

Broadcast Package Title: Wrestling Comeback

Student's Name: Scarlett Von Strahl

Link to the Video: <https://youtu.be/xSAyQplAvQE>

Before 2021, Mississippi was the only state that did not have high school-sanctioned wrestling. This year, Tupelo is fighting to make a name in wrestling.

(NAT SOUND)

The Tupelo wrestling team would not exist without the help of Stacy Cowser, a current teacher at THS.

***soundbite (Brian Fox, he's over Mississippi Wrestling Foundation, and he's actually been trying to get wrestling here in Tupelo, specifically Mississippi, for several years now and poured a lot of resources into that. Last year was the first year that Mississippi had wrestling as a sanctioned sport and so we've been working real hard for a couple years to get it here in Tupelo.)**

Most sports involve a team of players, but wrestling is one-on-one.

***soundbite (Wrestling is about placing yourself in opposition to somebody else's will and trying to impose your will on another person. You know, it's just one person's will against another's. There's a big grind in that. In our practices, there's a lot of grind. It's a lot about learning how to be uncomfortable and push through no matter what.)**

Coach Cowser has experience in Brazilian Jiu-Jitsu, submission grappling, and wrestling. Here's how he got to where he is:

***soundbite (I used to eat a lot of bacon and I had a heart attack on campus about four years ago. I was severely overweight and part of my exercise program regiment that I had was I joined a fight gym, so I got into combat sports. I started off with Brazilian Jiu-Jitsu and when our gym, which is UFM on McCullough, when we got a wrestling program, I just got involved with it.)**

Wrestling practices started on October 11th and currently take place at the UFM on McCullough.

***soundbite (We start off with generally a good warm-up and then we move into a lot of tumbling and rolls, and then we'll usually move into some sort of technique that we drill. We might move into some live wrestling and then usually end with plyometrics and some sort of weight training or conditioning.)**

The year Mississippi sanctioned wrestling, there were nine high schools that had wrestling teams. This year there are a total of eighteen competitors.

*soundbite (We're in the north region so we have Oxford, who I cannot wait to murder, North Pontotoc, South Pontotoc, French Camp. There's several here and then a lot of the more experienced wrestlers are in the south region so down around Jackson. Vancleave has some good wrestlers.)

Each member has an individual reason for joining the wrestling team.

*soundbite (Well because I thought it was new and I've had an experience with kickboxing, so I just wanted to add more skills to my defending I guess.)

Not a lot of people know about wrestling since it is a new sport in Tupelo. Will Picou, a member of the wrestling team, wants others to know this about wrestling:

*soundbite (It's just a great sport. It's one of the oldest of mankind and it teaches so much great qualities that every guy needs and every girl needs, and it's just a great sport.)

Another member, Clay Crane, explains what excites him about wrestling:

*soundbite (Well the hard work you put in, you get to see out there. It's just you, you don't have a team. It's just you versus them.)

Every member has a different level of experience. Some have been wrestling for years, while others have just started.

*soundbite (I started wrestling when I was seven years old. I wrestled since seven through thirteen years old and I've been wrestling in Tupelo for the past three years, helping out at the Tupelo Wrestling Club, so practically doing it all my life with a small hiatus but all my life really.)

Wrestling is the oldest recorded martial art and dates back to the first Olympic games. Although it took Mississippi a while to sanction the sport, THS is glad to be able to have its own official wrestling team. I'm Scarlett Von Strahl, WTHS News.