Wrestling with Statistics
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"One percent better each and every single day", this is our motto for the 12 time National Championship Augsburg wrestling team. Every time we step on the mat, go for a run, or lift weights the objective is to become just a little bit better than we were the day before. The coaches our constantly drilling ideas like such in our brains, along with, " 100% effort for seven minutes after you shake your opponents hand", "score the first take down" and "end each period in the top position". After hearing such phrases for 4 years it is so easy not to think much of them but I am going to dissect these statement and show how vital they truly are for success in the sport of wrestling. Along with that I have created a way to rate individual wrestlers using numbers, data and statistics. Many sports already have certain methods to give athletes a rating on his or her athletic abilities but there is really nothing in the sport of wrestling. However I will break down a method that I have created using results for the past 2016 wrestling season among d3 wrestlers.

After being a part of the Augsburg wrestling team for 3 years prior to this year I came in as a veteran with the Augsburg's wrestling mentality engraved in my brain. But why did the coaching staff make it such a priority for the wrestlers to "buy in" to these mottos? For example, ending the period in the top position, scoring the first take down, getting at least one minute of riding time, and scoring the next points if you are scored on. Let us take a look at my individual season and the team as a whole.

This year my record was 25-6 taking 7th place at the national tournament and receiving all American status. Out of my 31 matches 24 times I scored the first take down and won the match and only once did I not score the first take down and still won the match. Out of my 31 matches 5 times I gave up the first take down and lost and only once did I score the first take down and still lost. With this data I can determine the odds of winning or losing the match based on scoring the first take down or not. According to the data based on my wins I have a 96% chance of winning the match if I score the first take down and a 4% chance of winning the match without the first take down.

Augsburg College hosts a tournament in the beginning of the year called the Auggie Open. At the Auggie Open all the Augsburg wrestlers had a total of 120 matches. Out of the 120 matches 82 were won and 38 were lost. Out of the 82 wins 65 times we scored the first take down and out of the 38 loses 23 times we gave up the first take down. With this data you can determine that odds of an Augsburg Wrestler winning or losing the match by if he takes the first take down or if he gives it up. I have heard my coaches say over and over again how important it is to start the match by attacking right away and to score the first take down. After digging

deeper into this motto it can be proven by data that taking the first take down in a wrestling match improves your odds of winning the match substantially.

It is easy to tell if a wrestler is a good or bad by simply watching them wrestler. But more difficult to give an explanation to why and provide data to back it up. Using the Augsburg wrestling team I have created a method to rate individual wrestlers based on his results. There are 4 ways to determine the winner of a match which are; a decision won by 1-7 points, a major decision won by 8-14 points, a technical fall were the match is won when a wrestler is ahead by 15 points, and a pin were the match is won when the wrestler put his or her opponent on both shoulder blades. I am going to use Augsburg's 4 All Americans for the 2016 season to explain the rating method and show who the best Augsburg wrestler is according to the method. The method is broken up into the 4 different types of outcomes; a regular decision is worth 1 star, a major decision by 3 stars, a technical fall by 5 stars and a pin by 6 stars.

At 149lbs I recorded 15 decisions, 6 major decision, 2 technical falls and 2 pins. Giving me a total of 55 stars. At 157lbs he had 26 decisions, 3 major decisions and one pin. Giving him a total of 37 stars. At 165lbs he had 15 decisions, 3 major decisions, 2 technical falls and 10 pins. Giving him a total of 94 stars. At heavy weight he had 10 decision, 10 majors, 4 technical falls and 6 pins. Giving him a total of 96 stars. According to the data our heavy weight is the best wrestler on the team. If I were to give a rating on the ranking method I would give it a 3 out of 5 stars. I know one of the biggest weaknesses of the ranking system is that not everyone had the same amount of matches, which would give the wrestler with the most matches an unfair advantage at being ranked higher. But at the same I give the method credit for matching up with the results at the national tournament. Our heavy weight is a two time All American taking 1st in the nation last year and 2nd this year. Our 165lber is also a two time All American taking 5th two times in a row. Our 157lber is a first time all American along with myself at 149lbs.

After studying the results of this year and taking a closer look at the numbers and the data for every match I have become even more confident in the Augsburg wrestling tradition and mottos. The data and statistics proves that scoring the first points in a match is vital in the outcome of a match. I have always believed this but after writing this paper it is very surprising to see the numbers behind it all. There is much more that meets the eye when it comes to numbers, data and statistics; it can be useful in everyday life even in wrestling.