

# Pre-Season Conditioning

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**M**any coaches are concerned with how to run the most effective and efficient practices during wrestling season, but in reality, pre-season conditioning is where coaches and their athletes will start developing the mind-set and work ethic to be successful for the rest of the season. Pre-season conditioning

should be conducted and taken every bit as seriously as in-season practices.

It is important to start each pre-season talking to your team about what they will be doing, how long they will be doing it, and why it will benefit them during the rest of the season. During this discussion, explain to them that there are two things that are easy to do: one is to quit when it

becomes difficult and the other is to be satisfied with being average. Many of the things that you will ask them to do during pre-season conditioning are going to be physically and mentally challenging. It is not going to be much fun getting their bodies and their minds ready to be the best wrestlers, but there is no other way, no short-cuts, just hard work.