

HOLMEN WOMEN'S WRESTLING

MISSION:

F.U.N.

F - FUN, POSITIVE, AND RELAXED ENVIRONMENT

U - UNITY: HOLD EACH OTHER ACCOUNTABLE AND ACCEPT EVERYONE

N - ANYWHERE AND ANYTIME TO USE LESSONS LEARNED IN WRESTLING TO BE SUCCESSFUL OFF THE MAT

VISION:

PREPARE FOR WRESTLING AT THE NEXT LEVEL

WIN STATE TITLES

PLACE AT STATE

WIN SECTIONALS/QUALIFY FOR STATE

BEAT EAU CLAIRE NORTH AND BADGER

WIN THE CLASH

WIN THE DECORAH DUALS

WIN EVERY TOURNAMENT

CORE PRINCIPLES: HOLMEN WOMEN WRESTLERS...

ARE PUNCTUAL

COMMIT TO THE TEAM & THEMSELVES

TAKE ADVANTAGE OF THE OPPORTUNITY

OUR COACHES ARE...

ADAPTIVE

AWARE

SUPPORTIVE

WE VALUE...

FAMILY

AN ELITE MINDSET

HAVING FUN

CORE MINDSET PRINCIPLES

HAVE AN ELITE MINDSET

PROCESS OVER OUTCOME

FOCUS ON WHAT WE CAN CONTROL

BE GREAT AT A FEW TECHNIQUES