



End of Season 2

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TAKE IT TO THE MAT!

DO YOU HAVE WHAT IT TAKES?



By Pasha Syed, Founder of Buffalo Nomads Wrestling Club

There is too much to be said, but not enough words. Too many people to thank, but not enough praises. What a blessing we have been endowed with by the Lord of Endowments. As one of our wrestlers said it best, "Wrestling turns boys into men." I will keep this short because I rather have our wrestlers express themselves. Yes, we train them physically, that they are nimble on their feet warding off their opponent, that they shift/manipulate their weight at the crucial moment, and that they set up their offenses and attacks. But no, that's not all we teach them. Not at all one bit. How many times have we had one of our kids leave

the 28 foot circular mat filled with tears and frustration when his opponent pinned them in front of hundreds, if not thousands of spectators, saying “I want to quit.” Just to have one of our amazing coaches put his hands around the wrestler with solace, calming his emotions. Or losing in overtime, a heartbreaker, to be mentally conditioned enough to say “I will work harder in practice and will only get stronger.” Or to see your teammates filled with comradery yelling and screaming to get the take down or pin for the team. Or lifting your opponent up after it’s over, “hey, great match,” then shaking his hand and the opponent's coach's hand. When we say wrestling is the way of our Beloved Messenger صلى الله عليه وسلم this is what we mean by His Sunnah!

THIS SEASON'S Wrestlers' Voices



Wrestling is the Greatest Sport

By Adam Algawani, 7th Grade

It is the greatest sport, not only because of how strong it makes you, but also for what it teaches. Wrestling has taught me brotherhood, discipline, and sportsmanship.

It taught me that if you work for something hard enough, you will achieve it. Wrestling taught me that you need to want to succeed as much as you want to breathe. Wrestling taught me how it feels to be on your own against someone trying to overpower you. And all you have to do is take him down and get him on his back, which is so much harder than it sounds. All while you're trying to remember what you learned in practice so that you apply it on the person you're wrestling. All the drills we went through with our teammates come down to these six minutes in which you have to execute all these moves at the perfect moments or get a move done on you. If you mess up, then the opponent ends up on top of you and now you have to fight for your life and try to stay away from lying on your back and try to escape. Even though this sport is a lot of work, there's a lot of fun that you experience. And the best part of wrestling is that while you're doing all this and having all this fun, you are doing the Sunnah. The Prophet صلى الله عليه وسلم converted people by wrestling them. This is a way of giving dawa; if they see our strength, they might want to talk to us and we can slowly make them a Muslim with the help of Allah. And our main intention with wrestling is not getting stronger, it's not being the best, nor is it trying to hurt people. Our main intention with wrestling is fulfilling a sunna.



What is Wrestling?

By Muhammed Hamad, 9th Grade

In the Name Of Allah, the Most Beneficent, the Most Merciful.

What is wrestling? Some people may think that wrestling is simply fighting and that you shouldn't fight in Islam. Wrestling is not fighting, and although people are throwing other people to the ground, it is a way of humbling, strengthening, and taking a person from childhood to manhood. Wrestling is not only a sport, but is also a way of self defense and was practiced in the olden times as a way of fighting in war.

Wrestling is one of the only sports that a person could get the fun, the thrill, and the good deeds of doing the Sunnah of The Beloved Prophet ﷺ. Some people argue that wrestling is not part of Islam, but there are many ahadeeth of the Prophet ﷺ and his Sahabah رضي الله عنهم wrestling. Hasan and Husain رضي الله عنهما, the grandchildren of the Prophet ﷺ, used to wrestle quite often with each other. The Prophet ﷺ is the best wrestler to ever live.

Once, there was a man by the name of Rukkana (the best wrestler in Arabia) who was talking disrespectfully about the Prophet ﷺ. He even wanted to wrestle the Prophet ﷺ and the Prophet ﷺ went to Rukkana by himself and they agreed that if the Prophet ﷺ won, Rukkana would become Muslim. The Prophet ﷺ slammed and beat Rukkana three times consecutively and Rukkana became Muslim.

