



W R E S T L I N G B C

British Columbia Wrestling Association

Dear School Administrator:

The BC Wrestling Association (BCWA) would like to support a recent initiative in the province, encouraging participation in sports and the promotion of physical activity. We would like to promote Kids Wrestling at the primary and intermediate school levels.



WHY WRESTLING?

- It's a great sport for classroom P.E. programs, from K-8
- It's a great sport for inter-school competition
- 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!)

NO PRIOR WRESTLING EXPERIENCE NEEDED.

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

The BCWA would like to know if your school would like to participate in our upcoming fall season of play. The BCWA will provide support to your school this fall.

"The Canadian Association for Health, Physical Education, Recreation and Dance recommends 150 minutes a week of physical education, but only one in five schools meets the requirement. On average, schools offer about 25 minutes of the huffing and puffing-type physical activity needed to keep the heart and lungs fit", said the association's Terry McGuinty.



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WHAT CAN WE OFFER?

- **Introductory workshops** to your school. Clinics can include PE teachers, coaches, parents, and kids. Full day PE class sessions to your students can also be scheduled - October.
- **Coaching workshops** for certification if desired (provincial Pro D day -Oct. 21, Regional workshops Oct. & Nov.) Book us for an afternoon clinic, a weekend workshop, or a ProD Day program; for an individual school, or the whole District.
- **Coaching support** for your school team. (Subject to coaching availability, 1- 3 practices per week ; lunch time or after school)
Season of play November - Mid December. Approximately 5 weeks total.
A teacher sponsor is required if applicable.
- **Coaches Kit / curriculum guide** (Introduction to Wrestling video and guide / lesson planner, Canadian Wrestling Skills Award Program) will be provided. We have everything you need to start up a program.
- **Organization** of a City / Regional tournament (1st week of December) and provincial wide tournament in Chilliwack (December 9th)

WHERE DO WE GO FROM HERE?

Let us know if you are interested. Please complete the attached questionnaire and email back to us. This will help us identify interest and needs to start or assist you in running an existing program. We have included a short (20 min.) video, introducing Kids wrestling at the Primary Level. Kids love to wrestle and naturally do this in the form of play. It is our hope to introduce the sport to your students promoting physical activity, safety, fitness, and fun for all.

Thank you for your interest.

BC Wrestling Association



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KIDS WRESTLING QUESTIONNAIRE

Please return to: info@bcwrestling.com

School: _____

Address: _____

Contact Person: _____

Phone: _____ e-mail: _____

Grades participating _____

Are you interested in sponsoring/running a wrestling team in the fall? _____

Do you currently, or in the past, run any form of wrestling? (team, PE class)
Please explain _____

What equipment do you have? (ie. Mats) _____

Are you interested in having:

An all day workshop in PE classes for your students. _____

Coaching support for your team _____

Wrestling teaching / coaching resources? _____

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(s) that you would like a workshop:

Date: _____, _____, _____, _____

Sessions times: _____, _____, _____, _____, _____

Approx. # of participants per session: _____

Thank you for your interest!