

PINNACLE HIGH SCHOOL WRESTLING

Reasons Why You Should Wrestle



In the next few months, many students will have the opportunity to participate in a sport for the first time. Many will embrace the sport of wrestling, while others may resist. Because of the timely life lessons wrestling teaches, we urge everyone to seriously consider trying this great sport, even if only for one season.

Usually, those who resist wrestling are simply unfamiliar with the sport. Wrestling can be an intimidating sport, but it's also one with the greatest potential to develop young adults, both physically and mentally. Because of that, we truly hope to see you on the mat!

Wrestlers Come In All Shapes And Sizes. Height and weight are big factors for success in several sports, like basketball and football. In the sport of wrestling they don't mean as much. Wrestling is a sport where the small or heavy, the short or tall, can ALL be extremely successful. Where else can a scrawny 106 pound athlete, or short 250 pound athlete win a State Title?

Wrestling Teaches Self-Reliance. Too many student-athletes look outward to place blame when they experience failure. When you're on the mat, no one else is there to help. You must decide how hard you are going to fight to win. If you fail, you have no one else to blame. You can't blame your teammates, your coach's play-calling or the officiating. You win or lose on your own.

Wrestling Teaches Toughness. Wrestlers may get their mouths bumped, noses bloodied, joints twisted and maybe even their eyes blackened. Wrestling will develop and reveal your inner character. As we teach you the sport, it builds heart, shows you how to work through discomfort and occasional pain, and simply put.... It teaches TOUGHNESS.

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Wrestling Instills Confidence. It takes courage to walk out onto the mat. Once you overcome any possible fear of competition or being alone on the mat, everything else in life will seem easier. Famous College coach and Olympic wrestler Dan Gable says that 80% of wrestling matches are decided before the whistle blows. “*One competitor already knows he’s going to win, and the other knows he’s going to lose before either step onto the mat.*” he says. Once wrestlers develop confidence, they learn how to use it everywhere in life to give themselves an edge.

Wrestling Teaches Discipline. Because they must make weight and need to be in shape to succeed, successful wrestlers maintain their bodies like finely tuned machines. Even away from practice and competition, they can’t forget that they are wrestlers. When their friends are feasting on fast food and sodas or staying up too late, wrestlers must make decisions that will help them on the mat. They know that slipping on discipline can have negative consequences on the mat.

Wrestlers Don’t Go Pro. Yes, professional wrestling still exists, but very few wrestlers have professional aspirations. In other popular sports, many basketball, baseball and football players believe that they are going to make millions as a professional, so much so that they plan for it at the expense of education and other points of preparation. Wrestlers are under no such illusions. They compete for the sake of competition, not fame or money.

Wrestlers Learn To Respect Their Opponents. Many wrestlers will compete against each other multiples times in a single season. There is also a decent amount of down time at wrestling events, and in that down time we get to know each other and even cheer each other on. Not all of us are friends, but we all know what goes into a wrestling season, and we respect each other because of that shared sacrifice.

There Is No Entitlement In Wrestling. It doesn’t matter where you are ranked, your value as a wrestler partly depends on some of your most recent performances on the mat. Each year wrestlers, who spend most of the season highly ranked, lose two tough matches in the sectional tournament and fail to qualify for State. They are tough wrestlers, but their rankings do not matter, only what happens on the mat. In wrestling, you must constantly earn what you get.

Even if you never won a match (***which you will***), you’ll learn a lot about yourself and how you fit into this world. While it’s true that other sports can teach some of these lessons, what the sport of a wrestling teaches is very hard to match. When you sign up for a wrestling season, you give yourself a competitive edge that will help you succeed in all areas of life.

~Don’t miss that opportunity!

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