I have two younger nephews, Matt and Corey, they are 9 and 7 respectively and they love to wrestle, or as they often refer to it, wrasle. They have a giant teddy bear, about the size of a small child, who has the unfortunate job of being their wrestling partner. Over Thanksgiving weekend we were all together in the mountains for the holiday and for skiing. Every night after a full day of skiing they would rush into the living room, and pummel the bear with all manner of body throws, pile drives, leg locks and death drops, all with a running commentary provided by the boys as they fly through the air.

On our second to last day in the cabin, after much pleading on their part I joined in the living room wrastling farcus. It was me and the bear against the dymamic boyhood duo of wrestle mania. I quickly discovered that the bear was of little help, though by the look of his frayed and dilapidated body he was clearly the more experienced.

We wrestled for close to an hour that evening, I would pin them two at a time, then, the boys with their nimble and limber bodies would wiggle out of my complex holds, climb on top of me, declare victory and it would start all over. Victory was not in the eye of the beholder, it was in the eye of the holder, the one who could keep the other pinned for the longest period of time, and no matter what I did they would always seem to squirm out of it, bending and contorting their bodies till they would squirt out of the pile like a loose football on a goal like pile up.

The following morning they got up early and snowboards in hand hit the sloaps with great enthusiasm, unaffected by the mellie of the previous evening. I spent the day in the hot tub, soaking my knee, my back and everything that moved, because if it moved it was stiff and it ached. I guess I could blame it on 3 previous days of sking, or just generally being out of shape, but it was the wrastling that did me in. They bent my body in ways that it had forgotten how to bend, and now I was paying for it, my body was saying, “not only don’t you bend that way anymore, but just to make a point we are going to stiffen this joint and that limb so you don’t try to do it again.”