

Who Needs a Wrestling Mat?

By Carol and Patrick Milkovich
2x NCAA Champion and
Distinguished Member of the National Wrestling Hall of Fame



When I was growing up, many people thought that the Milkovich family must have had a wrestling mat in their basement. That was not the case and couldn't have been farther from the truth. The Milkovich brothers and our friends

never needed a wrestling mat to practice our sport. We never needed a special place or a special time to improve our techniques. We always managed to find a place to wrestle wherever we were. In essence, we made the world our "wrestling mat."

In our house, the living room was not

a place just to gather and watch television. We did watch television, but during commercials, my dad had us practice stand-ups against the wall, do drop steps, work on catching ankles, break down a specific situation, or do pushups, squat thrusts, or sit-ups until it was over. I would dare any of