

Afternoon boys and girls. I would like to introduce you to your St Albert Wrestling team. These guys have been working extremely hard this year and we expect good things. The new freshmen are working well into the fold, the sophomores are building on what they learned last year, Tony has hit the ground running and Eli is hitting a new gear. Every time these guys practice and compete they improve every aspect of themselves.

Which brings me to my next point; boys and girls, yes girls, if you think that just lifting, swimming, boxing, motocross, being the bottom 20 on the basketball team, or a team manager will make you anywhere close to as successful as you could be if you wrestled, you are lying to yourself and everyone around you. Wrestlers are better at everything they do mainly because of their mental focus.

This wrestling program lifts 3 times a week and will greatly improve each wrestler's; perseverance, agility, mobility, leverage and self-confidence. No other program will do that for you or make you as good as wrestling will, at everything you do.

DO NOT follow the current trend of choosing something because it is easy or being a quitter. You freshman and sophomores want successful cross country and football programs, and are a lineman, linebacker, full back, and you're not 6 foot 2 or taller, you need to wrestle. You other position players need to convince these workhorse positions to become better to support the next run to cross country state and the Dome. In the past, all the good teams had 20 plus on the wrestling team, because wrestling made them better.

Average has never been acceptable; make yourself and this school better, Wrestle!