

- WRESTLING IS THE SPORT OF CHAMPIONS. -

Bill Campbell

"No one is born a champion. Every champion must pay the price, and the price is never small. It is the investment in ones future that builds the inner strength of the champion.

This investment of time, sweat, effort, sore muscles, bruised egos, frustration, more sweat, exhaustion and at sometimes even tears. While others sit idle and enjoy short-term pleasures, the champion is hard at work, focused on the future. The sport demands everything you have and often returns little. No dreams of fame and fortune. No glamour. No glory. No celebrity status. No chance of going pro. Yet the investment continues, with faith, trust and respect for the coach's vision amid the exhilaration and heartbreak of competition. Wrestling has many champions. They are not just the first place winners, for it is not the victory that makes the champion it is the investment."

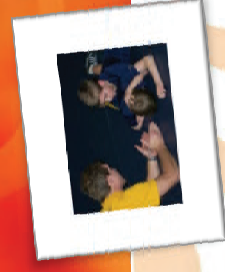
"THE GREATER THE INVESTMENT, THE GREATER THE CHAMPION."

RIVER FALLS WRESTLING

WWW.RIVERFALLSWRESTLING.COM

Parent Information and
Youth Sign Up (PreK-12)
Thursday, November 19, 2009
7:00 PM River Falls High School

To get on our e-mailing list for announcements, results, and general information, please send a note to jsbystrom@sbcglobal.net



RIVER FALLS WRESTLING

Why Wrestle?

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

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

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

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

Wrestling is a test of strength and endurance; condition and hard work; it aids in the development of self-reliance, perseverance, and mental alertness.

Wrestling is a sport of control - not violence.

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

Wrestling can dramatically improve one's ability to perform in other sports such as football and baseball.

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

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

REGISTRATION AND PARENT INFORMATION NIGHT

This is for ALL age's pre-K through 12

Thursday, November 19, 2009 7:00 to 8:00 PM at River Falls High School

First youth practice Tuesday, 01/05/2010 - 4:30 PM register; 5:30 PM start



WELCOME TO RIVER FALLS WRESTLING

Our club operates under the charter and sanctioning of USA Wrestling and the Wisconsin Wrestling Federation. We divide our youth wrestling (also known as River Falls Toss & Turn) into two age groups, Pre-K through 2nd and grades 3rd through 5th. The booster club itself operates the youth program and supports all River Falls wrestling up to and including 12th grade seniors. After the middle school "school program" schedule is complete, 6th, 7th, and 8th graders are encouraged to rejoin the weekly practices of the Toss & Turn to train for youth regional and to try to earn a chance at the youth state tournament in Madison, Wisconsin.

With our Pre-K through 2nd grade wrestlers, we: **introduce** them to the sport of wrestling and provide them with fun activities appropriate to their age and development, which promotes strength, flexibility, conditioning, and coordination. Teach wrestling **fundamentals**, which stand the test of time. Learn while having fun! Certified coaches will **demonstrate** wrestling moves generally using visual cues. In this way, students learn to wrestle quickly and intuitively. **Compete** in tournaments which are age and experience-appropriate.

In addition to simply **keeping things fun**, the older wrestlers will also work on:

1. **Emphasis on live wrestling** and wrestling from positions after teaching certain skills.
2. **Development.** We will look to develop wrestlers to the highest level consistent with their interests and abilities!
3. **Competition.** We want to encourage our wrestlers to compete to levels that are fun, rewarding and provide feedback on their abilities and we will encourage and teach our talented and committed wrestlers how to compete at a high level, and provide appropriate tournament opportunities for them.

We will continually encourage wrestlers to participate according to their abilities and potential. The club will promote the participation in our own youth tournament and the youth regional tournament to advance to the state competition.

After the regular season, the club will promote "summer" opportunities for all levels including takedown tournaments, freestyle, Greco-roman training, opportunities, camps and clinics. Often these opportunities provide some regional travel and a new group of competitors.

MISSION STATEMENT

The River Falls Wrestling Booster Club is a non-profit organization dedicated to fostering, promoting and encouraging the sport of amateur wrestling among parents, youth, alumni and the River Falls area community; to supervise, sponsor and financially assist a disciplined and competitive wrestling program - it is our greatest intention to build character, physical health and well-being, sportsmanship, self-confidence, self-esteem, and positive attitudes about dedication, persistence, community service, and hard work among the younger generation – through wrestling.

BOOSTER CLUB - WHAT WE DO.

- Make the wrestling experience enjoyable, educational, and enriching.
- Establish and conduct a wrestling club for young people regardless of their socio-economic status.
- Develop champions both on and off the mat, a champion is one who lives by high ideals, knows how to set realistic goals, and to dedicate them toward achieving them.
- Conduct tournaments, competitions and clinics for wrestlers and coaches.
- Allow wrestlers to attend wrestling camps, clinics, competitions and tournaments in other geographic areas.
- Adhere to the compliance of USA Wrestling in order to maintain the sanctioning of USA Wrestling.
- Promote and assist with the WWF Division 8 regional youth tournament (aka "Youth Regional").
- Assist individual Club members in attending and in competing in regional, national and international wrestling events.
- Encourage parents and fans to volunteer their time to assist in the conduct of various wrestling events.
- Disseminate information about wrestling events and activities to wrestlers, coaches, parents and fans.
- Enhance and support media coverage of wrestling events.

