

# Descriptive essay: training for wrestling tournaments essay



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Training for a state championship is a vigorous and painful challenge. The joy it brings when it pays off in the form of winning is one of the best feelings someone can ever experience. The physical and mental challenge of preparing the mind and body for a tournament is necessary to win in any sport. When it comes to wrestling many believe it to be one of the hardest sports to prepare for. This preparation is what can bring the most satisfaction to whoever participates in the sports and works hard enough to win. In the sport of wrestling one of the most common practices is cutting weight.

Wrestlers often work hard at losing weight to compete in a lower division to perform at the highest level. The sport has 13 weight classes ranging from 103 pounds up to over 245 pounds. The level of athleticism naturally decreases from the lighter weights to the heavier weights. With the lightest weights the wrestlers are usually more agile and a lot quicker than in the heaviest weights. A lot of wrestlers choose to lose weight in order to exploit their size or strength. Although the level of competition can increase by going to lower weights these slight advantages can be worth the risk.

When a wrestler decides to lose weight to compete in the lower weight brackets it is a commitment both in practice and at home. A person must change their entire diet. Wrestlers will often eat very little food while training as hard as they can. The practices themselves are physically intense. A wrestling match consists of three two minute rounds. Within these two minute rounds every muscle in the body is exhausted. Although each period is relatively short compared to most sports the quickness of the periods causes each competitor to move as quick as possible during the entire two minutes of the round.

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During each period there is not a lot of time for the muscles to relax. There is no stop in time during the two minutes unless the wrestlers go out of bounds. Even when this happens the two wrestlers are reset and started right away. This ongoing physical exertion requires a rigorous training of the muscles during practice to obtain the endurance needed. This endurance helps someone to go all out for the entire six minutes of a match. Sweating during practice can be excessive. Not only is someone who is training physically exerting themselves but they are in close proximity if not attached to their partner during most of the practice. The body heat of partners working out is double of what someone working out on their own or separated from other teammates for most of the practices as in most sports. A wrestler who is cutting weight will often wear sweats and sweaters in order to sweat more profusely and lose more water weight. This will force “cutters” as they are known to not drink as much as they should during practice and also outside of practice. With a lack of food and water the mind starts to fatigue as well as the body.

It takes a lot of discipline for these cutters not to eat and drink especially when their stomach is growling. So much sacrifice made by one person will often times make the end result worth the means. The feeling of accomplishment when getting their hand raised justifies everything done to get to that moment. All the joy of being the best and being able to make the sacrifices justified is a feeling not everyone will always get to feel. This is why people will put themselves through physical and mental exhaustion. Because in the end it was all worth the feeling.