

# 12 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.



7

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



2

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

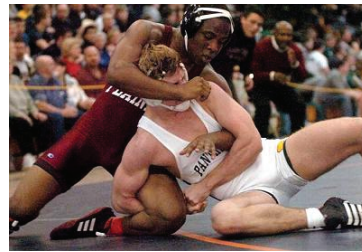
8

Wrestling is economically affordable.



3

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



9

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



4

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

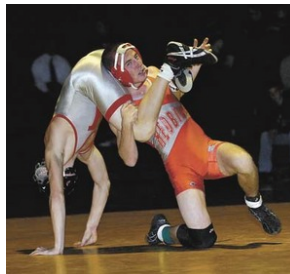
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Win or lose, wrestlers must shake their opponent's and opposing coach's hands, ensuring that sportsmanship remains a vital part of the sport.



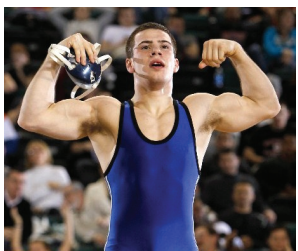
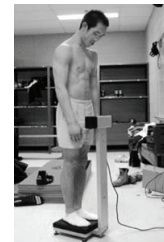
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Wrestling is a sport of control - not violence.



11

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



6

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

12

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

