



## No One But You Knows: What Happens on the Mat, Happens in Your Heart

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In the manner by which you conduct your life, how do your actions honor the integrity and the spirit of a wrestler? This is a question you must ask yourself daily. Whether on the mat, in a classroom, around the school community, or with family or friends, your actions follow your intentions. Each winter sports season begins with two distinct integrity

checks: three weeks of December practice sandwiched around a ten-day Thanksgiving Break and a two-week Winter Recess. As the majority of this time is unstructured and unsupervised, the respect you have for your body and mind is under your scrutiny alone.

As a member of this most challenging brother-sisterhood, embrace the commit-

ment which gives meaning to the pursuit of your best. Do you bring an open learning attitude and an indomitable spirit to the wrestling room - as well as to your life? In this life practice, there are three levels of engagement:

- **Participation:** your effort is distinguished by your willing intent to learn.
- **Leadership:** even where your efforts