

Reflecting on the Final Wrestling Event 1 year later: Embracing a Rollercoaster of Emotions

By Jon Gums

It's a surreal moment that every parent experiences at some point – watching their child step onto the wrestling mat for a final event. The emotions that swirl during this moment are a unique blend of bitter and sweet, an indescribable concoction of excitement, anxiety, nerves, and pride. As I stand here, looking back on my own journey, I can't help but marvel at the rollercoaster of feelings that engulfed me. My son finished his high school wrestling season almost a year ago winning his final match (one of my proudest and happiest moments for him), and it still brings tears to my eyes. How many tears, bloody noses, extra workouts, making weight, bus trips, icy roads and man so much more! I miss it, and will always cherish that chapter of life. Things you will feel:

A Symphony of Emotions:

The rush of emotions is inexplicable – a symphony of feelings that crescendo and decrescendo with every move, every hold, and every cheer from the crowd. The tingling sensation, the nervous energy, the occasional tear that threatens to escape – these are not signs of weakness but rather a testament to the investment, love, and pride we have for our wrestling warriors.

Excitement:

Excitement is a natural first note in this emotional symphony. As a parent, seeing your child stride onto the mat for a final match is a moment of triumph. The culmination of years of dedication, discipline, and determination shines through. There's an eagerness to witness their skills on full display, to see the result of countless hours spent honing their craft. Smile, tears and hugs is what this calls for.

Anxiety and Nervousness:

Yet, along with excitement, anxiety and nervousness make their presence felt. The fear of the unknown outcome, the worry about how your child will navigate the final event – these emotions are as much a part of the experience as the cheers echoing in the gym. Sweaty palms and a racing heartbeat become the physical manifestations of a parent's investment in their child's journey. A journey no one can tell you truly about, you have to experience it!

Pride:

As the match unfolds, a swell of pride permeates the air. Pride in witnessing your child's accomplishments, in the display of resilience, and in the hard work that brought them to this moment. Every move, win or lose, is a testament to the character and tenacity instilled in them through their wrestling journey. Puff out your chest win or lose, my child did it, yes they did!

Support:

Amidst the whirlwind of emotions, the unwavering support of a parent becomes the steady rhythm that underscores the entire experience. Whether it's the roar of encouragement from the sidelines or a quiet word of comfort, parents play a crucial role in bolstering their child's spirits during the final event. Their unwavering support becomes a source of strength for the young athlete. And deep down you are the rock for yourself, the silent master of this moment.

Embracing the Journey:

It's crucial for parents to recognize that the final wrestling event is just a single chapter in their child's sporting saga. While the emotions are intense and varied, the overarching narrative is one of growth, resilience, and camaraderie. Regardless of the outcome, the focus should be on celebrating the effort and dedication that brought the young wrestler to this culminating moment. I can't say this enough, taking the surrounding, breath it all in, smell the air, see the lights, close your eye and remember there is no better place to be at this moment.

A New Chapter Begins:

And so, as one door closes with the final match, another one swings open to reveal new opportunities. The wrestling journey may be reaching its zenith, but the lessons learned, the friendships forged, and the character built will endure. The mat may no longer be the stage, but life's arena awaits with fresh challenges and triumphs.

In Closing:

To every parent standing at the precipice of the final wrestling event, I extend my heartfelt best wishes. May you navigate the emotional rollercoaster with grace, find solace in the journey, and revel in the pride of witnessing your child's wrestling odyssey. As one chapter concludes, may the next one unfold with new adventures and victories.

God bless you and your wrestler,

Jon Gums Dakota Grappler