

# GRASSROOTS DEVELOPMENT

## WRESTLING FUNDAMENTALS

### WHAT IS GRASSROOTS DEVELOPMENT?

Grassroots Development is BCWA's initiative to provide wrestling fundamental skills to students at an earlier age. The objective is to get more elementary students on the mat through strategic partnerships.

### WHO CAN BE GRASSROOTS WRESTLERS?

In partnership with schools and community partners, BCWA offers wrestling to students age 6 to 13 years old.

### WHERE ARE THE PROGRAM SESSIONS DELIVERED?

Sessions are lead by BCWA accredited staff within elementary schools, at community partners' facilities, and at BCWA member club facilities. Contact BCWA for more information on sessions in your area.

### WHEN ARE THE SESSIONS AVAILABLE?

Elementary school sessions are delivered during PE classes within the school schedule. Community partner sessions may be delivered throughout the year. See our event calendar for more information. Grassroots wrestling at clubs will vary from club to club. Club listing and contact information is available on the website. Contact club coach for more information.

### WHY KIDS SHOULD WRESTLE

1. Wrestling develops athleticism
2. Wrestling promotes personal responsibility
3. Wrestling develops mental and emotional resilience
4. Wrestling teaches about nutrition and weight management
5. Wrestling develops leadership skills
6. Wrestling teaches discipline and accountability
7. Wrestling brings people together from all backgrounds and cultures
8. Wrestling promotes self mastery and focus
9. Wrestling teaches self-defense
10. Wrestling can provide opportunities to travel and further education

### HOW TO PARTICIPATE

Contact BCWA or your local wrestling club.

