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Keep Wrestling

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Keep Wrestling

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Nebraska College Preparatory Academy
Omaha North High Magnet School 2014
University of Nebraska-Lincoln

Abstract

Wrestling has been on the chopping block at all levels for many years. Wrestling deserves to stay a core sport at all levels because there is no professional league for the sport, wrestling teaches life lessons, youth sports are necessary to the development of an athlete, and officials have made significant changes to help “modernize” the sport.

Key Points

- If wrestling is cut from youth sports programs other sports will begin to be cut as well. Approximately 35 million youth from ages 5-18 participated in youth sports last year (Statistic Brain, 1).
- Wrestling has made significant rules changes. These include changes to scoring, match format, and to the competition factor (Lalovic).
- Wrestling is a safer sport compared to others. From 2000-2006 there were 167,606 injuries related to wrestling. While in 2007 alone there were 346,772 football related injuries. The majority of the football injuries were also more severe than those in wrestling (Nationwide Children’s Hospital).

Youth Sport Statistics	Data
No. of kids who play organized sports outside of school	35 million
Percent of kids who play sports outside of school	60%
Percent of boys who play organized sports	66%
Percent of girls who play organized sports	52%

(Youth Sport Statistics-Statistic Brain)

Wrestling Teaches

Independence	Sacrifice
Patience	Work Ethic
Discipline	Nutrition
Perception	Dedication



Works Cited

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Pesca, Mike. *Wrestlers Grapple to Save Sport from Olympic Chopping Block*. Morning Edition. 16 May 13 (NPR) (2013): Newspaper Source. Web. 18 Jun 13.
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Conclusion and Discussion

- I believe wrestling has made the necessary changes to stay in the Olympics and stay a part of all levels of competition.
- The sport of wrestling impacts a person’s character and inevitably changes their lives.
- If wrestling programs continue to be cut from youth programs, other youth sports will be cut as well. This will take away from the development of athletes and the development of youth as well.

Further Research

- What will happen after the 2026 Olympics?
- How does wrestling correlate with other sports?
- How do sports impact other areas of life?