

"NOBODY CARES HOW MUCH YOU
KNOW, UNTIL THEY KNOW HOW
MUCH YOU CARE."

- THEODORE ROOSEVELT

"ONCE YOU'VE WRESTLED,
EVERYTHING ELSE IN LIFE IS EASY."

- OLYMPIC CHAMPION AND UWW
HALL OF FAME LEGEND, DAN GABLE

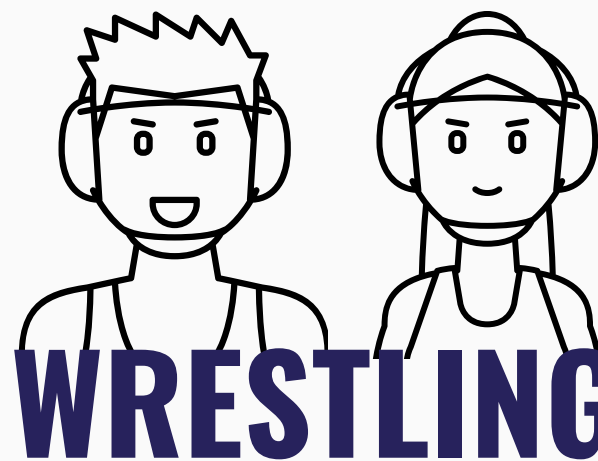


SCAN FOR CLUB TEAMS



START WRESTLING NOW!

Visit bcwrestling.com or email
grassroots@bcwrestling.com for a
list of available programs



**Confident,
Competent, Caring**





SAFE FOR ALL

Grabbing/Holding Focused

Wrestling is a playfully aggressive sport with a focus on grabs and holds.



Protective Wrestling Mats

Wrestling mats help absorb the impact of falling.



Fair Play

There are rules in place that prevent submission holds and other potentially dangerous situations



Safety Stats

Wrestling has lower injury rates than soccer, football, lacrosse, hockey, gymnastics, and rugby in youth sports



WHAT DID FIRST TIME PARTICIPANTS THINK ABOUT WRESTLING?

"A REALLY GREAT INTRODUCTION TO WRESTLING FOR OUR STUDENTS. MANY GOT HOOKED VERY QUICKLY."

"THIS WAS A WONDERFUL OPPORTUNITY FOR OUR KIDS THAT WOULD OTHERWISE NOT HAVE EXPERIENCED. THE KIDS HAVE NEVER BEEN SO EXCITED ABOUT GYM BEFORE!"

"MY STUDENTS WERE VERY ENGAGED AND ENJOYED THE PROGRAM. THEY WERE EXCITED TO HAVE ALL 3 SESSIONS."



WHY WRESTLE?

INCLUSIVE

Anyone can wrestle. There are weight classes so anyone of any shape and size can practice and compete. Minimal gear is required to wrestle. All you need is your body and a training partner to practice moves on or to challenge in a match.



CARING COACHES

All wrestlers have different strengths that make them unique. Wrestling coaches are there to provide guidance through highly active play.



LIFE-LONG SKILLS

Wrestling is a sport of mastery both in physical fitness and mental fortitude. Learn how to fall properly and how to control your own body in space.

