

Wrestler's Creed

1. WRESTLE HARD:

After the contest is over, you can say,
"I gave everything I've got physically. I fought my heart out."

2. WRESTLE SMART:

Keep your poise. Be intent. Stay focused.
Concentrate only on the match at hand.

3. WRESTLE FAIR:

Obey both the letter and the spirit of the rules.
Fight clean.
No hedging, no cheating.

4. EXPECT TO WIN:

Never concede. Never quit.
Never give up or give in.
Give an all out effort.
Leave it all on the mat.

5. HAVE FUN:

Don't shrink from the fear of defeat or let the bitter
taste of defeat destroy your love of the sport.

6. KEEP PERSPECTIVE:

When the match is on, it is important that you win. After it is over, it makes no ethical difference whether you won or lost. Self-worth is not predicated on the vagaries of victory or defeat. What does matter most is that you love the challenge of the sport, savor the camaraderie of your teammates, and earn the respect of your opponents; namely, that you have been true to your best self.

