



Preston Wrestling: Elevate Yourself



In wrestling, we often use the term “elevate” when lifting an opponent for a take down. Webster’s dictionary defines elevate as: rising to a higher level of importance or skill level. My coaching philosophy does not only revolve around wrestlers elevating their opponents to take them down, but also having wrestlers “elevate” themselves in various ways while in the wrestling program.

As our students move through the wrestling program, one of our hopes as educators, mentors and coaches is that athletes will elevate themselves to be the best they can be. We encourage our students to seek enlightenment, take risks and be a part of something bigger than themselves. My hope for them is that they “**elevate**” themselves mentally, physically and socially by being part of the wrestling team.

Wrestling is not a sport of brute strength. Many are under the impression that you need to be a sasquatch sized individual to do well in the sport. In reality, young men as light as 75 pounds can be successful. Wrestlers only compete against others in the same weight class. Unlike football, one will never square up against an opponent who greatly outweighs them. That said, wrestling really must be a “thinking man’s sport”. You must develop your technique in order to be successful. Often, the most successful in the sport are the most methodical and mentally disciplined. In wrestling one must **elevate** their mental toughness as much as their physical strength.

A friend of mine once told me that schools are turning out great football players, great basketball players and great soccer players but very few are creating great ATHLETES. Young men rarely participate in more than two sports anymore and often, only one. Participating in wrestling, along with other sports, undoubtedly heightens one’s physical abilities. Wrestling is physically demanding and helps to develop stamina, balance and good body awareness. The grit and grace that one develops through wrestling will certainly **elevate** them above others who choose to only do one sport.

An interesting dichotomy exists in wrestling. It is a sport where athletes compete entirely on their own, but the outcome of their individual match can be the difference between a win or loss for the team. As a wrestler, one must understand that sometimes you really DO have to “take one for the team”. You may have to wrestle a weight up or move down to a lower weight. There will be no anchors to finish the relay for you, no linemen to block or forwards to give assists but, there will always be your wrestling brothers who will have your back, win or lose. As a wrestler, one must **elevate** their purpose for being on the team to something higher than just their own success.

My hope for the team is that we learn to “**elevate**” ourselves. I want my wrestlers to come out of the program mentally tough and ready to face and finish challenges that others avoid. I also want them to develop a poise and power that will enhance all sports they participate in. Lastly, I want them to develop positive relationships with their coaches and teammates that bring confidence to their everyday lives. Preston Wrestling - Elevate Yourself!