

Monday Motivation: The Hero's Journey of Wrestling

Embarking on a journey each Monday morning that transcends the ordinary, high school wrestlers' step onto the mat not just as athletes but as modern-day heroes navigating their own heroic saga. Wrestling, with its challenges, triumphs, and transformative power, becomes the crucible where these young individuals forge their destinies. In this Monday Motivation, we explore the hero's journey that unfolds within the realm of high school wrestling.

I have always tried to vision myself succeeding in whatever I have ever done. I have goals, dreams and this is true for many wrestlers. So, as I have done research writing books you come across many successful books, movies etc. that follow certain formats, or themes. Maybe Monday Motivation is about writing your story? Here are a few structures, I am playing with

Episodic Structure:

Instead of a linear narrative, tell the story through a series of connected but relatively independent episodes. Each episode can explore different characters, themes, or perspectives, contributing to an overarching theme.

Circular Narrative:

Structure the story in a circular or cyclical manner, where the ending connects back to the beginning. This approach can create a sense of closure and unity in the narrative.

Hero's Journey

The Hero's Journey is a narrative framework that outlines a common template for storytelling, particularly in mythology, folklore, and modern fiction. Popularized by Joseph Campbell, the Hero's Journey consists of several stages that a protagonist typically undergoes in their quest for self-discovery and transformation.

1. **Call to Adventure:** Every wrestling season begins with a call to adventure—the beckoning of the mat, the challenge to face opponents, and the invitation to embark on a journey of self-discovery. High school wrestlers willingly answer this call, ready to confront the unknown and test their limits.
2. **The Refusal of the Call:** As the whistle blows and the match begins, doubts and fears may arise. Yet, the hero in each wrestler refuses to succumb to hesitation. They grapple with uncertainty and push through, demonstrating resilience and a refusal to be defeated by self-doubt.
3. **Meeting the Mentor:** Coaches, teammates, and the entire wrestling community serve as mentors on this heroic journey. Their guidance, wisdom, and encouragement empower

high school wrestlers to navigate the challenges that lie ahead. The mentorship received becomes a source of inspiration and strength.

4. **Crossing the Threshold:** Stepping onto the mat is akin to crossing the threshold into the unknown. High school wrestlers confront adversaries, both external and internal, as they navigate the twists and turns of each match. It's a symbolic journey into the heart of competition, where the hero's mettle is truly tested.
5. **Tests, Allies, and Enemies:** The wrestling season unfolds as a series of tests, with each opponent serving as a unique challenge. Teammates become allies, providing support and camaraderie, while opponents may be perceived as temporary enemies. These encounters shape the hero's character and reveal the depth of their inner strength.
6. **The Abyss:** In wrestling, the abyss represents the most challenging moments—the brink of defeat, physical exhaustion, or mental fatigue. The hero faces the abyss head-on, summoning the resilience to rise from adversity. It's in these moments that the true hero within the wrestler emerges.
7. **Transformation and Atonement:** Through the crucible of wrestling, high school athletes undergo profound transformation. They learn more about themselves, develop resilience, and atone for any perceived weaknesses. Wrestling becomes a vehicle for personal growth and self-improvement, shaping the hero for the challenges beyond the mat.
8. **The Return:** As the wrestling season concludes, the hero returns, changed and strengthened by the journey. The lessons learned, friendships forged, and victories earned become the treasures brought back from the heroic quest. The return is not just the end of a season but the beginning of a new chapter in the hero's life, the wrestling life.

Conclusion:

The hero's journey of wrestling is a narrative that unfolds every Monday morning on the mats of high schools across the nation. Each wrestler, stepping into the arena, is not just an athlete but a hero in the making. The struggles, triumphs, and personal growth experienced through wrestling shape these individuals into resilient, determined, and extraordinary individuals. So, the next time you witness the intensity of a wrestling match, remember that it is not just a competition; it's a hero's journey, a Monday morning odyssey that builds character and forges destinies.

Thanks for Reading

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