

INTRODUCTION TO WRESTLING

If you want to wrestle badly enough, what the next few pages contain will be easy for you to follow. If you do not want to follow these rules, do not complain – **QUIT** – you don't want to wrestle badly enough and, therefore, would not give as much as possible. Much is asked of a “wrestler”, in regards to **CHARACTER, COMMITMENT** and **DISCIPLINE** – It will be the responsibility of the coaching staff and the wrestlers, who are committed, to make sure that the non-committed and non-disciplined do not make the difference in any match.

You are not being forced to wrestle – **wrestling is of your “own” choosing**. If you are absolutely certain that you want to be a member of a wrestling team, and that you want to represent your school, and your community, and that you can give up the “negative things” that can make the difference for your teammates then

This section is prepared in an attempt to bring to wrestlers and their parents certain information pertaining to each of them during the coming season.

1. You must be willing to pay the price for wrestling on a good wrestling team:

To wrestle on a winning team, you must go all out in every practice session and match. Only good condition can give you the feeling of confidence and the physical ability necessary to go all out. Each and every rule plays a definite role in attempting to achieve standards of conduct and in producing winning teams. Whenever and wherever Wrestling is mentioned, the words Character, Class, Courage, Commitment, and Success will be and should be thought of!

2. You as a wrestler cannot do some of the things other students do:

To be on a championship team, you have to be a champion yourself and be willing to "pay the price" of keeping strict training rules. Wrestling is not compulsory but rather for those people who want to wrestle the match and abide by the rules. You are representing the town, the school, the coaching staff, your parents, and all of your peer group with all of your victories, being their victories!

3. The following qualities are desirable and worth striving for:

CHARACTER: “Be more concerned with your character than your reputation, because your character is what you really are, while reputation is merely what others think you are.” -John Wooden

“A wrestler must be dependable and consistent, regardless of the time or place. Be it the opening whistle or the final 30 seconds. . . character, as much as physical ability, is vital.” – Calvin Hill

CLASS: “Class is being honest – both with others and with yourself. Class is treating others as you would like them to treat you.” – Jack Nicklaus

“There is no mat space for malcontents or dissenters. One must neither celebrate insanely when he wins, nor sulk when he loses. He accepts victory professionally and humbly; he hates defeat, but makes no poor display of it.” – Dan Gable

COMMITMENT: “The important thing in life is to try to be your best. Be honest with yourself, your family, your friends, and your community. An honest commitment means 100 percent. It means loyalty; and it means being able to be counted on in the clutch.” – Joe Paterno

“A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and, if you are willing, to sacrifice the little things that are worthwhile, it can be done. Once a man has made a commitment to a way of life, he puts the greatest strength in the world behind him. It’s something we call heart power. Once a man has made his commitment, nothing will stop him short of success.” – Vince Lombardi

COURAGE: “Courage is not how a man stands or falls, but how he gets back up again.” – John L. Lewis

Courage is the first of human qualities, because it is the quality which guarantees all others.” – Winston Churchill