

# YOU MIGHT BE A WRESTLER...

The Unique  
Sport of Wrestling

## wres·tling \ˈres-ling\

n.

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."

-- Dan Gable

# 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

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

Dan Gable



GreetingIdeas.com



# 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!!!

