YOU MIGHT BE A WRESTLER...

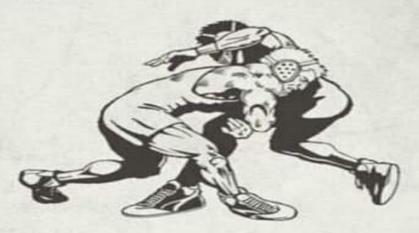
The Unique

Sport of Wrestling

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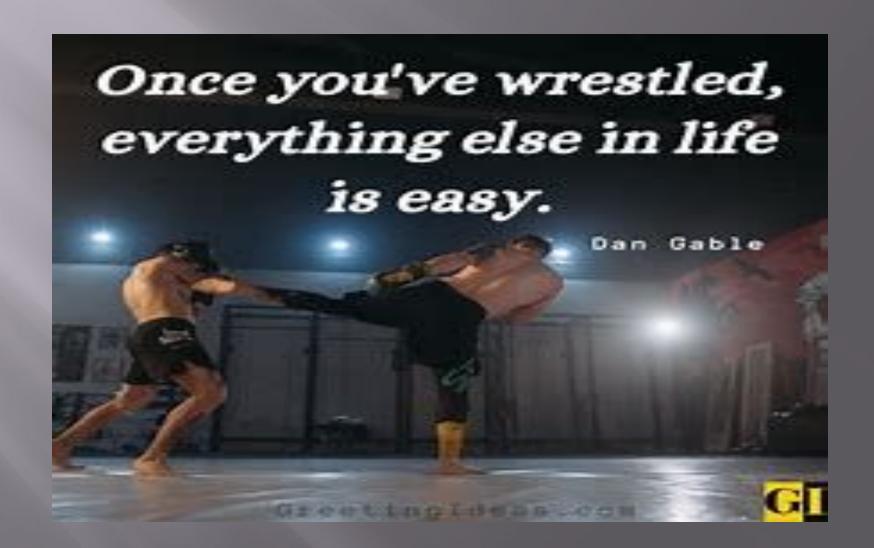
a sport or contest in which two unarmed individuals struggle hand to hand with each attempting to subdue or unbalance the other.



"More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill none have wrestled without pride."

The ultimate mental and physical fitness sport

- Appreciate and understand the mental status and motivation unique to wrestlers
- >Identify and understand the techniques,
 complications and dangers of cutting weight in wrestling
- >Identify and describe the injuries unique to the sport of wrestling



The Wrestler Mentality

DISCIPLINE

- NEVER QUIT
- □ NO "SUBS"

Weight Cutting

- "Do Anything" techniques
- Female Considerations

- Dangers
- Intervention

Unique Injuries

- Shoulder
- Elbow

Knee

Concussion

Unique Injuries

Nosebleeds

- Skin Conditions
- Cauliflower Ear

Unique Injuries



QUESTIONS???





THANK YOU!!!

