

Monday Motivation #9: No Regrets on the Wrestling Mat

By Jon Gums

Do you ever just get in a zone when listening to music, I do. Every time I hear Red Rider "Lunatic Fringe" I picture myself jump roping, running out to a crowd and the final battle with Shute.

As the wrestling season winds down, the echoes of the mat resonate with the powerful narratives of determination, struggle, and triumph. In the spirit of Morgan Wallen's poignant lyric, "That's one book I didn't write," let's explore the essence of leaving no page unturned on the wrestling journey, drawing inspiration from Eminem's "One Shot" and the timeless anthem of resilience, "Eye of the Tiger."



Morgan Wallen's Unwritten Book:

In Morgan Wallen's song, "That's one book I didn't write," there's a recognition of the untold stories, the unwritten chapters, and the roads less traveled. This sentiment is particularly poignant as wrestlers approach the end of the season. Each match, each practice, and every ounce of effort contributes to the narrative of their wrestling journey.

As the season nears its conclusion, the message is clear: leave nothing unsaid, no move untried, and no effort spared. Regret often stems from the paths not taken, the moves not attempted, and the opportunities left unexplored. Embrace the philosophy of Wallen's lyric by stepping onto the mat with the intent to write every chapter of your wrestling story, creating a tale of resilience, growth, and unyielding determination.

Eminem's "One Shot" Mentality:

Eminem's iconic "Lose Yourself" is an anthem that resonates with athletes across various disciplines, and wrestling is no exception. The concept of "one shot" encapsulates the urgency and intensity of each moment on the mat. In wrestling, where a single move can change the course of a match, the "one shot" mentality becomes a guiding principle.

As the season winds down, channel the spirit of Eminem's lyric. Approach each match as if it's the only opportunity you have. Take risks, be bold, and leave it all on the mat. The regret lies not in failure but in the hesitation to seize the moment. Wrestlers, like any champions, understand the power of a singular opportunity and the impact it can have on the narrative of their season.

"Eye of the Tiger" Resilience:

Rocky Balboa's journey to the top is immortalized in the anthem "Eye of the Tiger." The song speaks of resilience, the ability to keep fighting, and the refusal to be defeated. As the wrestling season nears its end, the "Eye of the Tiger" mentality becomes a beacon of inspiration.

In the face of fatigue, setbacks, and the cumulative toll of a challenging season, summon the resilience of Rocky. No matter the outcome of previous matches, approach each practice and competition with the determination to overcome. The true mark of a wrestler lies not just in victories but in the unwavering commitment to rise again after every defeat.

No Regrets, No Retreat:

In the synthesis of Wallen's unwritten book, Eminem's "one shot," and the resilience of the "Eye of the Tiger," the message is clear: leave no room for regrets as the wrestling season winds down. Embrace every opportunity as a chance to add to the narrative of your wrestling journey. Approach each match with the urgency of a singular shot, understanding that hesitation can be the only adversary.

As you step onto the mat, let the echoes of Morgan Wallen's unwritten book inspire you to write every chapter with intention and purpose. Channel the intensity of Eminem's "one shot" mentality, recognizing that this moment, this match, is an opportunity that won't come again. And when the going gets tough, summon the resilience of the "Eye of the Tiger," refusing to be defeated and leaving no room for retreat.

This Monday, carry these anthems of determination with you on the wrestling journey. As the season concludes, let the story you tell be one of courage, tenacity, and a relentless pursuit of excellence, leaving no room for regrets on the mat. These songs fit my story, now get yours together and make your own story!