

WRESTLER EXPECTATIONS

Be Coachable

Listen and Accept Feedback

Build Strengths and Correct Weaknesses

Be Committed

Physical and Mental Toughness

Every Rep, Every Day

NEVER GET OUTWORKED

COACH EXPECTATIONS

Be Organized

Communicate

Motivate

Plan & Prepare - Every Practice, Every Match

Be Committed

Create a Winning Culture

Every Wrestler, Every Day

NEVER GET OUTCOACHED



TEAMMATE EXPECTATIONS

Be a Partner

Be Your Best - Demand the Best

Be Supportive - Demand Support

Be Committed

Be Accountable - Demand Accountability

Every Teammate - Every Day

NEVER GET OUTDRIVEN

PARENT EXPECTATIONS

Be Involved

Be Sympathetic - Demand Strength

Be Positive - Demand Persistence

Be Committed

Support ALL Eagles

Every Eagle, Every Day

NEVER GET OUTCHEERED