

How to Create Success on the Mat and in Life

Building Blocks to Success

- Know the rules!
 - Consistency
- Attitude & Behavior
 - Humility
 - Posture
 - Terminology
- Coaches are people too
- Set the stage – Pre-meet talk
- Communication

Humility *(A modest or low view of one's own importance; humbleness)*

- Single biggest Quality we could possess
- It can't be about us!
- Check your Ego at the door! If not, you're asking for trouble!!!

“A man is never so proud as when striking an attitude of Humility.”

“Humility is not thinking Less of oneself, but rather thinking of oneself Less.”

C.S Lewis, Writer of Christian Apologetics

Proper Behavior Successes

- Be Punctual, On Time: (Gives you time to relax & prepare)
- Present yourself Professionally, attire: (Dress for success)
- Be cordial and welcoming, smile....it puts **you** at ease...and others
- Be Honest and Truthful..... Huge!! (Determines ones Credibility)
- Be Understanding and Compassionate, especially towards the Athletes and Table workers
- Be a good Listener: Talk less, listen more
- Be Fair and Firm, Confidence
- Communicate Clearly and Calmly
- Be Thankful
- Don't take adverse actions personally
- Admit when you're wrong, you're only human!

Things to Consider about Coaches

- Coaches aren't the Enemy!
- They just want to know that they have a say and that they've been heard. Acknowledge this always!
- This is their Job/Livelihood: A lot is on the line for them
- They Love their Wrestlers, Like a Father loves his Family!
- Their comments are about the call, not about you personally
- They will test you to see your limits

Attitude and Behavior

Whatever you say or do, conveys a message to the world about what's going on in your mind. It is universally accepted fact that our emotions, opinions and thoughts can be observed, which shows our attitude. Further, our behavior is ruled by our attitude as “***his actions are the reflection of his thoughts***”.

While attitude is nothing but a person's perception on something or someone in life. As against this behavior, is how a person reacts

“We cannot change our past. We can not change the fact that people act in a certain way. We can not change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude!”

- Chuck Swindoll, President of Dallas Theological Seminary

“Your Attitude, not your aptitude, will determine your Altitude.”

“You cannot tailor-make the situations in life, but you can tailor-make the attitudes to fit those situations”

- Zig Ziglar, Motivational Speaker

“The greatest day in your Life and mine is when we take total responsibility for our attitudes. That’s the day we truly grow up.”

- John C. Maxwell, American Author, Speaker, and Pastor

Wrestling Officials Behavior



What's Your Story?

- Where are you from? Exposed to?
- What's your background? School? Sports?
- What's your Profession?
- How's Life going for you right now?
- How many of us have ever taken the time to think deeply on how we've become who we are? Reflection.
- What can you do?

We are here to Help!

Question to 4 Big Ten Coaches: What means most to you about an Official?

1. Rules Knowledge
2. Professional Demeanor
3. Physical Appearance
4. Calm and Cool under pressure
5. Ability to Apply Rules
6. Fair, Approachable, and willing to Listen
7. Knows and Calls Stalling Consistently

They each also expressed a mutual concern that some Officials come into an event with a pre-conceived notion that they won't be intimidated. Almost to a point where their harder with calls towards their kids. Valid?

Lay the Groundwork: Pre-Meet Talk

- Make a connection: Ask Athletes how their doing? How's the season going? Safe trip in?
- Let them know you fell Blessed to be there
- Ask about new rules questions: Good time to put trust in their Coaches
- Explain to the Athletes how you will communicate with them: Terms you'll use
- Describe certain Examples to validate terminology used, what it means
- Tell them you will treat them with the Respect they deserve, while expecting it in return
- Promise them that you will handle each situation with Fairness while exhausting all options to get the call "Right"! Between you and the Asst, or via Video. Emphasize the desire to make it right
- Let the coaches know you expect them to handle every situation calmly and professionally. You will always listen to their concerns
- Remind them of their restricted zones (New last year)
- Ask if there are Question, and get out.
- Please don't make this Long (2-3 min tops) or deliver it in a Dictatorial fashion! Make it a conversation

Wrap it Up

- Do what you say in Pre-meet! Builds Credibility
- Believe in your God given ability
- Have faith in that ability
- Trust that you can do this
- Stay Humble always
- Make sure you know and understand the Rules
- Stay calm always, “Cool heads always prevail”
- Don’t be spiteful ever! No matter what!
- You catch more bees with Honey than you do with Vinegar!



God Bless!