

Today...

274 today's...that sounds like a lot but in the days of your life it is hardly more than a blink. A blink and next season is here. You have 274 today's to be ready to step back in the circle and make a difference for your team, 274 today's to hone your skills and prepare for your opponent, 274 today's to get stronger, 274 today's to get quicker, 274 today's to get smarter. What are you going to do in the next 274 today's to make next season better?

Today is what it is really all about. You can't change the past and you can't reliably predict the future. The past makes our memories and the future our dreams. As we move through life the thing that we most likely control is today, this hour, this minute, this second. We may not be able to control everything but we can control a lot of things.

We look to the past to guide us into the future. We plan our future steered by the happenings in our past. In the past we touched the hot stove and now we make sure we don't touch it today or in our future. Sometimes we forget and we touch it again and that serves to help us to more strongly remember that lesson in the future. Our lives are guided down the path by the happenings in our past, the things we do right now and the things we see ourselves doing in the future.

This is much like our sport. We remember the good and the bad. We remember that sweet low single leg that dropped the

other guy on his butt and we remember hanging our head on a shot and him spinning around for two. Our memories, both good and bad, guide us in our today and they help us plan our tomorrow. They guide us in using that successful low single again and teach us to keep our head up when we shoot.

The yesterday's, today's, and tomorrow's of high school seem like a long time yet they will have vanished before you know it, just ask Tyler Hart. Today you are wrapping up your freshman or sophomore or junior season and bang it's tomorrow, you just got your alumni shirt and it's done. Time keeps moving forward and sometimes you need to run to keep up.

274 today's...how many of those todays are you going to spend practicing? How many today's are you going to be lifting? Running? Drilling? How often are you going to step on the mat with a buddy? Are you going to freestyle and greco practice, a camp or two? Do you plan on qualifying and heading to Fargo? What things do you do in your other sports that will make you better on the mat? Do you tackle with a double leg? When things get tough running the last lap do you think about pushing through the third period?

274 today's...on the today's that you don't do anything physical do you think about your mat game? Do you re-wrestle your tough losses in your mind? Do you plan for your next season's matches in your head? Do you schedule out the coming today's to keep getting better? What about watching some video of

yourself or great matches from the web? Technique DVDs?
Wrestling movies?

274 today's...when there is nothing on your schedule do you
high crotch your little brother, ankle pick your sisters, run the
bars on mom or try and hit dad with that sweet lateral drop?
Will you do your best to put at least a little wrestling in your
today?

274 today's...274 today's to learn, 274 today's to practice, 274
today's to drill, 274 today's to compete, 274 today's to get
stronger, faster, smarter, 274 today's to think, 274 today's to
get ready for next season.

What are you doing today?