

IT'S THE OLDEST SPORT ON EARTH

It does not matter the size, everyone can wrestle. Everyone has an opportunity to be great, and natural born athleticism means less of a factor than in other sports. No one is a natural when it comes to wrestling. The work you put in is directly reflected on the mat. There are no excuses. You have no one else to blame but yourself when you lose. Wrestling teaches guys the importance of discipline, work ethic, working smart, leadership, and creativity. Wrestlers learn to keep a positive attitude, because the sacrifice and hard work needed to be successful in the sport could not be possible without a positive mindset. Wrestling builds character. The guy eating too many potato chips and spending too much time playing video games when no one is looking will always lose to the guy who keeps a disciplined diet, and is active throughout the day. Wrestlers will learn to be the best version of themselves that they can be. You will not be a successful wrestler constantly trying to do what others do, but rather by doing what you do, well. That being said, there is also a team component to wrestling. It still teaches teamwork and the importance of working together.

Most importantly, wrestling builds champions on and off the mat.

**RODDY WHITE
IS A GREAT PRO
FOOTBALL PLAYER**

*"WRESTLING IS A
GREAT SPORT FOR
DISCIPLINE AND IT
BREEDS TOUGHNESS.
IT HELPED ME
TREMENDOUSLY."
-RODDY WHITE*

BECAUSE OF THE TRAINING HE WENT THROUGH AS A WRESTLER

Quickness, toughness, agility and power are all attributes that can be improved through wrestling. It's why some of the greatest football players in history rely on skills developed as wrestlers and why the best football coaches recruit wrestlers.

ARE YOU READY TO BECOME A BETTER FOOTBALL PLAYER? ARE YOU TOUGH ENOUGH TO WRESTLE?

www.USAWrestling.org
www.TheMat.com

USA wrestling

SUCCESS STARTS HERE

**"Once you have wrestled,
everything else in life is easy."
- Dan Gable**

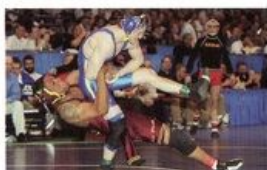
14 reasons WHY you SHOULD ENGAGE IN THIS EXCITING & REWARDING SPORT:

1 Wrestling is a natural activity, one of the first forms of physical play that young children do without ever having been taught.



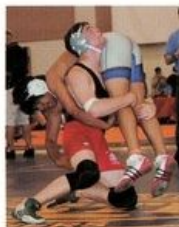
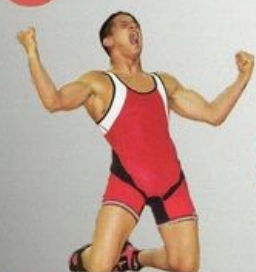
2 As wrestlers gain experience, technique becomes more complex and often correlates to high academic performance.

3 Wrestling does not favor any particular race, gender, culture, size, or stature and is practiced on all continents.



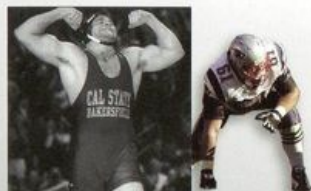
4 Wrestling builds character that contributes to one's ability to become a responsible member of society.

5 Wrestling is a sport of control – not violence.



6 Wrestling is a great way to build confidence and self-defense skills.

7 Wrestling can dramatically improve one's ability to perform in other sports.



8 Wrestling is economically affordable.



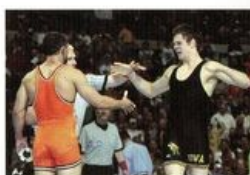
9 Wrestling develops agility, balance, reflexes and strength in every major muscle group.

10 Win or lose, wrestlers must shake their opponent's and opposing coach's hands, ensuring that sportsmanship remains a vital part of the sport.



11 Proper weight management develops healthy eating habits that benefit the individual throughout life.

12 Women's freestyle wrestling became an official Olympic sport in 2004 and has exploded in the number of girls competing.



13 Just as in other sports, college scholarships are available for wrestlers who excel both on the mat and in the classroom.

14 Funding is available for wrestlers who earn a spot on the USA National Freestyle or Greco Roman Team.



MYTH #1: WRESTLING IS UNSAFE.

Wrestling rules are very clear on safety. Illegal moves and potentially dangerous situations can result in penalty points and even disqualification. Coaches and referees work very hard to keep wrestling safe for all participants.

MYTH #2: WRESTLERS ENGAGE IN UNHEALTHY WEIGHT LOSS

Youth wrestling discourages so-called weight cutting. High school and collegiate athletes' weight loss is now closely monitored by a tracking system developed by the National Wrestling Coaches Association (NWCA), which prevents a wrestler from dropping below 7% body fat or losing too much weight too quickly.