**NORTH WRESTLING**

**WE WANT YOU THIS WINTER SEASON!**

**Anybody Can Wrestle!**

***No matter your size or weight, there is a place for you in wrestling.*** In some sports, only certain body types are able to succeed: in football, you may need to be heavier/bigger; in basketball, you need to be somewhat tall; and in track, you need speed and stamina. In wrestling, as long as you are tough and have the desire to win, nothing else matters. [***Weight classes***](http://wrestling.isport.com/wrestling-guides/wrestling-glossary/?key=2005)***ensure fairness amongst the competitors, so you’re never too small or too big to participate***. There are ***NO CUTS*** in wrestling. As long as you have the desire to be a member of the team, we will teach you everything you need to to be successful.

**From 99 pounds up to 285 pounds**

1. **Foundation Sport**. ***Wrestling is about 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 you better at all other sports.***
2. **Self-Confidence.** ]***Wrestling teaches hard work, self-improvement, sense of accomplishment, camaraderie of team, 1 on 1 aspect, and self-defense to name a few.***
3. **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, teamwork and accountability.***

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**SIGN UP ONLINE TODAY!**