



Aaron Witherite

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### How to Improve Wrestling

The sport of wrestling has been around for more than 5000 years and traces back to the Ancient Olympic Games in 708 B.C. Wrestling would often be the last event and decide who would win the Pentathlon. As time goes on rules change, interests shift and there's a need for improvement. Some ways I believe would improve the sport of wrestling are better publicity, more interesting matches with a lot of action, and getting involved with the community.

First off is the amount of publicity wrestling gets. I do not think we publicize the sport of wrestling near as much compared to other sports such as basketball or football. Some ways we could improve this is getting not just the big college matches on espn once in awhile, but some of the smaller division one and even bigger division two programs. I also believe Flowrestling is doing an outstanding job at publicizing the sport. From the coverage of the bigger high school tournaments such as Powerade, to the olympics and worlds, they cover it all. They also are not all business and like to have fun during their interviews which shows wrestling as an enjoyable sport. If more people start to do this kind of stuff, the sport of wrestling will blow up in no time.

Next is getting the matches to be more interesting for the viewers. Who wants to sit and watch two kids push each other out of bounds the whole match? I know I don't pay attention when a match is slow and boring. One way we could improve this is to enforce stall calls. This would help in a couple ways, it would encourage people to work on offense rather than defense, it would make the matches more interesting to watch and in the end, ideally, the wrestler who