



## Coaching Character in Wrestling

### Developing Loyalty, Team, and Motivation in Your Program

By Doug Reese

**K**evin Bracken was a key element in helping his friend and teammate Dennis Hall prepare for the 1996 Olympic Games in Atlanta.

Bracken spent nearly six months training at the University of Wisconsin - Stevens Point, living with Hall and his wife, while preparing for the U.S. National

Championships and the Olympic Trials. When Bracken failed to earn a spot on the U.S. Greco-Roman team at 136.5 pounds, he didn't abandon his workout buddy.

"It was time for me to help Dennis. When two people train together, they develop a certain type of wrestling relationship and a certain type of friendship. I

wanted to see my friend succeed," said Bracken.

In Atlanta, Dennis did not want disruptions prior to the start of the competition, so he decided not to stay in the Olympic Village with all of the other athletes but instead opted to share one room at the Red Roof Inn with his wife Chrissy and