

Why Growth Matters More Than Winning

Every wrestler wants to win.

They should.

Competition is about striving to perform your best and believing you can have your hand raised at the end of the match. But while winning is important, it should never become the ultimate measure of success.

Growth should.

Winning is an outcome. Growth is a process.

The problem with chasing wins alone is that victories don't always tell the truth. An athlete can wrestle poorly and still win against weaker competition. Likewise, a wrestler can perform exceptionally well, make tremendous improvements, and still lose to a better opponent.

If success is measured only by the scoreboard, those valuable lessons are often overlooked.

The wrestlers who improve the most are the ones who ask different questions after every practice and every match. Instead of asking, "*Did I win?*" they ask, "*What did I learn?*" Instead of avoiding difficult opponents, they seek them out because they understand that challenges accelerate development.

Growth also requires patience. The skills developed through disciplined practice often appear long before they show up in tournament results. Every quality repetition, every correction, and every difficult match adds another layer to an athlete's foundation.

Ironically, wrestlers who focus on becoming better every day often win far more than those who focus only on winning.

Championships are not built by chasing trophies.

They're built by chasing improvement.

Because trophies eventually collect dust.

Growth never stops paying dividends.

The wrestlers who commit themselves to continuous improvement don't just become better competitors—they develop the discipline, resilience, and mindset that will serve them long after their wrestling careers have ended.