUST

Cultivate mutual respect and unwavering belief in each other's abilities, creating a cohesive and supportive team environment.

3. COLLECTIVE RESPONSIBILITY

Embrace accountability and collaboration, recognizing that success is achieved through shared effort and commitment to team goals.

4. CARE

Demonstrate compassion and support for teammates, extending a helping hand and offering encouragement in times of need.

5. RESPECT

Uphold principles of punctuality, preparedness, and professionalism, showing respect for oneself, teammates, and opponents.

6. POISE

Maintain composure and focus under pressure, demonstrating mental toughness in challenging situations.

7. FLEXIBILITY

Embrace change with resilience and positivity. Be adaptable in the face of adversity.

8. TEAMWORK

Prioritize team success over individual success, building a culture of selflessness, support, and collective achievement.

9. ENTHUSIASM

Approach each practice and competition with boundless energy and passion, inspiring teammates with a relentless drive for excellence.

10. CONSISTENCY

Strive for excellence in every endeavor, maintaining a constant pursuit of improvement and success in everything we do.

11. PRIDE

Take pride in representing Quince Orchard High School with honor, integrity, and a commitment to excellence in all aspects of competition and sportsmanship.

CONTROLLING THE CONTROLLABLES

Imagine yourself as a planet moving through space, with your own gravitational pull, like the planets in our solar system. You attract people and circumstances into your life, some positive, some negative. Just as Earth is affected by the gravitational forces of other celestial bodies, you too are influenced by the people, events, and circumstances around you.



However, there are aspects of your life that remain firmly within your control. We use the acronym **EARTH** to represent the 5 areas of our lives that we have control over: **Effort, Attitude, Response, Thoughts, and Habits**. Instead of worrying about things beyond your control, embrace the concept of *controlling the controllables*, allowing you to channel your energy where you can make a meaningful difference. Let's explore each component of EARTH and discover how they can help you chart a course to success, on and off the mat.

EFFORT: Effort is the energy you put into achieving your goals, both in wrestling and in life. It's about giving your best in every practice, every match, and every endeavor you undertake.

ATTITUDE: Your attitude shapes your perspective and outlook on life. Maintaining a positive attitude, even in the face of adversity, can make all the difference in how you approach challenges and setbacks.

RESPONSE: How you respond to situations and events determines your level of resilience and adaptability. By choosing constructive responses, you can turn obstacles into opportunities for growth and learning.

THOUGHTS: Your thoughts influence your beliefs, emotions, and actions. Cultivating positive and empowering thoughts can help you overcome self-doubt and negative self-talk, enabling you to reach your full potential.

HABITS: Your habits are the behaviors and routines that shape your daily life. Developing healthy habits, both on and off the mat, can lead to long-term success and well-being.

By focusing on these 5 elements, you can take control of your journey and create a path to success that aligns with your goals and aspirations.

ACADEMIC EXCELLENCE



Our goal is to prioritize academic excellence.

Your success in the classroom is of the highest importance and will shape your future beyond wrestling. We're here to support you in achieving your academic goals and inspire you to be the best you can be both physically and intellectually.

Implementing a comprehensive academic monitoring system, including regular communication with teachers, collection of grade sheets, and academic incentives such as rewards for academic achievement and consequences for neglecting academic responsibilities, will underscore the importance of academic success within our program.

By prioritizing academic excellence, providing targeted support, and fostering a culture of accountability, we aim to raise the academic standards program-wide, ensuring that our athletes not only excel on the mat but also in the classroom.

Together, we will achieve a 3.0+ cumulative team GPA through dedication, hard work, and a relentless commitment to academic excellence.

ACADEMIC
Excellence

CHAMPIONSHIP MINDSET

Despite our substandard performance this past season, we are determined to embrace a winner's mentality and cultivate a championship mindset within our team moving forward.

This mindset goes beyond the win-loss column; it's about how we approach every aspect of our lives, both on and off the mat. As wrestlers, we understand that success is not solely determined by victories in competition but also by the daily commitment to improvement, resilience in the face of adversity, and an unwavering belief in our abilities.

A championship mindset begins with believing in ourselves and our potential. It's about seeing every practice, every match, and every academic endeavor as an opportunity for growth and development. We refuse to be defined by our past shortcomings or current circumstances; instead, we choose to focus on what we can control – our effort, attitude, response to challenges, thoughts and habits.

In the face of adversity, we remain resilient and determined. We understand that setbacks are inevitable, but it's how we respond to them that defines us as individuals and as a team. A true champion doesn't let defeat define them; instead, they use it as fuel to drive them forward, pushing themselves to new heights of achievement.

Our championship mindset extends beyond the wrestling mat to every aspect of our lives. We carry ourselves with confidence and determination, knowing that our actions and decisions reflect our commitment to excellence. Whether it's in the classroom, the weight room, or in our interactions with others, we strive to embody the qualities of a champion – discipline, integrity, and perseverance.