One of the stories of the Sahabah رضي الله عنهم is when Omar ibn Khattab and Khalid ibn Waleed رضي الله عنهم wrestled each other when they were children. They wrestled and Khalid slammed Omar so hard that he broke his arm.

These are proof that wrestling is Sunnah and that the Prophet ﷺ and the Sahabah رضي الله عنهم wrestled. Wrestling is an all around amazing sport and it helps you grow into a man. There is no sport like wrestling; the amount of fun and the thrill one gets through wrestling is phenomenal and above all that, it is a Sunnah. There is no feeling like being on the mat in a wrestling match.



My Wrestling Journey

By Yusuf Kabli, 4th Grade

I started wrestling when I was four, in my living room, with my dad. I was so young I had no idea what I was doing of course. But, the more competitive stuff really started when I was seven, when coach Pasha started the Nomads Wrestling Club. To be honest, I didn't know what to expect in the beginning. As far as I remember, it was a lot of fun just grabbing and throwing kids around on the mat in the practice sessions, until we got to the competitions, where my understanding just changed.

The reason why I wrestle is so I can follow the sunnah and keep myself busy. It's just something extra to do with my time. Some other reasons might be that my family encouraged me to wrestle, my friends wrestle, my uncle Pasha (yes, the head coach) is a wrestler, it helps me with confidence, not allowing anyone to push me around in school or in the masjid, and of course, helps me get stronger.

It is both exciting and nerve-racking to be on the mat in a competition. It is exciting when you know you can beat the kid you beat ten times in past tournaments. It is nerve-racking when I face a new kid or a kid I've lost against. But, I get better every time I lose against the same kid. Yet, with the help of my family and coaches, I am reminded that most importantly, we are wrestling to follow the sunnah of our beloved Prophet Muhammad (Peace and blessing be upon Him). Last year I was one of the best wrestlers, but this year I didn't even get first place once. Even though I didn't, I just feel I am a better wrestler because of losing over and over again. And now I know that it's not just about winning all the time, but losing helps you improve. My best moment in wrestling was when I did the fireman's dump at the Gowanda Tournament. And because of this tournament, in which I got second place, I reached the regionals and then the states. I was selected for NY states last year and this year. Unfortunately, this year our team didn't get to go to the NY state tournaments because of the coronavirus situation.

Practice and training are very important in wrestling. Most of the time I am unable to come to practice because I have school. But, usually in practice we get ready for tournaments, have motivational speeches, do exercises, and learn techniques to improve our skill level. It is so true when they say "practice makes perfect." I would say to others who don't know about wrestling that it's not about winning or losing, but it's about trying your best. And for those kids who feel pressured to win through peer pressure or through family pressure, let me say, that losing in a match doesn't mean you are losing in life. I will also add that it is more important to lose against a good wrestler rather than win against a horrible wrestler. I think it just helps us improve.

My goals for the future are to continue wrestling, train my 4 year old brother and my 4 year old cousin. Together as a team, we hope to improve our skills and fulfill the Sunnah of wrestling, inshaAllah!



A Wrestling Role Model

By Abdulwali Mukhtar, 12th Grade

I am currently a senior and a student athlete at PS #366 Research Laboratory High School and an active community member at my local masjid (house of God), Jami Masjid. My community encourages its members to be able to defend themselves whenever they feel their lives are endangered in public or at home in their domestic lives. My local masjid offers a year-round taekwondo course for adults and children. Although I wanted to learn how I could defend myself in threatening situations, I did not see myself doing taekwondo at the time. Nomads Wrestling Club's (NWC) first wrestling season began directly after my high school soccer season ended, in November 2018, and I quickly joined with the intent to learn how I could defend myself or help defend someone else. At the time, there were 15 wrestlers in NWC, and in the 2019-2020 season, NWC grew to more than 20 wrestlers! Since joining NWC, I have developed a deep passion for wrestling, mostly due to the influence of my coach, Pasha Syed. Aside from practice, my coach teaches the spiritual aspect of wrestling and why wrestling is considered a noble sport.

