

1. **Introduction Questions:**
  - Can you please introduce yourself and your background in wrestling?
  - How long have you been coaching wrestling, and what inspired you to become a coach?
2. **Team and Training Questions:**
  - What does a typical training session for your wrestling team look like?
  - How do you motivate your athletes to give their best in training and competitions?
  - What kind of drills and techniques do you focus on during practice sessions?
3. **Coaching Philosophy:**
  - What is your coaching philosophy when it comes to developing young wrestlers both athletically and personally?
  - How do you handle setbacks and losses, and what do you teach your athletes about resilience and sportsmanship?
4. **Preparation and Strategy:**
  - How do you prepare your team mentally and physically for important matches?
  - Can you share some insights into the strategic aspects of wrestling and how you develop game plans for different opponents?
5. **Athlete Development:**
  - How do you identify and nurture talent among your wrestlers?
  - What kind of support and resources do you provide to help your athletes improve their skills and reach their full potential?
6. **Team Dynamics and Leadership:**
  - How do you foster a sense of camaraderie and teamwork within your wrestling team?
  - What qualities do you look for in team captains and leaders, and how do you groom them for their roles?
7. **Parent and Coach Relationship:**
  - How do you maintain a positive and open line of communication with parents of your athletes?
  - In your experience, what role do parents play in the success of young wrestlers, and how can they support their children effectively?
8. **Future Goals:**
  - What are your short-term and long-term goals for the wrestling program and your athletes?
  - How do you envision the future of wrestling, and what changes do you think are necessary to promote the sport further?

I have told myself to remember to tailor these questions based on the coach's specific background and the context of the interview.

Am I missing anything? I am always wanting history so if I forget my outline I always go to **history**.

Jon Gums

Dakota Grappler