

## PWCA Application

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### How can we improve the sport of Wrestling?

Wrestling is said to be one of the sports to be created and can even be seen in Greek Hieroglyphics, and is still very relevant in many cultures today. However, wrestling has changed a lot since then, like the different forms of wrestling (i.e. folkstyle, freestyle, and Greco). Also, wrestling has great entertainment, and teaches many great life lessons, which shows that it become greater than wrestling once you start competing. For example, my coach once said, "Once you've wrestled everything else in life becomes easy", which is definitely true, because I've been able to see some of my past teammate go on to do great things they wouldn't have been able to do without the sport of wrestling. Although, there are still many ways the sport of wrestling can be improved.

As we've seen over the past few years Girls Wrestling has improved exponentially, which is a great thing. For instance, how the state of New Jersey has created their own individual Girls state tournament. Also, how the U.S has a Girls World team, the girls are allowed to compete at Fargo, amongst many other options. And this shows that Girls can actually have a future in wrestling. Therefore, this gives the younger girls someone to look up too, and that they aren't alone, which couldn't have been said a decade ago. With this being said, the wrestling world needs to continue upon growing the numbers for female wrestlers, which will increase the overall numbers for wrestling, and make the sport even better than it is now. Lastly, this allows more opportunities in the sport of wrestling.

The coverage of wrestling is something that needs to be improved upon, for the simple fact of how hard it is to find a live stream, and only the big conference tournaments or NCAA's are streamed on the television. Also, in order to even to see those big tournaments on a live stream or to look at brackets you have to have subscription, which means that many aren't able to see it, especially the kids who hope to be in those positions one-day. Therefore, many of the famous television networks like *ABC, fox, nbc*, etc., so many people could tune in which would influence many other people who may not even know about the sport of wrestling, which is helpful in so many ways. For example, if a major network were to stream a big tournament for a day, thousands would tune in, which would create new fans to sport and a huge profit for that network. Also, it isn't good for the sport that in order to learn about it you have to make a subscription to a website that's already foreign to you, which gives wrestling a bad rep. As the coverage of wrestling spreads, so the will the number of fans, participants and the name of wrestling, because every time someone's says "wrestling" people tend to think of the WWE, which should never be the case.

Lastly, the diversity of wrestling isn't that huge, however it is definitely changing. For instance, growing up as a colored kid in the city, all there was to look up to was the basketball and football players, but as a wrestler we always wondered "where are the people like us at?", which could definitely take a toll on you. Moreover, the sport of wrestling has definitely become more diversified, which is good and kids like me can have someone to look up too like Jordan Burroughs, and see kid make history, like how 5 black wrestlers just won NCAA's. I say all this to say, that when you are doing something whether it's a sport or in a career field, seeing people like you do it and succeed makes one even more confident, and want to succeed at it even more, which is why the sport of wrestling needs to become more diversified and that starts by giving kids like me hope, and that we don't care how much you know until we know how much you care.

In conclusion, wrestling has definitely improved in many ways since its beginning. For instance, there are many new forms of wrestling, and is seen all over the world, which not all sports can say. However, there are still many ways that is can be improved to fit the needs of society. For example, the coverage of wrestling isn't at its best, and once is becomes better so will the sport of wrestling. Also, the growing of the women's will make the sport better than it already is because it allows everyone to see that men aren't just able to do it, which is a huge thing in our society today. Lastly, the diversity of the sport is growing tremendously, but it can only continue to do that in order for wrestling to become better and take the growth that is needs. All in all, wrestling is an amazing sport that

EVERYONE SHOULD PARTAKE IN. IT WILL TEACH MANY LIFE LESSONS  
THAT NOT ANY OTHER SPORT CAN. ONCE YOU WRESTLE, EVERYTHING  
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