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# Editorial

By Lanny Bryant  
Editor


**Editor's Note:** The following was written in 1963 and published in the *Princeton Wrestling News* during the 1963-64 wrestling season. Although it was written almost 40 years ago, it is amazing how it applies to our time honored sport in the 21st century.

## Wrestling Molds The Man

The spirit of competition and the desire for physical adventure is a normal heritage of youth. Every growing American boy takes pride in his physical prowess, and it is rare to find any young man who is not anxious to do everything in his power to acquire the skill and development of his inherent physical attributes to the greatest possible degree.

Wrestling is unexcelled as a means of developing a rugged vigorous physique. In addition to muscular and organic strength, wrestling will develop coordination, poise, self-reliance, tenacity, aggressiveness, and the ability to think and plan under severe physical stress. Sportsmanship, one of the most desirable of all human traits, finds an excellent medium for development in wrestling because competitive situations are such that the poor sportsman cannot survive the test.

Wrestling is individual sport at its best. The wrestler is given an opportunity for self-expression which may be denied to him in most team games. He need not submerge his individual personality and merely become a part of a machine which is directed by someone else. Once a wrestler enters a contest, the final outcome is his own responsibility. The coach cannot send in remedial advice at a crucial moment and no substitute will appear when a wrestler's powers begin to wane. He cannot take "time out" to discuss his difficulties; his success depends upon his own intelligence, determination, and physical powers. It is difficult to conceive a better method of preparing for real life, whose situations will frequently call for self-reliance, initiative, and the ability to make quick and appropriate decisions when in a condition of acute mental and physical discomfort.

Wrestling is unique in one important respect. Its organization into weight classifications provides an outlet for the athletic ambitions of boys of all sizes and weights. The competitive matches permit each individual to compete against an opponent of corresponding size, which means that a proficient performer weighing 95 pounds can enjoy it just as much, can profit just as much, and can be just as valuable to his team as is the heavyweight - an opportunity denied to him in most of our team sports. 

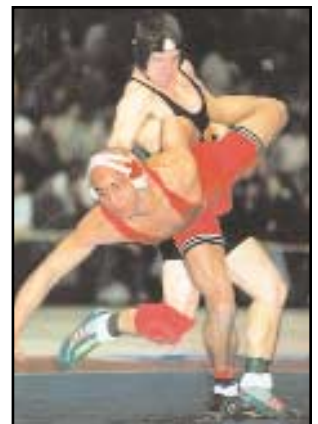
As always,

"Let's be on the GO together" for America's youth,

Lanny

## Cover Photo

NCAA Division II Championship Finals. 149 lb. Waylon Lowe, Findlay, won by a decision over Adrian Jiron, Western State, 6-5. Photo by John Johnson.



## NATIONAL ACTION WRESTLING PHOTO CONTEST

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