

Curriculum Design
For
Developing a Successful
Wrestling Program

By
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Conception of Learner and his / her needs:

Ability of High School Wrestling Coaches to develop a successful program.

Society Needs

Successful participation of a wrestling program which includes high integrity, sportsmanship, financial stability, technique taught, nutrition education and proper weight control methods.

Conception of Subject Matter and Its Uniqueness

Total philosophy from Elementary through High School which includes: teamwork, loyalty and cooperation. All these levels work in a cohesive environment with a clear philosophy pursued by all.

Mission Statement

I believe cooperation and philosophy for success are two major components in developing a successful High School Wrestling program. If a common philosophy can be instituted throughout the program, and there is cooperation on everyone's part to carry through on this philosophy, the chances are much greater for a successful overall wrestling program to be developed.

Program Goals

- Help improve the cooperation, enthusiasm, and success.
- Improve community support.
- Develop a structure and progression of wrestling technique throughout the program. (K-12)
- Develop a common vision for everyone who participates in the program, from athletes, to parents, to coaches.
- Develop a solid financial base for which the overall program can be funded.
- Develop a strong booster club for promotion and financial support.
- Develop strong ethical principles for all participants (wrestlers, coaches, parents, fans, etc.)
- Develop sportsmanship skills.

Learner Expectations

The Head Wrestling Coach will:

1. Identify characteristics of a successful wrestling program.
2. Formulate a philosophy of technique taught in a progressive manner through the succeeding grade levels.
3. Identify a philosophy regarding the desired degree of success which will be focused on, and developed throughout the entire program.
4. Understand the significance of cooperation throughout the various contributing levels of the program, and understand how other sports participation by your athletes can contribute to your sport of wrestling, and the overall development of a student-athlete.
5. Identify the characteristics a head coach must provide in terms of leadership to all levels of a program and understand the basics of nutrition, weight control, and determining optimal weights for wrestlers to compete at.
6. Identify the various contributions and value a booster club can play in terms of financial and community support. Develop a better understanding of fundraising schemes, and how fundraising can be fun, while greatly contributing to the benefit of a program.
7. Understand the value team members can play in decision-making and goal-sharing.
8. Identify positive ways of resolving conflicts with members (coaches, wrestlers, club members) in a program. This includes ethical and sportsmanship principles.
9. Identify effective interpersonal communication skills, and develop management skills.
10. Develop an awareness of the value of Freestyle program can play in the contribution to technique learned, and experience gained by participation.

Specific Behavioral Objectives

Affective

- ✘ Enthusiasm expressed for all aspects of program
- ✘ Loyalty expressed throughout each level of program
- ✘ A shared vision for the program
- ✘ Integrity and sportsmanship displayed at all levels

Cognitive

- ✘ Competent Coaching staff at every level
- ✘ Creative skills for fundraising
- ✘ Knowledge of publicity and promotion skills
- ✘ Knowledge of Nutrition and weight control methods
- ✘ Maintains good communication skills
- ✘ Shared Leadership or Decision-making

Psychomotor

- ✘ Develops communication between all levels
- ✘ Shared philosophy in technique on a progressive level
- ✘ Establish an Elementary Youth program
- ✘ Establish a Freestyle program
- ✘ Establish a Booster Club
- ✘ Encourage participation in other sports

Activities Designed to Achieve Objectives

- Lecture in clinic form the 10 learner expectations and how they contribute to a successful program. Coaches will take notes and memorize main concepts.
- Inquiry, critical thinking, and problem solving situations will be utilized to enhance a coach's awareness of the various areas identified in developing a successful program as applied to his own program. This includes sportsmanship and ethical dilemmas.
- Management skills will be identified by the coaches in developing their own programs.
- Coaches will view the structure of several successful programs identified throughout the state, and compare similarities and differences. Guest speakers (including coaches, club officers, etc.) will be present to answer questions coaches may have.
- Coaches will study a mini course in principles of Nutrition and evaluate the various methods of determining weight classification for wrestlers. Guest speakers with expertise in these areas will be called on to instruct in lecture and practical application. Coaches will get practical experience in evaluation their own ideal weight.

Evaluation

- Coaches can keep a journal of their experiences as they restructure their programs from one year to the next.
- Coaches can apply techniques learned in the clinic, or written information provided, and sends back their own evaluation as to how these techniques worked.
- The increase of participation in one's program, and increase of cooperation and participation by community members will demonstrate whether the concepts have been applied and are working.
- Monitor on a daily basis each wrestler's nutrition habits and weight control methods prior to, during, and after the season to see how they compare. Weigh each athlete before and after daily workouts.
- NOTE: Evaluation process will run the course of one complete season (one-year) – all levels: Elementary, Junior High, High School and Freestyle

Reporting Progress

- Coaches will meet one year from conclusion of clinic and report results of their efforts. New objectives or critical improvements for program design will be made at this time.
- Coaches sharing ideas is key to entire process.

I. Project Description

It is my intent to devise a strategy or plan for high school head wrestling coaches to pursue in developing a successful wrestling program. The ultimate goal of this plan is to help improve the cooperation, enthusiasm, and success of a high school wrestling program. It is my intent to demonstrate that such a plan must be devised in structure and development form the earliest elementary level program in succeeding progression and philosophy through to the high school program in order for the high school program to be able to continue to be successful. This development is assisted by community support, carefully planned and progressive wrestling techniques an philosophy, and the cooperation and common vision of everyone who participates in the wrestling program, from elementary to junior high, to high school to club, and freestyle wrestling.

