



CREATING A "GIFT CULTURE"

An important role for athletes is to ensure that mentoring and coaching become embedded in their own routine behavior—and throughout the team. Daily coaching helps establish a cooperative "gift culture" in place of a more transactional "tit-for-tat culture."

Help one teammate with something. Send him or her a meal, help with homework, reach out and see if they need anything, unprovoked. Email us what you did for someone at myrmdonwrestling@gmail.com