

Why Wrestle?



Wrestling is perhaps the purest form of athletic competition to exist in the realm of organized sports. There are no bats or balls, or pucks or sticks, no team mates to point a finger at if one loses a match. There's no time to rethink strategy, regroup, or even catch your breath. When the referee says "wrestle" everything fades from your mind. Nothing exists beyond the four corners of the mat. It's just you and your opponent out there, alone, locked in a battle to see who will become the victor. Your whole being becomes immersed in this struggle: your strength, your desire and your will to win all work together in your attempt to emerge the champion.

Wrestling is a very intense, highly competitive sport. It teaches the wrestler to pull from within themselves great power and strength, it forces the truly competitive wrestler to push themselves both mentally and physically beyond what they once thought possible.

Of all the sports, wrestling is perhaps the best sport for overall physical development because it involves all the muscle groups, and requires the greatest balance of athletic skill. During training a wrestler works on constantly improving their strength, flexibility, stamina, balance, speed and technique.

Wrestlers learn the value of preparation and hard work, and the role it plays in achieving one's life goals. What wrestlers learn on the mat can be transferred to real life experiences. Wrestlers are self reliant, they are mentally and physically fit, they have a great work ethic, they are self disciplined, competitive and responsible. Wrestlers also are goal oriented and very confident.