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PWCA Scholarship Essay

The sport of wrestling has a very special place in my heart. I am grateful to have had the opportunity to have wrestled because of the countless life lessons of sacrifice, self discipline, and humility that have been instilled in me because of the sport. The sport of wrestling has made me the person I am today, and without dedicating myself to the sport over the last six years, I would not be the person I am. Some improvements need to be made to the sport for the sport to grow and positively impact the lives of as many young athletes as possible. Adjustments that need to be made to improve the sport include changes to the emphasis of youth wrestling, changes to the out of bounds rules, and specifically in Pennsylvania, changes to the state tournament. I am not one to say the sport is dying as some will, but I am not one to say the sport is thriving either with the sport still feeling the effects of Title IX. These improvements can help make the sport better and more fan friendly and help the sport gain popularity.

The emphasis of youth wrestling programs needs to change to improve the sport. Youth wrestling is entirely too competitive and needs to have more of an emphasis on fun. I have witnessed many youth practices that include yelling at kids barely old enough to tie their own shoes because of things they do at practice. This makes wrestlers start to hate the sport at a young age. There is no hiding from the physical, mental, and emotional toll wrestling places on an individual. This toll causes many wrestlers to become tired of the sport and not wanting to wrestle anymore. I refer to this as "burning out". This phenomenon causes way too many of the better wrestlers with promising futures in their younger years to quit the sport and be nonexistent on the stage of wrestling that matters the most which is at the high school and collegiate levels. A lot of these wrestlers are nonexistent at the high school and college levels because they started to "burn out" from the sport in their youth. Also, many of the youth wrestlers develop a negative opinion of the sport simply because their bodies are not physically developed enough to have a positive experience. As a result, they leave the sport just when their bodies are becoming mature enough to successfully execute techniques that would enhance their chances for success and ^(they would) become turned on to the sport. The aforementioned physical, mental, and emotional stresses already cause many to want to quit the sport, we don't need the way youth wrestling is run to