



Why my kids will Wrestle – by Cael Sanderson, Head Coach of Penn State Wrestling

- 1. Foundation sport.** Wrestling is the perfect foundation for all other sports. Wrestling is balance, agility, hand –eye coordination, flexibility, positioning, strength, speed, explosiveness, footwork, hustle, mental focus, mental toughness, core strength, concentration, competition, and endurance.
- 2. Fun.** Wrestling is a game. It is the most basic and instinctual game. Toddlers wrestle. The sport of wrestling is the ultimate competition where two individual take their individual strengths and match them up against each other. Wrestling is a battle of wits, technique, speed, agility, flexibility, and toughness.
- 3. Exercise.** Wrestling is one the world’s most premier physical fitness sports. Wrestling develops strength and endurance. Poor health is a major issue in our society today and wrestling will help develop a love of exercise and physical fitness in our youth.
- 4. Self-confidence.** Very little is accomplished without self-confidence. Insecure people have the most difficult time learning from others and make progress even more difficult than it already is. Wrestling teaches hard work, self-improvement, sense of accomplishment, camaraderie of team, 1 on 1 aspect, and self-defense to name a few. These promote self-worth, respect and confidence.
- 5. Self-defense.** Although wrestling is not commonly considered a “martial art,” it is the #1 base discipline in the world of MMA. Wrestlers know how to defend themselves and neutralize threats quickly.
- 6. Humility.** Nothing teaches humility better than a 1-on-1 sport. Winning and losing in a 1-on-1 setting brings humility. There is nowhere to hide and no one to blame but yourself. All wrestlers will lose at some point and doing so in these conditions teaches humility.
- 7. Respect.** The challenges of being a wrestler teach you to respect yourself. You learn to respect your teammates as well as your opponents. You learn to listen to and respect your coach. After you learn to respect others you are able to learn from them, a life lesson.
- 8. Self-discipline.** Wrestling is discipline. Repetition of drills, hard work, weight management, and continually doing the best thing instead of the easiest thing is discipline. Wrestling requires postponing instant “wants” to gain something more valuable long term. It takes discipline and focus to reach goals.
- 9. Roadmap to success.** Wrestling is the perfect example of what it takes to be successful in life including goal setting, hard work, determination, focus, love of challenges, love of competition, confidence, being coachable, mental toughness, discipline, creativity, teamwork and accountability.
- 10. Toughness.** Wrestling is a physical, contact sport. Physical and mental toughness go hand in hand. You learn that a little pain or struggle is part of the process of doing great things.