

HWF NEWSLETTER

HAWAII WRESTLING FOUNDATION



HWF MISSION STATEMENT

To provide young athletes with the tools, training, and opportunities they need to build confidence, discipline, and resilience - both on and off the mat.

THOUGHTS FROM COLLEGE WRESTLERS

Hawaii Wrestling Foundation has always encouraged youth wrestlers' success, both on and off the mat. This June, HWF helped bring in some phenomenal college athletes to coach and teach college level techniques to Hawaii's youth wrestlers. Not only did they provide advice on wrestling skills, but the clinicians also offered guidance on wrestling at the college level.

Mikayla Paclib, a Freshman at University of Pittsburgh at Johnstown, was asked: "What was your mindset while competing in college as a Freshman?" Mikayla answered: "As a Freshman, I went into this season with the mindset that this was a fresh start. No one really knew me and no one was expecting anything from me, I would just train focusing on getting better. Before every match and every tournament, I would tell myself to just have fun and wrestle my hardest and whatever happens, it happens for a reason. I would go into every match and every practice wanting to learn rather than just win."

Xander Erolin, a wrestler from University of San Francisco, was

asked: "How do you stay disciplined and motivated to continue wrestling at the college level?" Xander responded: "I think a lot of it comes down to two things: loving the sport of wrestling and knowing your 'why'."

First, you have to genuinely love this sport. Wrestling is unlike anything else. It demands so much from you mentally, physically, and emotionally. Especially at the college level, everyone is talented. Everyone was the best wrestler in their hometown. Everyone is strong, fast, technical, and has a history of success. The difference between athletes often comes down to who is willing to embrace the hard parts of the sport.

The early morning lifts. The conditioning. The grueling practices. The weight management. The recovery. The days where your body is exhausted but you still have to show up and give everything you have. If you can find enjoyment in those difficult moments and learn to love the process, that's where you start separating yourself from everyone else. But even if you love wrestling, you're not going to feel motivated every single day. College wrestling

WHAT'S NEXT



Hawaii Wrestling Foundation and Nakamura Wrestling are working together this Summer to bring Hawaii wrestlers top-notch clinicians. Stay tuned for more information on future clinics!



QUOTE FROM COACH NAKS

"It's good to have goals, but that goal should be to improve in all aspects of wrestling. We see it all the time, setting the standard at a certain wrestler or wrestling club...people become obsessed with just beating that one wrestler or wrestling club...wanna be great? Stop comparing yourself to everyone else!"

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is a long season, and there are going to be moments where you're tired, beat up, frustrated, and questioning whether all the sacrifice is worth it. That's where knowing your "why" becomes so important. You have to ask yourself: 'Why did I choose to wrestle in college?' 'Why am I willing to make these sacrifices?' 'What am I chasing?' Is it to become a conference champion? An NCAA Champion? A World Champion? An Olympian? Whatever that goal is, you have to have something that pulls you forward when motivation isn't there. For me, the biggest reason I continue to push myself is the fear of "what if?" What if I didn't train as hard as I could have? What if I didn't take care of my body? What if I didn't fully commit to becoming the best wrestler I could be? I don't want to look back at my career years from now and wonder what I could have accomplished if I had pushed harder. That's why I train the way I do. That's why I practice with purpose. That's why I'm intentional with my nutrition, my recovery, and every decision I make outside of the wrestling room. At the end of the day, I know I might not achieve every goal I set for myself. I might not become an NCAA Champion. But if I can walk away from this sport knowing I gave

everything I had, that I maximized my potential, and that I left no stone unturned, then I can look myself in the mirror and be proud of my career.

Because the worst feeling wouldn't be losing. The worst feeling would be knowing I never found out how good I could have become.

Lastly, Tobey Ravida, a recent graduate from Northern Colorado, was asked: "Reflecting on your entire wrestling career, how has wrestling shaped you into the person you are today?" Tobey replied: "Not only has wrestling made me a better competitor, it made me a better person. It taught me humility, hard work, and discipline. Wrestling isn't just a sport, it's a lifestyle. To get what you want in the sport and in life, you need to put in the work, no shortcuts. But like always, life is unfair and it doesn't owe you anything. You can be the hardest working person and still not get what you want. To me the end of the race isn't as important as it seems, it's every single step you took to reach that goal, the process. Throughout my wrestling career, I've won, I've lost, I've felt on top of the world, I've felt like I wasn't good enough, I've pushed through tough times, I've felt like giving up, anything you can think of I've felt it.

Wrestling has given me opportunities to not only travel the world, or meet people who are now considered family, but form a community I can finally give back to. I've been fortunate to experience what it's like to wrestle at the highest level in college. I want to give back by sharing my knowledge and experiences, in hopes of these kids accomplishing their dreams not only in wrestling but in life."

With a plethora of skills, techniques, and college level advice under their belt, Hawai'i youth wrestlers have everything they need in their wrestling toolkit to become successful college athletes.

I asked two past Baldwin wrestlers - who will be attending and wrestling for the University of Pittsburgh at Johnstown this Fall - their thoughts on transitioning to a new wrestling team. Chaela Gantala said: "I look forward to chasing the same goal together." Niko Barnes replied: "I'm both excited and nervous. I'm looking forward to finding a new belonging amongst the team and building some lifelong connections. I'm also nervous for the unknown of the future. Overall, I'm going to walk in with an open mind and look forward to what's to come."

The Hawaii Wrestling Foundation is dedicated to supporting and encouraging Hawaii wrestlers throughout their athletic and academic careers. We continue to give our biggest thanks to our supporters and donators for making HWF a special opportunity in our community for Hawaii youth wrestlers.