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### Join the Wrestling Team!

If you choose to come to the Academy, one of the best extracurriculars that you can join is the wrestling team. Wrestling is great for people who haven't played many sports in middle school or only played sports that aren't offered at Ida Crown, because almost everyone who joins the Wrestling Team starts off as a new wrestler so, no one will expect you to know anything right away. However, if you are committed to improvement, you can impress yourself and others with how quickly you pick up the sport. Wrestling also doesn't favor people with certain body types like basketball so no matter your height or weight, you can wrestle well.

The Wrestling Team has been one of the most dominant teams throughout the history of Ida Crown sports. The Aces have won the Wittenberg Tournament a record eight times. In 2012, they won the Regional Wrestling Tournament and got on the news for the accomplishment. The news story centered around how the coach of the team, Doug Klein, petitioned the IHSA to push off the Saturday tournament to Saturday night so that the Ida Crown team could participate. The pushing off of the tournament, subsequent win of the tournament, and news story created much pride in the Jewish community.

The Wrestling Team encourages wrestlers to embrace their Judaism and has *Maariv* after every evening practice and *Shacharit* before every Sunday morning practice. When people see Ida Crown wrestlers acting respectfully at meets and always remembering to shake the opposing coach's hand after a match, there is a huge *kiddush Hashem*.

The Ida Crown Wrestling Team also promotes a healthy lifestyle by encouraging healthier eating and daily exercise. Every student that wrestles for all four years comes out in better shape than they were before. Wrestlers always talk about how being on the Wrestling Team has

improved them whether it be their physical well-being, self-confidence, or work ethic. In addition to the benefits of self-improvement, wrestling is a fun sport that is not just physical, but also cerebral. Wrestling is more about learning to do moves well, than being strong. If you are looking for a sport that is fun, challenging, and doesn't require previous experience, wrestling is for you.