

Why Wrestle?

Wrestling is a fantastic and unique sport. In some ways it is similar to other sports, but there are clear and notable differences. Wrestlers are often times the best athletes and participation in wrestling increases their success in those other sports. It will also build character traits like responsibility, hard work, pride, and accountability.

The Best Athletes Wrestle

It is no coincidence that when you look at multiple-sport athletes, often times the best soccer players, football players, lacrosse players, etc. are wrestlers. Wrestling is a sport that develops the whole athlete, forcing you to use all the muscles in your body, while teaching agility, balance, and strength.

Wrestlers are the best physically conditioned athletes. Unlike other sports, there is not time or space for “taking a break”. It requires constant thought, movement, focus and agility. It would be difficult to find an athlete in another sport that is in better physical condition than a wrestler.

The Chance to Succeed for All Shapes, Sizes, Ages

Although youth wrestling is a team sport, youth wrestlers are challenged individually by competing against a single opponent who is relatively in the same age group, weight, and skill level.

You don't have to worry if your child will compete against someone who is considerably bigger, older, or more skilled.

The Thrill of Victory

In other sports, you depend on other teammates on the field or court to support your efforts. In other sports and on occasion, some athletes can sometimes take “plays off” or not go 100% and still come away with a victory.

There is no better feeling than winning a wrestling match. It's you against your opponent - - no one shares the victory. It is an individual accomplishment, earning 100% of the victory through one's own effort and practice.

The Agony of Defeat

On the other side of the coin, if you lose, you are 100% accountable and responsible for your loss – much like in the real world. Wrestling mirrors real world experiences and teaches athletes responsibility, accountability and the lessons learned when these are applied and not applied.

Having fun, the Hard Way

A look on a wrestlers face when they learn a new move to beat an opponent is one that you don't see in many other sports. The same look will be seen when a wrestler is able to beat an opponent that they had previously lost to. That “look” is of pure enjoyment, knowing that the hard work has paid off and is justified, only fueling that athlete to work even harder.

Why America Needs Wrestling

We would be a stronger nation if every child participated in wrestling. Here are 5 important qualities that wrestling reveals, teaches, and strengthens.

1. Hard work

To be successful in wrestling you must work hard. Wrestling is one of the few sports that the greatest athletes in the world (in regards to running, jumping, throwing a ball, shooting a ball etc) could not walk in off the street, step on the mat and have instant success. Wrestling is different. Wrestling is an acquired skill that comes only through hard work.

After you have a taste for hard work and the satisfaction that it brings, you learn to love it. Hard work is addicting. It doesn't matter what you're doing in life - hard work is usually the answer.

I think kids learn to work hard by watching their parents/ mentors but the next best thing is sports and no sport requires more physical and mental work than wrestling. If I sit on the couch and watch television, my son will sit on the couch and watch television. If we race around the house, play hard and do work, he will do the same. Kids want to do what their parents do. A wrestling room is a gym with padded floors and padded walls, it's the perfect place to send our youth to burn up energy, and learn to love to play sports. Sports, especially wrestling, are exercise. So as they develop a love of sports, they are also developing a love of exercise and hard work.

2. Competition.

Wrestling is competition. Competition pushes people to be the best they can be. Competition strengthens individuals. Learning to love to compete and developing that already instinctual desire to be the best is a very important and positive thing. Competition forces the best out of people. Competition solves problems. For kids to get close to their greatest potential they must learn to compete, and enjoy it! Wrestling teaches that. Competition is great. It's not about winning, but it is about wanting to win and doing everything in your power (legally of course) to win.

3. Accountability.

Wrestling teaches accountability. There are a lot of hands that prepare a wrestler, but each individual steps out on the mat alone and is responsible for whatever happens out there, win or lose. People can try to blame others for their actions but we are all responsible for everything we think, do and feel. Wrestling puts the credit or the blame on clear display. That is great to learn. Taking accountability is taking control. Wrestling helps teach that.

4. Courage.

Wrestling teaches courage. It takes a lot of courage to be a wrestler. It's a tough sport and you compete individually. You have to put a skimpy little singlet on and step out on the mat in front of a lot of people, against someone your own size and age. The sport is one-on-one. Wrestling is a physical sport. There will be bloody noses, injuries, and hurt egos. It's great. You must stand up for yourself and that takes courage. Wrestling teaches and reveals courage.

5. Humility.

You would think that life in general; each individual's personal flaws and mistakes, and the eternal perspective and objective of our life on earth would be all the humbling that we need. But it isn't. Wrestling helps teach humility. Every wrestler has lost. All of the same pieces of the sport that teach courage teach humility. There is always another opponent. Even if you are fortunate enough to win a tournament, there is always the next tournament to prepare for. There is no room and no time to be cocky or to be a show boat in wrestling. If you don't keep working, and keep progressing someone will kick your butt. Wrestling is like life, there is always another level and another step. There is no such thing as perfection. You can look at a win or a loss and find areas that you can improve on. That's part of the fun. Never being satisfied is fun. The process is always exciting and never boring when you continue to look for ways to improve.

There is sincere celebration and that's great. You should be happy after you do something big, but never at the expense of your opponent. There is never an excuse to belittle an opponent. The accountability in wrestling teaches humility. You don't see a lot of showboating and that's for a reason.

Other qualities that wrestling teaches: self-defense, teamwork, sacrifice, discipline, friendship, coachability, responsibility, health, strength, respect and many more.