

# *Sherwood Wrestling Pyramid of Success*

## **BELIEVE!**

Expect Success!

**COMPETE!** Conquer and win each day! Learn from each victory and each defeat. Learn to deal with success and failure.

**EFFORT!** *Set goals and work hard and work smart every day to achieve them. Pay attention to the details. Do things the right way, not the easy way!*

**FAMILY!** This program is a family and a wrestling community. What we achieve we achieve together. Be great workout partners, encourage each other, hold each other accountable and be loyal. Take ownership of each other's success.