

Folsom High Wrestling 2025-2026

Match Details

Date: [Date of match]

Opponent: [Opponent name/school]

Final Result: (Select one)
☐ Win ☐ Loss ☐ Draw

1. Quality of Wrestling **Overall, how would you rate the quality of your wrestling during this match?**

☐ Poor: I was not effective in my technique or strategy.

☐ Fair: I had some good moments but struggled overall.

☐ Average: It was a solid, average performance for me.

☐ Good: I performed well, but there is still room for improvement.

☐ Excellent: I was highly effective and executed my technique at a top level.

2. Quality of Warm-up **How would you rate the quality of your warm-up for this match?**

☐ Poor: I felt unprepared and rushed.

☐ Fair: It was okay, but I felt like I could have done more.

☐ Average: I went through my normal routine.

☐ Good: I felt focused and ready to go.

☐ Excellent: My body and mind were perfectly prepared for the match.

3. Energy Management **How would you rate your energy management levels throughout this match?**

☐ Poor: I ran out of gas early and couldn't keep up.

☐ Fair: My energy faded, especially near the end.

☐ Average: I managed my energy adequately.

☐ Good: I maintained a high energy level throughout the match.

☐ Excellent: My energy was consistent and I felt strong from start to finish.

4. Conditioning **How would you rate your conditioning during the match, particularly your ability to wrestle without stopping?**

☐ Poor: My cardio limited my ability to push the pace.

☐ Fair: I got tired but was able to push through.

☐ Average: My conditioning was on par with my opponent.

☐ Good: My conditioning allowed me to keep a high pace and wear down my opponent.

☐ Excellent: I was able to push the pace relentlessly without getting tired.

5. Mental Approach	How would you rate your mental approach and effort ("doing your best") throughout the tournament? ☐ Poor: I felt distracted and wasn't focused on putting in my best effort. ☐ Fair: I felt somewhat engaged but mentally wasn't all-in. ☐ Average: I was reasonably focused but had lapses in concentration. ☐ Good: I was focused and consistently tried my best. ☐ Excellent: I maintained a high level of mental focus and put in maximum effort from start to finish.
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6. Pre-Match Routine	How did your pre-match routines go for this match? ☐ Poor: My routine was off, which affected my mental preparation. ☐ Fair: I had to rush my routine, but it wasn't a major issue. ☐ Average: I completed my routine as normal. ☐ Good: I executed my routine successfully and felt prepared. ☐ Excellent: My routine went perfectly and set me up for a great performance.
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7. Weight Management	How would you rate your weight management this past month? ☐ Poor: My weight cut was difficult and it negatively impacted my performance. ☐ Fair: It was a tough cut, and I felt drained. ☐ Average: The weight cut was manageable. ☐ Good: I managed my weight well with minimal impact on my energy. ☐ Excellent: I made weight easily and felt great heading into the match.
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Write down one thing you are going to change with your routine prior to your next match.

How well did your pre-match music work to calm you down and get you into the Optimal Performance Zone?

What do you want from your coaches while you're warming up for your match?

What do you want from your coaches after you finish your match?

Tournament Review: Three things I did well.

Tournament Review: One thing or area I want to improve upon before the next competition.

Are there any drills, positions, or games you would like the team to work on next week during practice?