

Monday Motivation for High School Wrestlers: #7 The Power of Being a Great Teammate

By Jon Gums – Dakota Grappler

Hey Team,

As we lace up our wrestling shoes and prepare for another week of challenges, victories, and growth, let's dive into what it truly means to be a phenomenal teammate. *Wrestling is not just an individual sport*; it's about the collective strength of our team. Being a good teammate goes beyond the mat, and it's a powerful force that can elevate us all.

Support and Encouragement:

One of the cornerstones of being a great teammate is providing unwavering support and encouragement. Whether your teammate is preparing for a big match or working through a tough practice, a well-timed "You've got this!" or a simple pat on the back can make all the difference. Celebrate each other's successes and lift each other up during the challenges.

Leading by Example:

Show, don't just tell. Demonstrate dedication, hard work, and a positive attitude. Your actions speak volumes, and when your teammates see you giving your all, it motivates them to do the same. Lead by example, both in training and in how you approach the sport as a whole.

Keeping Things Light:

Wrestling is intense, but that doesn't mean we can't inject some humor and camaraderie into the mix. Keeping things light fosters a positive team environment. Share a joke, laugh off a mistake, and create an atmosphere where everyone feels comfortable being themselves. Remember, a smile can be as contagious as a strong work ethic.

Knowing When to Help:

Being a good teammate also involves a keen understanding of when to step in and offer assistance. If you see a teammate struggling with a technique or having a tough day, lend a helping hand. Offer guidance, share your experiences, and be a source of support. Sometimes, a few words of wisdom can turn a challenging moment into a breakthrough.

Respecting Individual Journeys:

While helping is crucial, it's equally important to respect each teammate's individual journey. Some wrestlers prefer to work through challenges on their own. Know when to wait patiently, allowing your teammate the space to process and overcome obstacles at their own pace. Respect their journey and offer assistance when they are ready.

Creating a Supportive Culture:

Building a strong team goes beyond the mat—it extends to creating a supportive culture off the mat as well. Be there for your teammates in all aspects of their lives. Celebrate birthdays, offer a listening ear during tough times, and be a friend outside of the wrestling room. A tight-knit team is a resilient team.

Celebrating Small Wins:

In the spirit of being a great teammate, celebrate not only the big victories but also the small wins. Recognize and appreciate the efforts of your teammates, whether it's mastering a new move, showing up consistently to practice, or demonstrating exceptional sportsmanship. Acknowledging these small wins fosters a positive team dynamic.

Building Trust:

Trust is the foundation of any successful team. Be reliable, accountable, and trustworthy. When your teammates know they can depend on you, it creates a bond that strengthens the entire team. Trust is earned through actions, so be consistent in your commitment to the team's success.

As we embark on this week's journey, let's carry the spirit of being phenomenal teammates with us. Your support, encouragement, and positive energy are not just crucial on the mat but are the glue that binds us as a team. Together, we are stronger, and together, we will achieve greatness. Let's make this week one to remember!

Stay strong, stay positive, and let's conquer the challenges ahead as one unstoppable team.

Go Team!