

Dear Carnegie Wrestler,

We can view resiliency as a virtue that will be of high reward when we develop the skills to practice this virtue in life. Sport is an excellent training ground for developing and making a regular practice of resiliency. Follow these guidelines while crafting your skills in the sport as a way of developing resiliency that will benefit you on the mat and throughout your life.

- When in training, always push through discomfort. Discomfort is your cue that you are out of your comfort zone, and this is where personal growth occurs. Moving through this discomfort will prepare you mentally and physically to move closer to your goals. Repeat to yourself, "My discomfort is a sign of growth, I am becoming a better wrestler and person right now."
- In competition, accept that distractions will occur and be mindful of what your task focus is in the moment. Use your task cues to regain focus and perform at your best.
- Always have a game plan. Know it, use it, and trust that the work you have done will lead to success through the game plan.
- Participating in sports is an emotional process. Accept that emotions will be a part of practice and competition. When strong emotions arise, notice them and let them go. Get back to your task focus and do your job.
- Let your teammates be a part of your growth and success. Accept your role on the team and make it your mission to fulfill that role to the best of your ability. Your practice partners will be there to push you and help you become a better wrestler. Do the same for them, and everyone will be better for it in the long run.
- Wrestling is a physical and combative sport where injuries are bound to happen. Look upon the recovery process as an opportunity to learn about yourself and your sport. Take notice of the success you have progressing towards your rehabilitation goals and acknowledge the hard work helped you reach those goals. Learn more about your sport by attending training sessions and asking questions.

- Nobody wins every match. Losses are just another learning opportunity. Reflect on your losses and become a better wrestler by acknowledging what was in your control that you could have been better at executing. Use that information as motivation to move you forward towards your goals.
- There will be pain. Wrestling has an inherent characteristic that brings pain into the sport. Accept that pain will be a part of what you do and keep your focus on your task. Tell yourself, "I accept the pain and I will wrestle through it to reach my goals."
- Create goals that you can reach and make them tools for your growth. Push yourself to achieve a level of performance that you do not see in yourself in the present. Make this your destination and do everything you can to make it there.

So now you know what to do to build the virtue of resiliency, here are some situations to avoid.

- Do not let your mind tell your body what it cannot do. When you are feeling discomfort, your mind will say you can't do it and that you should quit. Tell your brain to mind its own business and let your body get on with its job.
- Do not let the pressure of competition be a barrier to your success. The goal is to become a better wrestler and person; if you grow through sport, you are already a success.
- Do not abandon the game plan to beat a better opponent or experiment on a lesser opponent. We learn about our abilities through the execution of the game plan, do not give away this learning opportunity by throwing away the game plan.
- Do not let your emotions get the best of you. Win or lose, destructive emotions will take away from your ultimate goal, growth. Let these emotions be what they are, but do not let them control you.
- Do not attempt to make yourself the focus of the team, let the team be your focus. The team will be a source of encouragement, strength, and will push you to be the best you can be. Be a part of this process as a tool for your growth and progress.

- Do not let injuries keep you from progressing towards your wrestling goals. They may be a setback and move you further away from your destination, but there is value in the recovery process. Take full advantage of this value to help you become more resilient and better equipped to reach your goals ultimately.
- Do not let the bad luck that befalls you be more significant than it is in the moment. You cannot control what happened in the past, take on your current situation and perform to the best of your ability.
- Do not let a loss be the measure of how you see yourself as a person or a wrestler. Take it for what it is, a learning experience. Let it help you move closer to your goals by learning from it and letting it motivate you.
- Do not let pain control what you are working towards as a wrestler. Pain will come and go, just like any obstacle. Figure out what you need to do to push through the pain and get back to becoming a better wrestler.
- Do not EVER let anyone convince you that you cannot achieve what you set your mind to accomplishing. Set your goals and do not let anyone get in your way. Although there will be setbacks, this does not mean you cannot continue to move towards what you are seeking. Do not let anyone change your mind about what you know you can accomplish.

Wrestle On,

A handwritten signature in cursive script that reads "Coach Smith".

Coach Smith