A veteran athletic director summarizes: "The head coach will be responsible for the overall management and supervision of their program for grades 7-12. Even though the middle school team practices and competes separate from the high school team, they are still part of the total team structure of that particular sport. The head coach should also assign responsibilities and duties to assistant coaches with the approval of the athletic director." The bricks that make up the foundation of the wrestling program are the head coach's personal principles and work ethic. These principles determine the decisions he makes, the goals he has, and the attitude he expresses. The ability to organize a practice and operate a computer enhances a coach's training, but personal qualities cannot be ignored. Compassion, patience, honesty, persistence, courage, commitment - these are the traits that the best coaches possess.

Coaching a wrestling team is not an obligation; it is an opportunity to contribute to an athlete's life, and once you decide to coach, you become a role model. Coaches are always in a position to model the proper behavior and actions that most members of society respect and admire. As role models, coaches through the season are expected to:

- be a skilled teacher
- have great knowledge of the sport
- communicate effectively
- develop athletes' skills and talents
- teach morals, ethics, and a team concept
- prepare kids for the rigors of life
- discipline the athletes fairly and consistently
- empathize with kids' problems
- reflect a positive attitude
- establish a solid rapport with the athletes
- be patient and understanding
- develop school and team spirit
- remain committed and dedicated to the team
- be enthusiastic and motivated
- organize successfully the entire program
- cooperate with the entire coaching staff
- strive to be successful and competitive

Once coaches accept these responsibilities they are on their way to establishing a competitive, winning program and enjoy a loyal following. The wrestlers and general public will come to admire them for their commitment and sincerity, their knowledge and enthusiasm. Jerry Kramer, the former offensive lineman for the Green Bay Packers, understands the coach's situation: "We must pay a price for success. It's like anything worthwhile. It has a price. You have to pay the price to win and you have to pay the price to get to the point where success is possible."

Editor's Note: Keith Manos has authored 3 books; *101 Ways to Motivate Athletes*, *101 Wrestling Drills and Games*, and *101 Strategies for Coaching Winning Wrestling*. These books can be purchased at www.coacheschoice.com.