

Wrestling is perhaps the purest form of athletic competition to exist in the realm of organized sports. There are no bats or balls, or pucks or sticks. No pads or helmets or jerseys. There's no time to rethink strategy, regroup, or even to catch your breath. There's only you, and your opponent of equal weight and size. Experience, preparation and the will to succeed will determine the victor.



Wrestling involves a unique balance of practically every aspect of physical and psychological conditioning. Strength is as important as stamina, speed as technique, strategy as intensity, and power as is coordination.



Interested in becoming a Sparkman Senator Wrestler?



For additional information Please
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SPARKMAN HIGH SCHOOL WRESTLING PROGRAM



