

By Ben Benson (TABC assistant Coach)

I started wrestling in the beginning of my sophomore year in High School at the insistence of a good friend who was recruiting for the team. When I started, I didn't know much about wrestling and was not physically fit. The first year was the toughest year in my training even though in retrospect I have worked harder in subsequent years. I just wasn't physically used to the training. In the later years my training became more intense, but I was just building on what my mind and body could already tolerate. I saw improvements in my technique and was encouraged very much by my Coaches Avi and Yoni Ellman in high school and later by Coaches Neil Ellman, Victor Kupchynsky, and Carlos Dolmo in college. In my senior year I was the Captain of the team and became a better wrestler because of it. Through wrestling I learned to push myself and pursue what I want vigilantly. The traits I picked up from wrestling helped me become successful academically as well.

The commitment, discipline and dedication I learned along with the effort needed to succeed in wrestling allowed me to keep healthy and succeed in my studies. Wrestling is unique because every member must consistently perform the best he or she is capable of, for the success of the team. In wrestling resting a few seconds means getting pinned and losing the match. Working hard is not enough. In wrestling, close teamwork and consistent practice make the individual successful. I grew and learned a lot about myself and what I can accomplish from wrestling. Once I attained one goal I would set the bar higher and reach for the next one. Wrestling has been instrumental in allowing me to surpass my limitations and strive to be better and I would strongly recommend it to any students considering becoming involved in athletics.