

Creekside High School Athletics

Parents and Student-Athletes,

I have been involved with the sport of wrestling for over 40 years now. My favorite quote is from the great wrestler and legendary coach Dan Gable, "Once you've wrestled, everything else in life is easy." I can say in my life that quote has rang true over and over again. I believe that wrestling offers certain life lessons that may take years to develop or experience.

My high school and college wrestling coaches had a huge impact on my life. They not only taught the skills and techniques required to be successful on the mat, but they also understood that, as coaches, they had an opportunity to instill character traits that would last a lifetime. As a coach and a mentor, I feel it's my responsibility to pass on those same core character traits. I have listed only five of the many core character traits that wrestling has to offer. It is these five traits our wrestling program chooses focuses on because of their lasting impact.

Humility: There is no bigger test than competing in a physical one on one complete match. In wrestling, an athlete can't hide behind or place blame on teammates for a loss. As an individual sport, wrestling will subject a competitor to the thrills of victory, as well, the humbling of defeat. This could be very challenging too many young athletes. This experience forces an individual to make a choice on how to proceed. Either give up or grow from the experience and move forward.

Work Ethic: Success in wrestling is directly related to how hard you work, period. Talent can make a difference, but the best wrestlers are typically separated by those who have put the extra time and effort into their preparation. This carries over into life because there is no substitute for hard work.

Discipline: Wrestling requires an uncommon sacrifice, dedication and most important discipline. Nothing will push you more mentally and physically than the sport of wrestling. Demanding one to be self-motivation and self-reliance to achieve ones goals, which is all intertwined with discipline. It is you alone that stands in that circle on the wrestling mat. Yes, you'll get help from coaches, mentors and your parents to prepare, but in a wrestling match it's all on you.

Mental Toughness: Mental toughness is even more vital than physical toughness, as your mind will almost always give up before your body. Wrestling does develops physical toughness, but most importantly the aspect of mental toughness. In all sports, mental toughness plays a key component, but in wrestling, it's more prevalent because of the one on one combative nature of the sport.

Confidence: Once you realize that the worst thing that can happen in wrestling is getting pinned, which can be upsetting, you only have one direction to go and that is forward. You may not be successful at first, but this can be achieved through work ethic, self-discipline and continual determination to improve one's self. Once you put it all together then success will follow.

All five of these character traits are symbiotic because they rely each other. Through one's work ethic and self-discipline develops mental toughness and in the end one's self-confidence, but it all starts with humility. I know wrestling isn't for everyone, but if an athlete chooses to participate in wrestling then they will be rewarded with qualities that will remain with them throughout their lives.

Sincerely,

Rick Marabell
Head Wrestling Coach