What did the sport of WRESTLING TEACH YOU?

By Dr. Bill Welker

"Other people may not have had high expectaions for me...but I had high expectations for myself."
-Shannon Miller

2007 Central Regional Cadet Freestyle Championships - 145 lbs. Sam Bennett (Indiana) working on a far knee tap on Kyle Mosie (Indiana). Bennett won by decision; 4-3, 6-2. Photo by Charles T. Bennett.