

Marquette Wrestling Program Mission

Marquette Wrestling's main mission is to build character through hard work, sacrifice, and discipline. The same values that drive success on the mat are interchangeable in life as well. The two skills of wrestling that ultimately determine your success are mental and physical.

Mental: Your mental attitude plays a major role in your ability to be effective on and off the mat. In our wrestling room we encourage wrestlers to have a positive attitude no matter what the situation. Sportsmanlike conduct on the part of everyone associated with the program is of the utmost importance. It is how you win and lose that demonstrates attitude and character. Also, through failure and adversity you learn to develop mental toughness.

Physical: Wrestling is a sport that requires a tremendous amount of work and dedication to be successful. Countless hours must be spent practicing, lifting weights, and competing. The more a kid wrestles and drills techniques, the better he will be and the more fun he will have in the sport of wrestling. The primary emphasis is not to win every match, but to develop skills that lead to increased performance at all levels of competition.

"Once you've wrestled, everything else in life is easy."

Dan Gable



Wrestling