



NWCA

The Value of Rest

By Dean Donley

I once heard a story from a wise wrestling coach about two woodsmen. They both set out to cut down an acre of woods with an axe. (Obviously, we are talking BS – Before Stihl). They decided upon a small wager, a free pint free to the winner. The first of them was of the relentless, determined,

never say die, more is better, your opponent is out working you right now, grind it out night and day until the job is done variety. This logger worked non-stop until the acre was cleared. The second man was also a competitive, hard working, never say die sort, but every once in a while he would stop to rest and sharpen his axe. Who do

you think bought the first round?

The sport of wrestling, possibly more than any other, places a high value on hard work. In fact, one of the major attractions of wrestling is that superior preparation can win out over raw athleticism. You truly can out work your opponent. At the highest levels, all else being equal, it is the