

Elite Program

Nationally, State and County competitive and known. Athletes who make a positive effect to others on and off the mat. TEAM OF Character and success.

Season Success	CIF/Master/State Success		
Proper schedule to promote success and competitiveness for all levels. Kids gaining confidence with quality wins through proper	CIF Championship run by team and individuals. Masters Run by individuals with team being competitive. Being competitive at the state		
preperation.	level.		

Wrestling Class	Proper Prepearation	Practice Purpose
In school wrestling class	Athletes dedicated in the idea	Practice with a purpose and
for the entire year. To	of proper preperation with	building on everyday to be
	doing the stuff needed for	peaking at the right time of the
facilitate conditioning,	success. (I.e Diet, and Running)	year. Proper involvement and
technique, interviews and	Proper attitude about being the	attention by all parties.
athlete accountability	best.	(Athletes and Coaches)

attition (ounted fire		(7 time tes un	na coaches)	
Belief in one common Goal	Pre-Season Workouts	Summe	r Camps	Off-season Competition	
A Common trust	Proper progression	S Summer can	np system to	Off-season competition to	
among coaches. A	leading upto season	maximize suc	cess. Internal	maximize preparedness for	
among coaches. F	3 1	i echnique ca	amp, Internal	season. National, State and	
common trust amon	g Team/ Small Grou			local tournaments. Kids getting	
athletes. A Trust i	n workouts 90%		nps and TBD	their matches based on their	
the DD System	attendance by all.		o. All with 90%		
the RB System	attenuance by an.	atteno	iance.	level needed.	

	Athlete	Off-Season	Off-Season Accountablility College		Community/Alumni Involvement	
Development		Workouts	Teams	Recruitment		
	Having an Elite	Proper off-season	Athletes held	Kide getting recruited	Fans in attendance at all	
	system of wrestling,	lifting program,	accountable by	to the next level be it	events and fundraisers.	
	Mental training and	practice schedule,	teammates and the team	D1,D2,D3, NAIA, or	Alumni still following	
	year around coaching	practice schedule,	attitude. Coaches held	D1,D2,D3, NAIA, 01	Alumin sum following	
	to facilitate the Elite	and 90% attendance	accountable by	JUCO. Colleges	the program and giving	
	Program.	by all is essential	eachother.	wanting a kid for RB	back to all.	

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RB High School	Program Philosphy	Coaching Staff	Player Personal	Support Staff	Youth Program	
The high school having	A unfied goal of the	6,3,2,3 Model. 6 Varsity	Having the top athlete	The support staff is	The Youth programs will	
following is needed to	program to meet and make	Coaches(2 Girls), 3 Varsity Developmental Coaches, 2	in the school and	important for needs of the		
support an Elite program.	steps to attain. Small	F/S(JV) Coaches and 3		program. The support staff	potential upon entrance to	
	stepping stones to know	Freshman Coaches. (Coaches	adequate numbers of	includes: RB Wrestling	High School. The	
Wrestling dedicated	the program is moving in	Assigned Weight Classes),	above 50 athletes from	Boosters, School AD,	programs are: BHMS, RB	
facility, Weight room	the direction towards Elite	Mindset, Nutrition and Strength		Principal, District and	Colts,RB Xtreme and RB	
access and proper persona	l Program status.	Coach	all different grades.	Parents	Futures	
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