

One.

That is what our sport is all about, just one. One of you and one of him. It is the most singular of sports with nothing special required. Sure we wear a singlet, headgear and special shoes, we compete on a mat and have an official but when it comes right down to it we need none of that. One of you and one of him. If one is stronger everybody knows, if one is quicker or more skillful it is obvious, if the desire is there all can see and at the end there is just one. There are no ties, we compete until there is a conclusion. Then a hand is raised and there is no doubt, he is the one, just one.

Yet in this sport of one there is really nothing greater than the all. The bonds are closer and they last much longer. Whether it is the team or the whole sport, we become one. Wrestlers become friends with their opponents and coaches are buddies with their rivals. We cheer and we agonize for our teams and for their teams. It takes someone special and may be a little nuts to be a part of this sport and we are all part of the one that is wrestling until it is time to face off, just one of you and one of him, then the battle is on to find out who is “the one” for now.

It is said that wrestling not as much a sport as it is a lifestyle. It encircles you and consumes you and is forever a part of you. A collective experience of sharing what one feels; the hours in the room, the miles in the halls, and the tons in the weight room. The sleepless thirsty nights and dinners of little substance, the bumps, bruises and pain, the fatigue and time away from things that are seemingly more fun and don't hurt. The anticipation of the starting

line and the combat in the circle. But most of all it's about the sharing of the feeling when it is over. The match ends and either you are the one, for now, and we all share in the win or you are not the one, not this time. We all know what it feels like, we don't like the feeling and we need to work to change the feeling.

When you talk to guys that have been the one at the end as a state champion they will tell you it is an incredible experience. Ask the same guys who have also been on a state title team how it compares and they will almost universally tell you that it is sweeter as a team. You know what the Musketeers said; "All for one and one for all", they must have been wrestlers.

This was a season of ones. There were times when we were the one left standing and there were times when we were the other one, left looking for the answers. One more pin, one more takedown, just one more guy and we could be the one. Tonight we are gathered to celebrate a season now passed and there is a lot to celebrate. We talk of our accomplishments as a team and as individuals. Some of us went to where we had never been. Some goals were met and some were exceeded. We see a middle school team and a youth club that are growing and succeeding. The direction is right, the pieces are there, the future is bright. Yet even with all of this it still feels like we fell a little short, like maybe there is still one thing missing. That thing is a bit of a mystery. I can't really figure it out but I think that if we come together as one we can try and find it together and maybe next season we can all be the one. If we "the one" move together we are so much stronger than when we move alone.

34 weeks, 244 days, 5852 hours until the first day of practice next season. What are you going to do to help yourself to be the one? What are you willing to do help the team be the one? Will you spend 1% of that time working on getting better? Will you work out with the team 1 day a week? Will you do 1 extra set every time you lift? Will you pick up one extra guy to work out with? Will you be the one guy who calls the rest and says lets workout tomorrow, let's compete on Saturday, let's go to that other camp that coach talked about? Will you be the one who think to leave time for summer league when you are making plans or scheduling at work? The only way we are going to find that missing piece is if all of you are the ones making it happen.

You have a room here filled with the people who can help. Fans to cheer for you. Coaches to workout with you, transport you, motivate you and get after you. Parents to clothe you, house you, feed you and love you. New alumni to roll with you, push you and abuse you. Teammates to listen to you, feel with you, train with you and work toward your goals with you. And finally yourself, no one is as good at helping you as you are. Tonight is the night to make a decision for you, who do you want to be? Are you happy being one of many or do you want to be the one? Do you want the team to be the one? It is easy to be excited about next season when we are busy celebrating this season but those feelings are fast to fade when other opportunities come along. The off season does not need to be all about wrestling, but wrestling needs to play a part. Tonight you need to dig deep and set some goals for the off season and then put

the work, put in the hours, put in a little more than you want to get out of it and you can be the one and your team can be the one.

Now just more thought to take with you:

What is different about a Champion? What do Champions do that maybe the thing that we are missing? What one little thing helps them to be more successful? Some of you do it and you are moving in the right direction, some of you don't and you have less forward progress. The true Champion always asks himself a question when he finishes a task. A string of push-ups, a set of lifts, 10 single legs, 50 Bobby D's or a bunch of laps, anything really. Two summer camps, 3 freestyle meets, 1 summer practice a week, the guy that really wants to be a champion always asks himself the same question at the end... What would a champion do?

The answer is always the same, a champion does one more. One more rep, one more sit-up, one more go, one more lap. Let's all start asking that question of our selves...What would a champion do?

ONE MORE and then let's do it.