

# ELEMENTARY WRESTLING

SUPPORTED BY  
THE HAMBER FOUNDATION

*BC Wrestling is again offering introductory wrestling workshops or clinics in your district to promote the fun and easy sport of Elementary Wrestling.*

**Sessions can include students, PE teachers, coaches, and parents.**

Book our clinicians for an afternoon clinic, a weekend workshop, or a ProD Day program - An individual school, or the whole District!



## WHY WRESTLING?

- It's a great sport for classroom P.E. programs, from K-7
- It's a great sport for inter-school play days: Primary students can participate fully, and small schools can participate equally with large schools.
- It's a great sport to promote self-esteem in youngsters who don't succeed in traditional team sports. Anyone can wrestle!
- develops endurance, coordination, strength, and flexibility.
- The easiest sport to learn, or to teach.
- Minimal equipment required - gym strip & mats. (you don't even need a gym!)
- Keeps kids physically active.

## NO PRIOR WRESTLING EXPERIENCE NEEDED.

For children at the elementary age, wrestling is almost second nature. They need only to be supervised, taught the scoring method of wrestling and be provided the opportunity,

*As the program demand has increased and more workshops are requested, we have provided a fee structure to assist in providing honorariums for the student/athlete clinicians conducting all the sessions at the schools.*

**Half day session: \$100.00      Full day sessions: \$150.00**

**One & a half day sessions & mini tournament: \$300.00**

**W R E S T L I N G**

**FOR MORE INFORMATION, OR TO BOOK A CLINIC...  
contact.....**

**BC Wrestling: (604)737-3092 Fax:(604)737-6043**

**e-mail - [info@bcwrestling.com](mailto:info@bcwrestling.com)**

**[www.bcwrestling.com](http://www.bcwrestling.com)**



# Elementary Wrestling - Workshop Application

Supported by **The Hamber Foundation**

School: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Grades participating \_\_\_\_\_

Are you a feeder school to a Middle or Secondary school? \_\_\_\_\_ Name of that school? \_\_\_\_\_

Do you have a parent or teacher interested in running an elementary wrestling program at your school? \_\_\_\_\_

Please choose date that you would like a workshop:

Date: \_\_\_\_\_

Sessions times: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Approx. # of participants per session: \_\_\_\_\_

Date: \_\_\_\_\_

Sessions times: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Approx. # participants per session: \_\_\_\_\_

\_\_\_\_\_  
(teacher signature)

BC Wrestling Association

Fax: 604-737-6043

Phone: 604-737-3092