Being a rookie when I joined NWC did not stop me from challenging my coach on the mat. My coach is 6'2, 220 pounds, and my only sparring partner. Although I would always urge him to take it easy on me, he never, never took it easy on me, and that made me stronger. In fact, my coach encouraged me to compete in my first ever wrestling tournament, which was a high school tournament outside of the high school wrestling season. This meant that I would have to wrestle someone of my ideal weight and height, which made it less intimidating. I ended up placing fourth in the event. NWC coaches were proud of me as

well my parents, who were mostly interested in my wins. Our NWC roster was full of rookies who gave the state competitors a heck of a match such that opposition side coaches wondered how NWC's coach produced wrestlers with solid skills and discipline in only one season.

My advice for spectators and wrestlers who wonder how we were able to develop these skills and discipline is to join our practice sessions. Our team practices six hours each week, with a total of four coaches, alternating between each practice session. NWC's founder and manager, Pasha Syed, is working on innovating the club by increasing the productivity of its practice sessions and providing new equipment, such as wrestling dummies, practice wear, and water jugs. In the next season, NWC will compete in every local tournament, and I am looking forward to my new role as NWC's Assistant Fitness Coach, where I will help improve other wrestlers' strength and endurance. Overall, wrestling has helped me push myself to become a role model for the youth in my community and to physically and mentally trust myself and have confidence in everything that I do, including sports, academics, and helping others



Being a Leader

By Adnan Saad, 9th Grade

I begin with the name of Allah, the most Gracious. All praise is due to Allah. I've been wrestling for two years. If Allah wills, I plan to continue on to my third year. I remember the first time I wrestled, I immediately fell in love with the sunnah. The adrenaline rush you get on the mat, as you're about to get pinned, felt like a beautiful vacation in New York City, absolute chaos, but the type of chaos that people admire.

Coach wanted me to write this and explain why I wrestle, what my goals are, and so on. As he texted me this, I immediately kept thinking about how I can explain such a feeling, a feeling I've never felt before. That feeling when I'm on the mat, rushing to get the victory, except the fact that you need to slow down, which I've heard countless times this season. Being a wrestler requires a lot of dedication, a lot of sacrifices, and a lot of sweat.

My goals for wrestling next year are to rank in states. I plan on taking wrestling to my college life, In Shaa Allah. I also plan on gaining strength, speed, and getting more tactical on the mat. From the past two years of wrestling, I plan on taking more first place trophies home, and as a captain, to build my leadership skills, by not only being the best, but by helping others join me as well. When the coach isn't looking, the first instinct for all the wrestlers is to stop running, just for a second, This upcoming year, I plan on destroying that desire.



Why I Wrestle

By Abubakr Jat, 7th Grade

Wrestling is a sport that originated in Ancient Greece about 15,000 years ago. It is one of the earliest forms of combat. I enjoy wrestling because it teaches discipline. Wrestling helps me develop in life. Once you've wrestled, everything else in life becomes easier. My goal for next year is to become faster. This helps with a lot of stuff in wrestling, such as shooting and sprawling. Practice makes you perfect and you will learn better techniques.

When you're on the mat, you have to be focused. You need to plan out what moves you are going to do before the match. Also, by doing this, you can practice that move. Before the match, I sometimes feel nervous. But, once I'm on

the mat I am 100% focused. Wrestling is not like other sports because wrestling takes skills. Professional wrestlers take years to get good at the sport.

In conclusion, wrestling helps me develop a strong mindset. Wrestling has a lot of challenges, such as cutting weight and getting stronger, but, at the end, it is all worth it. This is why wrestling is unlike any other sport and this is why I wrestle.

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