



## Creating Championships - Physical Preparation

By Keith Manos

**W**hen an interviewer asked Tom Tellez, coach of Olympic gold medalist Carl Lewis, to summarize the factors that prompted Lewis' phenomenal success, he said, "I attribute his success to his parents, his

home life, and his stability. . . I don't like to overwork kids . . . I work on mechanics. You prepare the athlete mentally by preparing him physically." Tellez's comment is just as applicable to wrestling.

Young athletes have to be told that getting in shape means experiencing various

levels of discomfort. No one likes to work to exhaustion, yet wrestling does require daily doses of fatigue. You probably have discovered that working your wrestlers too hard in practice discourages some kids, but working them too lightly leaves them physically unprepared for competition. Is