

[Click Here](#)





South hills wrestling academy

LinkedIn uses cookies to provide, secure, analyze, and improve services, showing relevant ads. Learn more in our Cookie Policy. You can update choices at any time. SHWA (South Hills Wrestling Academy) aims to create a positive environment for wrestlers to develop skills and compete at state and national levels while focusing on growth, strength, and self-improvement. We strive to offer programs for kids from pre-K to 12th grade, with a focus on effort, learning, and being courageous. Our tree logo represents growth and strength, emphasizing the importance of improvement over results. We believe that athletes should be fierce competitors while focusing on process, not just goals. The journey to achieve a goal is what matters most, and we encourage kids to find joy in their work, rather than solely striving for success. SHWA's mission is to provide supplemental training opportunities for wrestlers from different schools, unifying them through focused training partners, elite coaching systems, and positive environments. We operate alongside community/ school programs, enhancing what they offer by providing additional pre-season, in-season, and post-season training. Our staff brings a wealth of knowledge and backgrounds, including State Champions, NCAA All-Americans, Teachers, and Physical Therapists. We surround our kids with good mentors who prioritize their best interests. Change LivesCreate the Best Childhood PossibleBuild ChampionsMake Club Wrestling More Accessible and Inclusive Achieving goals is crucial, serving as a motivator to teach valuable life lessons through physical challenges, competition, high standards, and targets. As a coach, it's essential to focus on instilling positive traits such as resilience, discipline, respect, effort, and growth mindset. Negative coaching has no place in youth or any sports, as kids want to win and deserve encouragement rather than criticism. A coach's role is to help form the athlete's inner voice, promoting positive self-talk and confidence. Using encouraging language helps athletes stay focused and motivated, believing in themselves is vital. Coaches should foster risk-taking, intrinsic motivation, and self-confidence, creating a lifelong passion for the sport. Wrestling can be enjoyable, with rewards such as learning, improvement, accomplishment, and overcoming challenges. By adopting a "want to" versus "have to" mentality, kids feel proud of their commitment and work, understanding that the journey is often the reward. Coaches should prioritize promoting a growth mindset, encouraging kids to take ownership of their participation and success.