



COMPETE AGAINST YOURSELF

The greatest competition comes between a wrestler and himself. Oftentimes, there can be too many distractions wherein a wrestler can possibly fail to carry out his roles and responsibilities in his team. The hardest thing here is that you are fighting against yourself. For example, a wrestler feels lazy on getting up and going to the gym. If this happens, you compete against your laziness. Fight it, get off the bed, and go to practice. Again, compete against your fear. Do not let it stop you.

Run one lap around your neighborhood and time yourself. Then immediately run another lap to try and beat your time. Post your results on social media and tag us. Email us back at myrmidonwrestling@gmail.com your response.