

ADVICE FROM A

Champion

ON BEING A NATIONAL CHAMPION

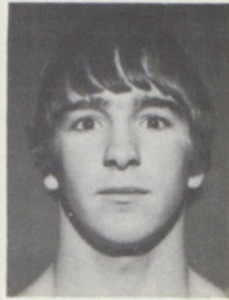
By Rudy Glur
1980 NAIA National Champion
HURON COLLEGE

Becoming a national champion takes a lot of hard work, personal sacrifice, and year-round training. Every wrestler has his own ideas on how to prepare for competition. Here are a few of my own.

Training should be carried on even after the regular season is over. Running is one important part of the out-of-season training. Distance running of three to five miles daily keeps your muscles in tone and helps to keep your weight at a stable point. Lifting weights is also important in off-season training. It should be done three times a week. I place emphasis on forearms, biceps, triceps, shoulders and back. In many matches these muscles are used much more than others, and strength in these areas can be a key factor in some wrestling situations.

Freestyle wrestling in the off-season has really helped me. It has provided more experience, which is essential for a wrestler to improve.

Once the regular season starts, getting into condition should not be difficult if you have been training throughout the summer. Being in shape when the season starts means you can practice harder and



Rudy Glur

longer without getting tired. You also have the energy to work extra hard on areas of your wrestling that need work.

Every practice you should try to improve your wrestling skill and work on conditioning. Push yourself even on days when nothing seems to work for you. Try not to get upset if certain moves don't always work right. As you become fatigued you should really push yourself.

When the season starts, running should still be a part of your daily training, both long distances and sprints. We work on explosion on our starts in the sprints.

Every wrestler should work on good technique. This means performing moves properly over and over in the practice room. The more you perfect a move in practice the more confidence you will have with the same move in a match. There are many factors involved in becoming a good wrestler, but I feel the most important is having confidence in your own ability. This confidence can be

built by your coach, teammates, friends, parents, religious beliefs, and the knowledge that you have trained hard and prepared yourself as well as possible.

I don't think that anyone can be a national champion and work out only once a day. I practice two or three times a day.

If a wrestler has put his heart and mind into improving and performing to the best of his ability, he can consider himself a champion because he has paid the price to become one.



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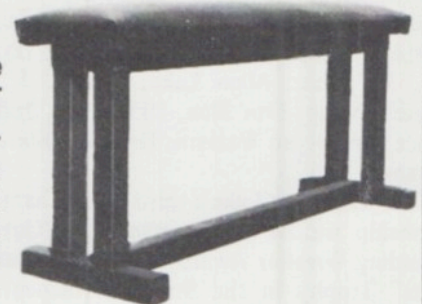


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