

# WHY WRESTLE ?

Wrestling is a test of strength and endurance, conditioning and headwork; it aids in the development of self-resilience, perseverance, and mental alertness.

Wrestlers are some of the most highly conditioned and truly well-rounded athletes.

Wrestling is one of the best conditioners for other sports and is one of the best sports in which to remove awkwardness and to develop muscular coordination.

Its individual character makes victory or defeat a personal matter.

Yet the team aspect is very real and important in wrestling.

Individuals compete for a team as well as themselves. With a victory or defeat, the wrestler can still help his/her team win the meet.

Wrestling's alumni have gone on to achieve success in every field. Presidents, astronauts, authors, and respected business executives credit wrestling, and the life lessons learned on the mat, for their success.

Gifted athletes are usually good at any sport they enjoy. True competitors come in all shapes and sizes and in varying degrees of natural talent. Kids that thrive on competition, with only average or below average natural ability often surprise parents and coaches by eventually surpassing more gifted kids. Many of the best wrestlers the world has seen were not star athletes at a young age.