

# ***EAST BRUNSWICK WRESTLING***

This team guide exists so that you may better understand the Proud Tradition and philosophy of East Brunswick Wrestling. A look through this book will give the reader an idea - a glimpse of what it is to be part of this elite group. It is more than winning, more than spending four grueling months in the wrestling room and the psychic disregard for aching muscles and total exhaustion. It's even more than the pre-meet ritual, the crowds and the neatly tailored green and white stretch uniforms.

It is a feeling. A feeling handed down by the coaches and lettermen to the underclassmen. It is a feeling that comes from dedication, self-sacrifice and hard work toward the attainment of a common goal.

This publication is dedicated to all those fine young men that have been a part of East Brunswick Wrestling and helped to create the "Proud Tradition". Only those young men and those who will come to take their place will ever know the feeling of "Wrestling Pride".

On the following pages read of those who went before you and have **MET THE CHALLENGE!** It's your turn now to uphold and defend.....

## ***THE PROUD TRADITION***