

Another way the sport of wrestling could be improved would be to consider changing some of the rules. One rule that could change would be the out of bounds rule in high school wrestling; it seems there is no consistency in how the referee's make this call. Changing this rule would create less of an opinion and questionable calls. Also some of the riding moves need to be hit with stalling faster, such as hanging on a leg or merkle. When a wrestler holds onto a leg or merkle for more than 5 seconds; **it is stalling**. It needs to be called right at the 5 second mark, to force the restart and to eliminate the wrestler from being able to avoid wrestling. Additionally, all rule changes should be reviewed with referees on a yearly basis, along with providing a Power Point presentation of scoring positions. This yearly refresher would help ensure that all of the referees are on the same page and would hopefully eliminate questionable calls and create less arguing.

Another way to improve the sport of wrestling would be to ensure that all school districts who offer wrestling at the high school level, should also offer elementary and middle school wrestling. I was able to learn many things through my years of wrestling; that hard work pays off, self-discipline, maturity and determination, just to name a few. Wrestling can have such a positive impact on a young person's life; therefore, the sooner they become involved in this sport, the better their experience will be.

Teams should also participate in team-building activities. The team could plan a bowling night, go shoot paintball, or watch a movie together. These group activities should be done from elementary school through college so you can learn about your team mates and become closer as a team. You're going to have to wrestle with these people the whole year and sometimes for a couple of years. This can create more fun and a more positive working environment with the team and coaches.