

Tournament Time

March is a great time of year because you get to see who the best of the best is. The season ending tournaments are packed with excitement. Every state tournament offers the opportunity for motivated athletes to reap the rewards of their hard work. I will be spoiled during the next few weeks watching state tournaments in Indiana, West Virginia, Virginia, Ohio, and Pennsylvania on consecutive weekends. I will be there to support and encourage the many young wrestlers who have attended my summer camp this year. It is no fun to help kids and not see them pursue and reach their goals. Plus, it is exciting to watch all this great competition, while noting which techniques work and which ones do not.

Over the years hundreds of my Olympian campers have won state championships, and they tell me that special feeling is what makes all the hard work worthwhile. Those who fall a little short of their goals can usually look back on their careers and feel good about what they achieved. They put forth everything they had towards the pursuit of their goals. After all, that is indeed what competition is all about - the pursuit of excellence, not necessarily the achievement of the ultimate goal.