



USA Wrestling Coach's Guide to Excellence, 2nd Edition (U.S.O.C. Sports Education Series)

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This completely revised and updated Coach's Guide, written by USA Wrestling coaches and expert staff, provides wrestling coaches at all levels the information they need to become an effective coach. USA Wrestling has more than 150,000 members. These include athletes of all ages, coaches, officials, parents, and fans striving together to strengthen the sport. The USA Wrestling Coach's Guide to Excellence is designed to facilitate the continued improvement and development of coaches at the grassroots level and beyond.

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