

Title: **Monday Motivation:** Part 3 “Why High School Students Wrestle” by Jon Gums

Introduction:

Monday mornings can be challenging for many high school students as they grapple with the start of a new week. However, for a dedicated group of young athletes, Monday is not just the beginning of the school week; it's a day filled with motivation and determination as they gear up for the intense and demanding sport of wrestling. In this article, we'll explore the reasons why high school students choose to wrestle and the myriad benefits that this physically and mentally demanding sport offers.

1. **Physical Fitness and Discipline:** Wrestling is a sport that demands peak physical fitness. High school students who choose to wrestle engage in rigorous training sessions that not only enhance their strength, agility, and endurance but also instill discipline in their daily routines. The commitment required to excel in wrestling translates into a disciplined lifestyle that extends beyond the wrestling mat.
2. **Individual Responsibility:** Unlike team sports where success or failure can be shared among teammates, wrestling is primarily an individual sport. High school students who wrestle learn to take full responsibility for their performance. This sense of individual responsibility fosters accountability, self-reliance, and the ability to handle pressure independently.
3. **Mental Toughness:** Wrestling is not just about physical strength; it also challenges athletes mentally. High school students who participate in wrestling learn to cope with stress, adversity, and defeat. The sport teaches them resilience, mental toughness, and the ability to remain focused and composed in the face of intense competition.
4. **Character Development:** Wrestling is a character-building endeavor that goes beyond the physical and mental aspects. The sport promotes values such as sportsmanship, integrity, and respect. High school students who engage in wrestling develop strong character traits that serve them well both on and off the mat, shaping them into well-rounded individuals.
5. **Goal Setting and Achievement:** Wrestling requires goal setting and perseverance. High school students set personal and team goals, work tirelessly to achieve them, and experience the satisfaction of success. The sport teaches them that hard work, dedication, and a clear vision can lead to the accomplishment of even the most challenging objectives.
6. **Team Camaraderie:** While wrestling is an individual sport, high school wrestlers often form tight-knit teams. The camaraderie among teammates creates a supportive environment where athletes motivate each other to improve. The sense of belonging to a team contributes to a positive and encouraging atmosphere, fostering lasting friendships. Some of my best friends from 30 and 40 years ago come from wrestling.
7. **College Opportunities:** For many high school wrestlers, the sport becomes a gateway to college opportunities. Exceptional performance in high school wrestling can lead to scholarships, opening doors to higher education and providing a pathway to future success both athletically and academically. This is especially true in Girls wrestling, as the sport explodes on college campuses across the nation, the demand of High School girls to fill the spots opportunities to gain scholarships are very high.

Conclusion:

High school students who choose to wrestle on Monday mornings aren't just seeking physical activity; they are embracing a challenging and rewarding sport that molds them into disciplined, mentally tough, and well-rounded individuals. Wrestling isn't just about the competition; it's about personal growth, camaraderie, and the invaluable life lessons that come from facing the challenges of the wrestling mat head-on. So, the next time you see a group of high school students gearing up for a wrestling match on a Monday morning, like today, remember that they are not just athletes; they are individuals on a journey of self-discovery and personal development.