

WHAT IS WRESTLING?

By Ben Peterson

#13

Wrestling

to me demands

*the utmost expression of the best discipline
and courage in a man
and the driving out of fear, hesitancy and laziness.
Since man is naturally bent toward laziness,
fear of the unknown and self-indulgence,
he needs a way of changing these trends.*

Wrestling

has been such an arena

*for many a grateful young man.
Each one striving to rid himself
of the harmful habits of men around him
and the cowardly characteristics within him.
Each one seeking to mature
the God-given abilities within.*

Wrestling

*cannot change the nature of man.
But it can be used to bring out qualities
that are intended to lead,
encourage, challenge, and entertain others.
I am thankful to God for the sport of wrestling
and the maturing effects in my life
and in the lives of many young men.*

As a coach and recruiter of wrestlers I have found the need to spell out my perspective of wrestling. Therefore, I compiled the above statement. If it hits home for you, I suggest you post it on your mirror, in your locker, over your desk or wherever you will regularly see it and think about it. Good sayings can make us think and motivate us. So feel free to copy it for others if it helps promote wrestling.

As you think through each section of this statement you will no doubt find something that is true for you. It should be helpful in identifying your own perspective on the value of wrestling for you and those around you. Make it your own by expanding or deleting points as you evaluate each part. Let me know what you come up with.

If you are a Wrestler this can be of value in motivating you to train harder and more consistently. If you are a Coach this can help you stay focused on the varied ways your team members will be strengthened. If you are a Parent you can see why my Mother went from saying, "No son of mine will ever wrestle" to "Whatever you do let your sons wrestle. It will be good for them." In the end all 5 of us boys wrestled extensively and Mom was totally behind us.

*Ben & his brother John now run Camp of Champs Wrestling Camps. Contact them at: Camp of Champs, PO Box 222, Watertown, WI 53094; Phone: 800-505-5099; E-mail: ben@campofchamps.org; Web: www.campofchamps.org.

