

THE BENEFITS OF WRESTLING

Wrestling is a tough sport. There is no doubt about it. However, there are many benefits to participating in such a tough sport. One of the most important is that it allows young men to become better athletes and better human beings. All the young men on the wrestling team will learn things about themselves they never knew or things they thought they could never accomplish. The positive effects upon them will remain with them the rest of their lives.

Young wrestlers take many lumps as they learn the sport. Very seldom does someone jump in and immediately have a successful record. Teaching these young men to deal with losing is a very important reality in life. They find it is not easy to get to the top. It takes a lot of hard work and commitment.

It also takes a lot of **courage** to be a wrestler. When a wrestler steps out onto the mat, he is all alone. He risks being beaten in front of his teammates, his parents and his friends. Yet, all wrestlers take that risk repeatedly. Courage is one thing emphasized by the coaching staff at our High School.

Another quality wrestling teaches is **self-discipline**. Wrestlers have to work hard and maintain their intensity everyday of the wrestling season. Some of them also choose to diet to maintain a certain weight. That is particularly tough for growing young men who are use to eating several times a day. It takes self-discipline to practice hard everyday while dieting. The conditioning drills the wrestlers go through also take a great deal of self-discipline.

While wrestling is difficult and takes hard work, the young men involved learn they will be rewarded in the long run. The reward is called **WINNING**, and it makes all the hard work worthwhile. Wrestlers realize hard work can make good things happen, and they carry this with them even when their days of competition are over.

Wrestlers learn many good **values** while participating in wrestling, but there are other benefits from being involved with a wrestling program. These young men come in contact with many people that can and do influence them in a positive way. The parents involved in the program are always willing to help with any situation that may occur. The coaches are excellent role models for the young men willing to always sacrifice and put the young men first.

“Have patience with all things, but first of all with yourself” – St. Francis de Sales