

## **Why Wrestle - Part II**

In my opinion, and coincidentally, the opinion of the National Wrestling Coaches Association (NWCA) as evidenced by the materials provided in their "Survival Guide" (available at [www.nwcaonline.com](http://www.nwcaonline.com)), a top notch wrestling program, not only teaches wrestlers how to win matches but much more importantly how to "Win" at life.

I have already discussed my litmus test for an acceptable definition of a "successful life". The short version being that if your concept of living a "successful life" does not require, among other things, overcoming adversity and dedication to a greater