MAKING THE MOST OF THIS MOMENT

UNITING COMMUNITIES IN A TIME OF UNCERTAINTY

JACQUE DAVIS & EMMA RANDALL
RECRUITING

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<th>Share Benefits</th>
<th>Reduce Fear</th>
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<th>Growth Mindset</th>
<th>Identify Role Models</th>
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<td>Wrestling strengthens leadership, confidence, teamwork, discipline, and more.</td>
<td>Create a safe environment, show empathy and identify solutions to help athletes manage and overcome fear.</td>
<td>Create a space that is welcoming to all. Set team rules and expectations that allow everyone to participate and become successful.</td>
<td>Remind athletes it’s okay to be a beginner; with hard work and commitment, mastery is possible.</td>
<td>Identify teammates, community leaders, and even professional role models for new athletes to emulate.</td>
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Each group is responsible for brainstorming how to utilize each topic for recruiting.

List at least 2-3 ideas for athlete specific recruiting and females in leadership specific (coaches, admins, officials, and medical staff).
CREATE A SENSE OF COMMUNITY
Most athletes who join sport are looking to make new friends. Dedicate 5-15 minutes of formal and informal time for athletes to connect before, during, after practices.

FOSTERING FUN
Training can become monotonous, do your best to alter activities and sequence on a regular basis. Incorporate games and challenges to maintain intensity and excitement.

FIND SUCCESS EARLY & OFTEN
Each athlete is comes with their own unique experiences and skill levels. It is important to meet them where they are at and build success into their training. Think outside of competition and find ways to build it in to drilling, games, community building and more.

SHAPE THE PATH
Help athletes see where they want to go through goal setting. Identify the pathway as well as obstacles athletes may face to achieve their goals. Help athletes problem solve how to overcome adversity.

EMPOWER AUTONOMY
Help athletes become captains of their own ship by providing age and skill relevant decision making opportunities. As athletes progress and age, coaching should look more like a partnership.
Support one of the following athletes by creating a strategy to continue their journey in sport.

- First day wrestler without any experience in sport
- Wrestler who is mostly participating because of parents influence
- Wrestler who is regularly quiet and sits away from teammates in training/competition
- Wrestler with high goals who has been training for years
- Injured wrestler who will be unable to participate for the remainder of season
- Wrestler who's religion requires different competition and training uniform than peers
ADAPTING TO A VIRTUAL LANDSCAPE

**Identify Resources**
Technology platforms, easily accessible tools at home, reach out & collaborate to peers & other orgs.

**Lean Into Creativity**
Think about how you can repurpose household items or alter drills and games to accommodate restrictions.

**Create Consistency**
Create consistency by building a full team calendar that includes time together for practices and events.

**Recognize Sport is Different**
Wrestling looks different right now. We have to embrace what we can do instead of waiting for sport as we know it to return.

**Maximize Program Impact**
What are you doing that could be done outside of the team session? How can these activities be helpful when in-person returns.
Write a 45 min Virtual Practice. Each Practice Should Include:

- Community Building
- Warm Up
- Technique + 2-3 Teaching Drill Progressions
- Game / Competition
- Cool Down
- Reflection
RECAP
What was most helpful, what do you still have questions about, and what is one thing you’re going to start right away.

TOOLKIT
We will be sending out the finalized toolkit in our next "This Girl Can Wrestle" newsletter in March.

LEVEL 1 COACHES COURSE
Register online to complete the Level 1 coaching course. This course is available for anyone 16 and older.

ENGAGE IN VIRTUAL PRACTICES
Join in the This Girl Can Wrestle & BWA Open sessions.

ENGAGE YOUR COMMUNITY
Partner with local schools and community organizations to spread awareness of wrestling.