**TEN GOOD REASONS WHY EVERY BOY SHOULD LEARN TO WRESTLE**

**FROM THE NSAA BULLETIN OCTOBER 1958**

1. It provides recreation just as any other sport does.
2. It provides the physical exercise which growing boys need.
3. It brings more muscles into action than any other sport. It is the best sport for all-around development that we have.
4. It is one of the few common school sports in which the little boy has a chance. Boys are matched according to weight.
5. Its individual character makes victory or defeat a personal matter. Whatever satisfactions result depend on **YOU** alone.
6. Wrestling is obviously the greatest of all personal contact sports; it is a test of strength and endurance, condition and headwork; it aids in the development of self-reliance, perseverance and mental alertness.
7. It is one of the safest sports. In school wrestling **every hold or move** which might endanger the life or injure a participant is **absolutely prohibited and penalized.**
8. It is a natural thing to do. It is just as natural for boys to wrestle as it is for fish to swim or birds to fly.
9. It is one of the best conditioners for other sports and is one of the best sports with which to remove awkwardness and to develop muscular coordination. It is good for football players, especially lineman, in that it helps to develop coordination, speed, accuracy, balance, and effective maneuvering against an opponent. It helps the trackman to keep his muscles trim and pliable.
10. Wrestling is fascinating because many situations can be planned for and prepared for. There is little of “chance” or “luck” or “accident”. Results can easily be measured. It is fascinating because there is continual movement; there is a constant change of positions, and new complications are coming up with every move.

**DR. CARL WEAR UNL**