I see a great need for such a plan for coaches in the sport of wrestling because of the many programs that have been cut in recent years. This, in addition to the drop-off in participation by the athletes in recent years, strongly indicates a great need for coaches to have a plan to follow in order to develop a wrestling program that is strong in community support, and that achieves a high level of cooperation in order for the program to be successful.

The competition for fundraising has also imposed a new element to coaching which is not a very strong part of successful programs in the past. New head coaches and veteran coaches alike need to devise a plan for fundraising if they are going to keep their overall programs in tact during an era of ever-increasing cutbacks, and increasing participation fees.

The focus of this plan is for high school head coaches because I have gathered strong assessment feedback to indicate from a number of critical viewpoints that the head coach is ultimately help responsible for the overall success of a program in a school district, from top to bottom (elementary through to high school). If this perception is so strongly indicated then it is imperative for head high school coaches to have a plan for his/her people to follow in order to gain support and cooperation and head the program in a direction of successful participation. What is considered successful participation will be shared philosophy form the people who contribute to the program for all levels. This may include success in terms of victories, or participation in terms of numbers and/or opportunity for wrestlers. Whatever that unique quality and philosophy for success will be, will be developed in mutual cooperation from all the people and coaching staff who makeup the program.

II. Needs Assessment:

A survey is sent out to people involved in a wrestling program. This includes high school head coaches, assistant coaches, junior high coaches, elementary coaches, high school athletic directors, wrestling officials, wrestling booster club members, and parents. This survey includes ten basic questions:

1. What do you feel contributes to a successful wrestling program?
2. What levels (Elementary, Junior High, High School, Freestyle, Club Wrestling) of a program do you feel are most important to the entire program's overall success?
3. What are the most harmful areas of a program? Name some specific things that breakdown the successful cohesion of a program?
4. How important is a strong leader to a program? Does a program need one overall leader or advisor? Or, should leadership be shared?
5. How important is a booster club to a wrestling program?
6. What role should the "team" play in making decisions?
7. What do you consider to be a good level of participation in terms of numbers: (Please indicate size of your high school)

Elementary?
Junior High?
High School?
Freestyle?

8. Should wrestlers be encouraged to participate in a spring Freestyle program?
9. Should wrestlers be encouraged to participate in other sports? What sports help in preparation for wrestling?
10. Is fundraising essential to a wrestling program? What role should the coach play in fundraising?

**Please make any additional comments or questions you feel would help in my assessment stage of developing this plan for a successful wrestling program.

Summary of Information Gathered:

1. A. Competent coaching staff at every level.
B. A high school head coach who maintains contact and communication between all levels of the program.
C. Enthusiasm expressed for all aspects of the program.
D. Loyalty expressed throughout the various coaching staffs and levels of program.
E. A shared philosophy at all levels from technique in moves taught to one's philosophical approach to what is considered success.
2. All levels of a program from elementary, junior high, high school, to freestyle provide an important component to the overall success of a program.
3. A. Parents who coach at various levels because their kids compete at that level. These people can be a real distraction to a program if they second-guess a head coach's philosophy or play favorites at their respective levels.
B. A losing season. "Winning breeds success!"
C. Selfish coaches
D. Weight reduction
E. Misinformed parents. Poor levels of communication.
F. When a head coach does not take responsibility for the entire program's smooth operation.
G. Focusing on the negative as opposed to the positive.

4. High school coach should be identified as a clear leader and be able to oversee all levels of the program. However, this leadership can be shared at the various levels of the program. A leader must have an ability to delegate authority, and have confidence and cooperation in that shared leadership. Everybody must feel a part of the decision making process.
5. A. Financial Responsibility:
Schools can no longer afford all the necessary items needed to make a successful program.
B. Club's are needed for communication and support
C. Publicity promotion can be enhanced by a club.
6. A shared vision provides for better enthusiasm and desire to meet certain goals. Success and failure are more easily measured by team members if they share in the decision-making process to a certain extent.
7. Number of participation is far – ranging and not specific enough to determine what is considered to be successful. It would appear numbers need to be enough to provide participation for all weights competed in for competition, but depth of numbers varies for one team/s philosophy to another.
8. and 9. Wrestlers should definitely be encouraged to participate in a spring freestyle program, but this should not detract from their participation in a regular spring sports program offered by the school. These other sports also provide valuable learning experiences, physical development, and a change in environment to fulfill a more all-around experience for the student-athlete. Suggested sports are many and varied that can help prepare an individual for wrestling.
10. Funding has become a necessary “evil.” Today’s participation is often based on financial opportunity. The so-called “extras” that boost morale and provide opportunity are usually only done on additional fundraising outside the main school program. However, fundraising can be used on a positive note. Incentives to youngsters for raising so much money can provide opportunities not available without these fundraising opportunities

Summary Comparison to initial vision of what is needed?

I feel the summary of my questionnaires sent out compares favorably to what my initial vision of a successful wrestling program would be. The specific concerns that surfaced are all important pieces to what makes a wrestling program successful. A breakdown in any one area can have a negative effect on the smooth operation, development, and eventual success of a program.

2 or 3 Big Concepts:

Cooperation and philosophy for success are two major components to developing a successful wrestling program. All the individual components discussed from the questionnaire all come down to these two most important qualities. If a common philosophy can be instituted throughout the program and there is cooperation on everyone's part to carry through on this philosophy the chances are much greater for a successful overall wrestling program to be developed.