



## The Art of Coaching - Part II

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**P**reparing for the state qualifiers is no small task. From November until now you have been conditioning your team for the demands that state championship wrestling will require. This is the time of year when, as the coach, you know

all your athletes' strengths and weaknesses and you coach them accordingly. There is a definite team "style" that is evident aside from the individual styles. You have done the best you can to create a successful environment and it's been a long, hard climb. It's easy to overlook some of the smaller,

yet incredibly important, factors that, when it comes down to "crunch time," will separate the good teams from the great teams.

Weight control should not be an issue anymore. If your team has been diligent to stay within three to five pounds of their certified wrestling weight during the sea-