

# Jr Rocks

Biddy (PK-6) and Jr High Wrestling (Boys and Girl)

## Why Wrestle?

**It's fun** and you make a ton of friends. It's amazing how kids will go out on the mat, compete hard, then be best friends after.

**Lose with dignity and win with humility.** The self control it takes to be physically dominated then having to stand up and shake the other person's hand is invaluable. Getting knocked down and getting back up makes you successful. Because of this, kids also build empathy for others because when they start winning, they remember being dominated once upon a time.

**Girl's Wrestling?** Absolutely. Women's Wrestling is one of the fastest growing sports in America. In high schools, girls have their own division and there are a TON of college scholarships.

**Basic Self Defence?** This is a combat sport. It will teach you to subdue anyone regardless of size or be able to escape anyone trying to subdue you. It's better than most combat sports because you have ample opportunity to compete full contact in a safe environment.



**More info** on how to join a club? Email [BMossing@CentralCatholic.org](mailto:BMossing@CentralCatholic.org) or text 4193446116.

**Wrestling Culture?** Follow the QR Codes.

