

Build Your Coaching Portfolio

This workbook is designed to help wrestlers start to work on their coaching portfolio, and to help wrestlers plan to balance an athletic career with a coaching career.



Where Olympic Journeys Begin

Build Your Coaching Support System

Trusted Mentors:

Peers:

Life Partners/Friends:



Build Your Coaching Philosophy

You as a coach and a program are a good fit when your values align. We will work through ways your values show up in your life and in coaching. List some of your top personal values below:

1.

2.

3.

4.

5.



Describe how one of your values shaped a decision you've made for your life.

Describe how one of your values is reflected in a decision you've made for your training or your competitive wrestling career.

Describe one way this school/program aligns with one of your values.

Explain how one of your values would influence how you build your team's competition schedule.

Explain how one of your values would influence how you shape your team's discipline system/team culture/team expectations.

What are some non-negotiables for you? What are you not willing to compromise?



Your Resume/CV and Your Cover Letter

RESUME/CV

File File File

COVER LETTER

File

Ask mentors to review your resume. Keep your resume brief, 1-2 pages. Keep one draft with all possible info, but tailor a draft to fit each job.

***The cover letter is where you can:** 1) Describe a trait you developed that led to athletic success and how you'll apply it to the job, 2) Share a compelling personal story or how you grew as a person as you overcame a challenge in your life, 3) Describe how your personal values align with the values of the job/school/program*



Emergency Action Plan

What will you do if there is an emergency?

Click here: [USA Wrestling EAP Worksheet](#)

Link your Emergency Action Plan here:

 **File**



Practice Plan Template

Create a folder to start collecting various practice plans.

Link your folder here:  **File**

You're going to collect plans throughout your coaching career. Here are some types of practice plans you'll want to collect:

1. Practice plans you've gotten from your own training-practices created by other coaches
2. Practice plans you ask mentors to share with you
3. Pre-Season Practice Plans
4. Early Season Practice Plans
5. Practice Plans that show how you'll manage two different skill levels in the same practice
6. Practice Plans near competition days
7. Mid-Season Practice Plans
8. Practice Plans for the end of the year/for peaking times-Conference, Regional, Nationals
9. Practice Plans that allow your coaching staff to utilize their individual strengths in the room
10. Practice Plans for when the head coach is away or when the person who usually runs practice is away
11. Practice Plans that give your student athletes a voice and/or leadership roles
12. Practice Plans for different goals-team practice, conditioning, individual practice, varying levels of technique and live
13. Etc

Annual Training and Periodization Plan

Talk with a mentor about how they shape their periodization plan.

Here is a link to a blank periodization plan: [Periodization Plan](#)

Link your plan here: [📁 File](#)



Think Through your recruiting strategy

What relationships do you bring to the table-with high schools, locations, in the wrestling community, etc?

Are there geographic locations that will make sense as your recruiting grounds for this team?

What factors will contribute to student athletes being a good fit at your school? Think about factors like personality, demographics, financial resources, academic standing, their families, off-mat interests that would thrive at this school, etc.

What aspects of this program and institution will you emphasize most when recruiting prospective student-athletes? What do you see as the program's greatest selling points?

What are some challenges you'll have recruiting to this school/program/location?



Relationship Building Strategy

Come up with an idea for how you can build relationships with the following stakeholders:

Alumni	
Donors/Sponsors	
Businesses in Town	
The Local Wrestling community	
Fans/Friends/Family	
Admissions and Financial Aid on Campus	
Other Faculty/Staff	
Other Teams on Campus	
Athletic Department Staff	



Fundraising Strategy

Begin to ask around about fundraising ideas

What fundraisers have been successful for other teams or organizations on campus or in town?

What online fundraisers have worked for other teams?

If you run into a fan/supporter at an event, can you name a few ways that person could support your program? A one-click ongoing fundraiser? A fundraiser for something specific like new singlets or a mat? Non-financial ways to support, like donations for a raffle or food for the team on trips? A big ask that comes with recognition for a donor?

How can your program connect with your student athletes' support systems and home towns?
