

How Wrestling Made us

By Sophia White

Sports are important all over the world like football, baseball, and even hockey. One of the most common sports is wrestling. Wrestling has been around for about 5000 years and is still a popular sport that people enjoy. Almost every school has a wrestling team that ranges from elementary wrestling to middle school and high school. At Perry High School wrestling can be a big deal for the team and their parents. Some of the most important people on the wrestling team are the coaches. They help support, train, and prepare for each and every meet there is.

At Perry, the coaches love teaching the team. "I love teaching and I love helping people, so coaching is just another way to do that," said Mr. Bezzeg. This shows how much care goes into coaching because you have to care about what you do. The team also loves what they do and always enjoys what it has taught them. "Wrestling taught me how to work really hard and that has always been something I've enjoyed," said Trent Taylor.

With power comes responsibility and this team knows it. Dealing with homework, chores, and friends can be a challenge, but the team is still so close with each other. With all of these things that could affect how the team acts with each other they still know how to stay close. "Outside of wrestling our team is really close and we always have a good bond with each other," claims Trent Taylor.

Wrestling is also not the easiest sport. It involves a lot of movement and skill. Each move involves using muscles and a lot of speed. With the moves that are involved in this sport, they can come with consequences such as injuries and self-doubt, but it's always going to end up being an amazing learning experience for the team and even the coaches. "I've had some

matches that have gone my way and there have been some that haven't, but I have learned a lot from those which have helped me as a person," states Mr. Rowan.

Even though wrestling is hard, it is still proven to be much fun and worth doing. This sport can play such a big role in someone's life. This is important because having a good team, good coaches, and a good attitude are important. This will help not only the performance of the team but also help them and how they perform. "It's basically who I am, because of wrestling I wouldn't be a teacher. In 7th grade, it helped give me direction and make me who I am today," said Mr. Rowan.