

Never give up



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By Heather Rule (<https://www.albertleatribune.com/author/heatherrule/>)

Email the author (<mailto:heather.rule@albertleatribune.com>).

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[content/uploads/sites/14/2013/01/0122.pp_bain_.jpg](https://www.albertleatribune.com/wp-content/uploads/sites/14/2013/01/0122.pp_bain_.jpg)) Albert Lea assistant wrestling coach Josh Bain described himself as “an average wrestler.” But that doesn’t mean he doesn’t have years of experience on the mat; he started wrestling in kindergarten and continued all the way through high school.

With a twin brother, the sport of wrestling was a way to feed their competitive drive.

“Instead of fighting inside of the house, mom decided to send us out and throw us on the mat to wrestle other kids, I guess,” Bain said. “And that’s how it continued to spiral out of control from kindergarten on up. Let go of our anger toward each other and throw it up on the mat.”

Now all grown up, Bain is in his first year as an assistant coach for Albert Lea’s wrestling program. He’s a 2007 graduate of Grand Meadow, where he went to the state tournament all four high-school years as a wrestler, but only placed second in his senior year.

He also teaches physical education and health at Glenville-Emmons, which does not have a wrestling program but students can be on the Albert Lea squad.

He lives in Austin. It was the mother of Albert Lea wrestler Devin Nelson of Glenville who got Bain connected with Tigers head coach Larry Goodnature when this coaching opportunity came up.

“I’ve always known Albert Lea had good wrestling,” Bain said. “I know it’s a great tradition. And it’s a great community to be a part of, and you learn from the best.

“I figured if I’m going to be teaching down in Glenville, I might as well coach wrestling, too.”

His role on the coaching staff is to just help out whenever possible. He likes to have fun and keep things laid back as well. While he said he’s no master of technique, he can help the wrestlers in other ways as well.

He also has the benefit of drawing on his own experiences as a wrestler — which includes experience at the state level.

“I know what they’re going through,” Bain said. “I know when they get frustrated. I’m trying to push them because it sucks to take second.”

With such a long season in this “grueling sport,” Bain also looks at helping the wrestlers get better each day. Every practice is a chance to get better, he said. It’s a long season, so just try and work to put it all together at the end of the year, he said. Put the work in to get the result you want, he said.

“Goody says NGE: Never give up,” Bain said. “Because that’s what the sport is, it’s a mental game.

“It’s something that you have to mature into. It may be only six minutes, but it’s a long six minutes.”

He became a teacher because he likes kids. That’s also why he became a coach, along with the love of the sport of wrestling. The coaching experience so far this season has been excellent and “a great time,” Bain said.

“Having fun with the kids,” he said. “I like hanging out with them.”

Bain said he’s learned a lot from his time as an assistant coach so far, but he knows there’s still so much ahead.

“All I know is I got a lot to learn still,” Bain said. “Goody’s the right man to learn from.”

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