

BRIGHTON WRESTLING CLUB

Our objective is to create a positive learning experience for children, while promoting sportsmanship, leadership, character development, and a passion for mankind's oldest and greatest sport – WRESTLING!

- ** Feeder program for the 2015 Division 1 State Champion Wrestling Team!
- ** One of Brighton's longest standing youth sports organizations!
- ** Improve overall athletic ability, strength, stamina, body awareness, coordination, self-confidence, character, physical & mental toughness, and more!
- ** Opportunity to compete against other clubs from around the area and the state!



Brighton Wrestling Club 2017-18 Information

- **Practices** start Tuesday, Nov 28th
- Practices are held Tuesday/Thursday Nights
 - K-3rd Grade Practice 6-7:30
 - 4th-8th Grade Practice 7:30-9:00pm
 - All practices held in BHS Wrestling Room
- Open to all athletes - no prior experience required
- **Coaches** – BHS Coaches & experienced BWC club coaches run all practices
- Cost \$200 –includes all practices, club shirt, MYWAY League Membership
- **MIDDLE SCHOOL WRESTLERS** – Special package for Scranton MS (7th-8th grade) wrestlers
 - \$100 for shortened club season (Nov 28-Jan 11)
 - Includes club shirt, practices, and MYWAY Membership
 - Prepare MS wrestlers for the Scranton MS season
 - MS wrestlers have option of joining back in for MYWAY post-season after Scranton season ends
- **PARENTS MEETING** will be held November 28th during the first night of practice.

REGISTER ONLINE @ BRIGHTONWRESTLINGCLUB.ORG

BE PART OF THE TRADITION!!

The Brighton Wrestling Club is a feeder program to the Brighton High School Wrestling team that won the 2015 Division 1 State Championship. The BHS wrestling team has been a premiere program in Division 1 the last ten years including State Finals appearances 4 of the last 7 years. Nearly every wrestler on the HS team came up through the BWC!
THOSE WHO STAY WILL BE CHAMPIONS!



Contact the Brighton Wrestling Club via e-mail: brightonwc@gmail.com

“Why My Kids Will Wrestle.....” By Olympic Gold Medalist Cael Sanderson

1. **Foundation sport.** Wrestling is the perfect foundation for all other sports. Wrestling is balance, agility, hand –eye coordination, flexibility, positioning, strength, speed, explosiveness, footwork, hustle, mental focus, mental toughness, core strength, concentration, competition, and endurance. Wrestling will make our youth better at all other sports.
2. **Fun.** Wrestling is a game. It is the most basic and instinctual game. Toddlers wrestle. The sport of wrestling is the ultimate competition where two individual take their individual strengths and match them up against each other. Wrestling is a battle of wits, technique, speed, agility, flexibility, and toughness. No two wrestlers are alike. Fun stuff!!
3. **Exercise.** Wrestling is one the world's most premier physical fitness sports. Wrestling develops strength and endurance. Poor health is a major issue in our society today and wrestling will help develop a love of exercise and physical fitness in our youth.
4. **Self-confidence.** Very little is accomplished without self-confidence. Insecure people have the most difficult time learning from others and make progress even more difficult than it already is. Wrestling teaches hard work, self-improvement, sense of accomplishment, camaraderie of team, 1 on 1 aspect, and self-defense to name a few. These promote self-worth, respect and confidence.
5. **Self-defense.** Although wrestling is not commonly considered a “martial art,” it is the #1 base discipline in the world of MMA. Wrestlers know how to defend themselves and neutralize threats quickly. Wrestling is controlling an opponent. If you want your kids to know how to defend themselves, put them in wrestling.
6. **Humility.** Nothing teaches humility better than a 1-on-1 sport. Winning and losing in a 1-on-1 setting brings humility. There is nowhere to hide and no one to blame but yourself. All wrestlers will lose at some point and doing so in these conditions teaches humility. Hard work and discipline are two keys to success in wrestling and both teach humility.
7. **Respect.** The challenges of being a wrestler teach you to respect yourself. After you learn to respect yourself you will learn to respect others. You learn to respect your team mates as well as your opponents. You learn to listen to and respect your coach. After you learn to respect others you are able to learn from them, a life lesson.
8. **Self-discipline.** Wrestling is discipline. Repetition of drills, hard work, weight management, and continually doing the best thing instead of the easiest thing is discipline. Wrestling requires postponing instant “wants” to gain something more valuable long term. It takes discipline and focus to reach goals.
9. **Roadmap to success.** Wrestling is the perfect example of what it takes to be successful in life. Goal setting, hard work, determination, focus, love of challenges, love of competition, confidence, being coachable, mental toughness, discipline, creativity, team-work and accountability.
10. **Toughness.** Wrestling is a physical, contact sport. You learn that sometimes you just get poked in the eye. Physical and mental toughness go hand in hand. You learn that a little pain or struggle is part of the process of doing great things.