

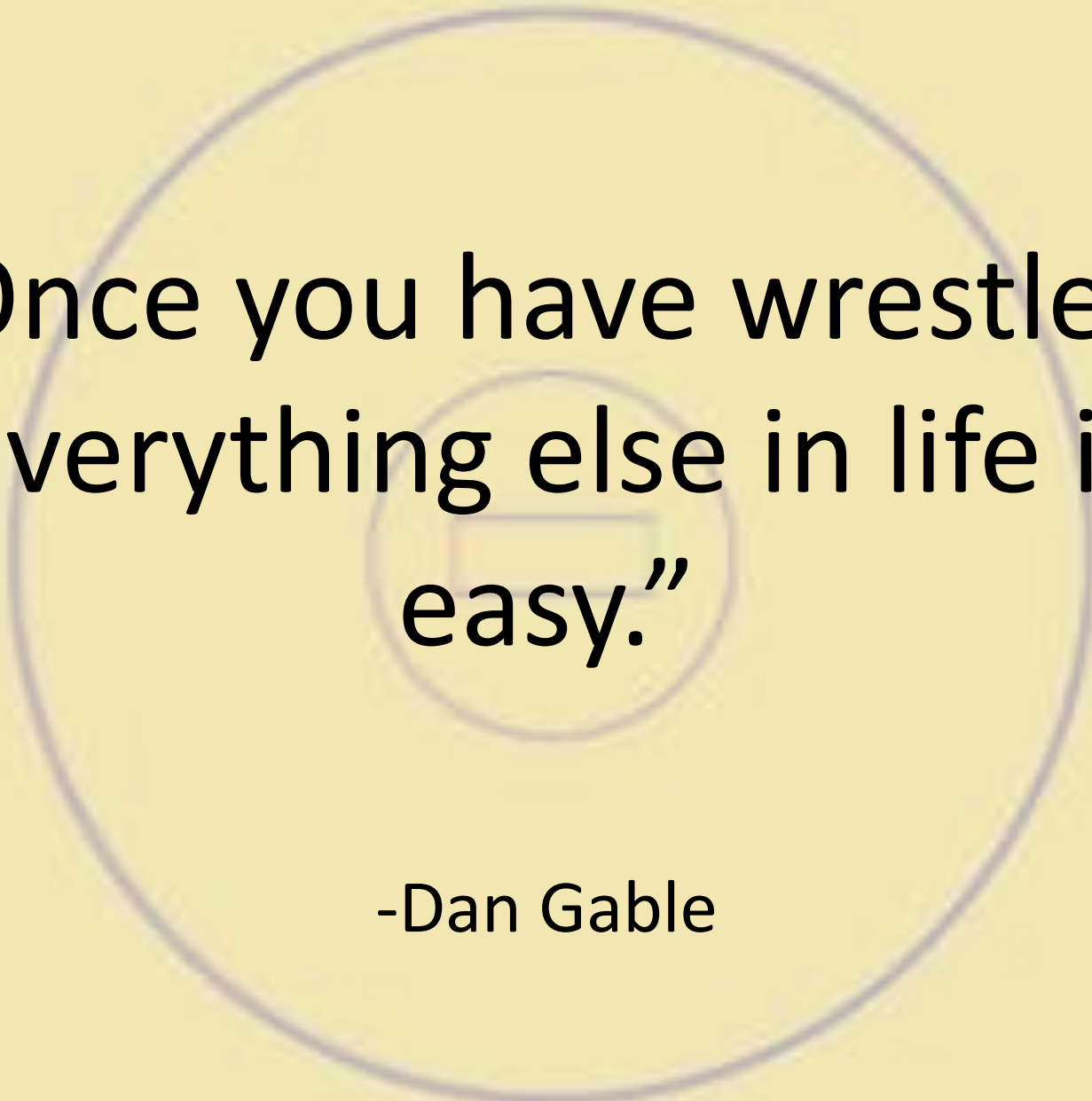
RHMS

Wildcat

Wrestling



10 Reasons Why You Should Wrestle



“Once you have wrestled,
everything else in life is
easy.”

-Dan Gable

Wrestling Develops Athletic Skills.

- Wrestling is one of those sports that requires a lot of body control.
- Wrestling builds footwork and speed.
- Wrestling improves strength.

Wrestling Develops Personal Responsibility.

- Whether you win or lose, it's entirely up to you.
- You are responsible for your training.
- You are responsible for making weight.
- It is a team sport, but you score individual points.
- You have to be ready to be ready to perform every single match.

Wrestling Develops Mental Toughness.

- The training is intense to say the least.
 - 6 minutes can seem like forever.
- You also have to be mentally tough and prepared to square up one on one with your opponent.
- You have to be mentally strong to be ready to perform under pressure on a regular basis.
- You have to be mentally prepared to push your body beyond what it wants to do.
- You have to be mentally tough to embrace the grind.

Wrestling Teaches About Nutrition And Weight Maintenance.

- You have to fuel your body with the right food.
- You have to learn how to say no to the cake and say yes to fresh fruits and vegetables.
- You have to learn to say no to the soda and chips and say yes to water and chicken breasts.
- The better you eat, the more energy that you will have, and the better that you will perform.

Wrestling brings kids together and builds a strong camaraderie.

- Adversity brings people together, and due to the challenges that a wrestler faces, the bonds between wrestlers become very strong.
- Wrestlers give it their very all to become the best they can be.
- There is a great feeling of empathy that is developed for the other athletes, and when they win big matches, you are happy for them. When they lose big matches, you can feel the sting of their loss too.

Wrestling develops discipline.

- To be successful in wrestling, you have to develop discipline.
- You can't just show up to practice whenever you want to, or else you will not be properly prepared to compete.
- You can't just compete on the days that you feel like it, and you can't just watch your diet occasionally.
- You have to develop and stick to a routine.
- You have to do the work every day.
- You have to embrace the grind.

Wrestling Brings Different Cultures And Countries Together.

- Wrestling is a sport that helps bring people together.
- We may all be different in some way, but even though the competition is fierce, most wrestlers are able to look past where an individual is from.
- There is a commonality gain through the grind.

Wrestling teaches an individual how to focus on something and master it.

- It takes a lot of time and repetition to get a move down just right so that it can be executed during competition.
- The wrestler that can discipline themselves to focus on one technique and master it, will give themselves a great opportunity to win.
- “I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.” - Bruce Lee

Wrestling provides opportunities to further education.

- However, wrestling can provide an opportunity to earn a scholarship to wrestle in college and further one's education.
- If young wrestlers are committed to the sport and do their homework about wrestling programs, hopefully, they will be able to find a school that they can wrestle at and further their education as well.

Wrestling is fun.

- Last but not least, wrestling is fun!
- Despite all of the challenges that are a part of the sport, it is so much fun and so rewarding to go compete and win.
- Having your hand raised at the end of a match is a great feeling.
- It is a very satisfying feeling to know that you are able to work hard, improve your skills, face challenges, and overcome them.
- You know that no matter what life throws at you, that you will be able to prepare for it, and come out okay on the other side.

Welcome
to the
Grind