# Folsom High Wrestling 2026-2027

## Match Details

www.folsomhighwrestling.com/forms 11/24/25

**Date:** [Date of match]

**Opponent:** [Opponent name/school]

**Final Result:** (Select one)

☐ Win ☐ Loss ☐ Draw

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**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.

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

**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?**