

## [General](#) : Fighting for good!

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From: [coach terry](#) (Original Message)

Sent: 1/28/2006 4:53 PM

The following article was written as a follow-up to the story that was printed in The Courier in Russellville a couple weeks ago. This is great press and I hope this gets passed around the state.

Written by Mark Burke, sports writer for The Courier.

### **Fighting for good**

It seems as if each day we go through life we are constantly faced with different fights along the way.

Some of those are more drastic than others. Some only last for a moment.

But is fighting always a bad thing? In a word, no.

While its not a good idea to go around picking fights and that option should in every case be used as a last resort, there are some instances when fighting - in a controlled setting, that is - is not such a bad thing.

One such case is the sport of wrestling.

Wrestling is not really a big hit in the state. I'll even admit I'm not a wrestling junkie myself.

However, surrounding areas such as Oklahoma, Missouri and Texas pride themselves on their wrestling programs. In fact in those and other areas, wrestling ranks right up there with other sports and right behind football.

But why is wrestling getting overlooked around here? That's a good and reasonable question.

I think part of it is because people are unaware of what all is involved and what the benefits are. Others may just see it as a barbaric sport or any number of other reasons.

All of that sort of mindset seems to skew the reality and validity of the sport. My eyes have been recently opened to some of the many positives that are packaged with wrestling.

Wrestling does more than just help the participants pin their opponents on the mat or help kids get big and strong. There is far more to be gained than just the things along that line.

Part of being successful in wretling requires being strong-willed. There is some toughness that goes along with having to approach an unknown opponent and not completely give in to fear.

Having that kind of approach is similar to what it takes to survive the "fights" and obstacles we face from time to time in the real world. While we don't need to let that sort of approach go too far, having the confidence and strength to tackle whatever comes our way is a very important part of life.

Local Boys and Girls Club wrestling coach Terry Davis has said wretling teaches a controlled aggression. Controlling our anger and aggression - what a concept.

No, wrestling isn't the only method that can be used ot help in that regard, but the point is it could help. We all have issues with our anger from time to time. How we handle it determines how big of a hurt or help it wil l be.

I also realize wrestling isn't for everyone. First of all, if there is no interest there, then partaking in such an event would end up being a waste of time unless an interest could later be acquired.

However, t hese are just a couple of many examples of the benefits wrestling can have outside the ring, away from the gym and out in the every day events of life.

From an athletic standpoint, wrestling can be a big boost. Sprots such as football and soccer can be greatly helped with wrestling.

There are very few events that are as physically demanding as wrestling. Because of that,

strength, endurance and mental and physical toughness are often gained. Those are big factors in both football and soccer where being physical is an important aspect.

Davis also has said that wrestling is the perfect complement to sports such as football and soccer. Those characteristics are some reasons why.

Even more proof - have you ever tried to knock a wrestler off his feet? While that may not be impossible, it could be very difficult. Having strength to stay on your feet, among other qualities, are very critical in being successful in both football and soccer.

That sort of thing and the toughness that comes along with it, as well as the mental mindset, and a host of other reasons serve as examples why wrestling would be beneficial to athletes as well.

Everything I've said has really just scratched the surface of what can be gained in wrestling. There are a hoard of other reasons and examples that can be mentioned.

I'm not implying wrestling is the greatest thing (or even sport) on Earth. I'm just saying don't knock something before you try it.

Whether we be coaches, athletes or whatever alk of life we come from, there are many ways events such as wrestling can benefit us on and off the field. It can help in a variety of "fights" we face from day to day. Why don't we give it more of a shot?

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