

How To Be A Successful High School Wrestler

By Ira Fleckman

The best way to insure success in the sport of high school wrestling is to start early. Start about five years old; join a great club that has great coaches, workout partners and travels to face the best competition. If you forgot to begin wrestling at age five or if you didn't have the sense to join a great club with great coaches and workout partners there

is still hope. One can join a junior high school or middle school program at age twelve and with exceptional coaching and great workout partners there will be a fantastic future in the sport of wrestling ahead at the high school level. Any exceptional athlete, who physically matures early, (starts shaving

