

## Persevere – Just Plan Don't Quit!!

By Ben Peterson & Ethan Bosch

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Many topics are addressed in this column. Ethan Bosch is a young coach who can write. He has worked at Camp of Champs since his days as a National Team Member. I think his most recent article deals with a timely issue for this time of the season. So many lose heart and quit just before significant victories could be won. Join the others who must say, "I lost all 7 by pins as a freshman in high school, but I persevered to win in the Olympics."

Read on and get Ethan's **Don't Quit** perspective,

"If it were easy, everyone would do it." This little nugget of wisdom tells us that nothing worthwhile comes without some cost. So if you set a goal for yourself that you have to strive, stretch, and make personal sacrifices to accomplish, you're probably going to have to overcome some obstacles along the way. These obstacles can come from a variety of different sources. Let's assume your goal is an athletic goal. You're going to have others trying to accomplish the same goal, and they'll be working hard too. That's definitely an obstacle if your goal is winning a championship at some level, because there can be only one champion. There will likely be injuries or illness, competitive setbacks, and other priorities fighting for your time and energy. The most significant obstacles, however, can often come from within. Self-doubt, lack of self-discipline, and despair at a lack of progress (real or perceived) have been fatal to the achievement of many a goal. There will come a time – maybe daily – when you'll ask yourself: "Is it really worth it?"

This is where the rubber meets the road! Is the depth of your commitment to your goal sufficient to answer an emphatic "Yes!" to that question, every day, no matter what the obstacle? It's been said that success is getting up one more time than you fall down. This is the very definition of perseverance! World War I German fighter pilot Baron Manfred von Richthofen (better known as "The Red Baron") said, "Success flourishes in perseverance – ceaseless, restless, perseverance." Perseverance trumps many obstacles:

1) *"I'm not as athletically talented as a lot of my competition."*

"With ordinary talent and extraordinary perseverance, all things are attainable." - Sir Thomas Foxwell Buxton, abolitionist and reformer

2) *"I'm not as strong as the other guys in my weight class."*

"Great works are performed not by strength, but by perseverance." - Samuel Johnson

3) *"I just don't know as many moves as the best guys."*

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will." - Vince Lombardi

4) *"There are just too many obstacles in my way. No matter what I do, it seems like there's a roadblock."*

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." - John Quincy Adams

5) *"I'm a failure. No matter what I try, nothing works."*

"I have not failed 10,000 times. I have successfully found 10,000 ways that will not work." - Thomas Edison

6) *"I'm never going to accomplish my goal. Why even bother trying?"*

"You never fail until you stop trying." - Florence Griffith Joyner, three-time Olympic gold medalist

7) *"I just don't think I have the strength to get up and try again."*

"I am not concerned that you have fallen; I am concerned that you arise." – Abraham Lincoln

We are encouraged again and again in the Bible to persevere in our faith. Check out the following scriptures: Psalm 27:14, 37:23-24, 138:8; Matthew 10:22, 24:13; Romans 5:3-4; 1 Corinthians 13:6-7; Galatians 6:9; 2 Thessalonians 3:13; Hebrews 10:23, 10:36, 12:1; James 1:2-4, 1:12, 5:1

Memorize and hang on to some of these verses to help you persevere when times are tough and you're tempted to quit. I find that human wisdom can be encouraging, but nothing keeps me going like God's Word. I memorized Galatians 6:9: "And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

Wrestling is full of stories about perseverance. One of my favorites is Iowa's Jesse Whitmer, who rode the pine for the first three years of his college career. Did he whine and mope about it, or quit in frustration? No! He worked hard, finally started as a senior, and won the NCAA Championships, while his team set the standing record for most team points in the tournament. I'm sure there were many obstacles and setbacks along the way for Mr. Whitmer. I'm also sure that on March 22, 1997, he was glad that he had gotten up one more time than he had fallen down.

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