



CHAMPION CHECKLIST

Wrestler and Date _____

Champion Checklist

1- Must Improve 2-Needs Work 3-Good 4-Excellent

- 1) Attitude and Leadership
 - a) Coachable _____
 - b) Loyal to the team _____
 - c) Wrestles for the team _____
 - d) Best effort all the time _____
 - e) Encourages teammates _____
 - f) Conduct after a loss/win _____
 - g) Set and reach goals _____
 - h) Participates in team events _____
 - i) Dedication _____
 - j) Leads by example _____

- 2) Physical Skills
 - a) Strength _____
 - b) Quickness _____
 - c) Speed _____
 - d) Balance _____
 - e) Flexibility _____
 - f) Endurance/Conditioning _____
 - g) Body Awareness _____
 - h) Diet _____
 - i) Hygiene _____

- 3) Mental Ability
 - a) Knowledge of the sport _____
 - b) Desire to win _____
 - c) Personally Accountable _____
 - d) Concentration in Practice _____
 - e) Perseverance _____
 - f) Enthusiasm _____
 - g) Composure _____
 - h) Disciplined/Consistent _____
 - i) Focused when tired _____
 - j) Distracted by calls _____
 - k) Match Awareness _____

- 4) Offense from Feet
 - a) Motion _____
 - b) Stance _____
 - c) Set up shots _____
 - d) Singles _____
 - e) Sweep _____
 - f) Doubles _____
 - g) Throws _____
 - h) Makes opponent react _____
 - i) Chain Wrestle _____



- 5) Defense from Feet
 - a) Controls the tie _____
 - b) Stance _____
 - c) Hands _____
 - d) Head position _____
 - e) Sprawl Reactions/hips _____
 - f) Whizzer _____
 - g) Leader _____
 - h) Scramble _____
 - i) Cross Face _____
 - j) Throw Counters _____

- 6) Bottom Position
 - a) Move on the whistle _____
 - b) Position/Tight/Base _____
 - c) Hand fight/give up wrists _____
 - d) Stand up _____
 - e) Sit out/Change over _____
 - f) Heist/Shear out _____
 - g) High Turn in _____
 - h) Switch _____
 - i) Peterson _____
 - j) Granby _____
 - k) Gazoni _____
 - l) Constant Motion _____

- 7) Top Position
 - a) Move on the whistle _____
 - b) Hip pressure/off knees _____
 - c) Far Wrist Ride _____
 - d) Power half _____
 - e) Wings _____
 - f) Hammer _____
 - g) Cradles _____
 - h) Legs _____
 - i) Tilts _____
 - j) Switch counter _____
 - k) Peterson counter _____
 - l) Making opponent react _____