



BLACK HAWK WRESTLING!

Season Starts – Mon, Nov. 1st
Sign-up @ www.mypaymentsplus.com

Join the Black Hawk wrestling team!

- ◆ Commit to Excellence!
- ◆ Boys & Girls Welcome!
- ◆ Academic support and guidance!
- ◆ Develop multi-sport skills!
- ◆ Gain physical & mental strength!
- ◆ Build strong character & purpose!
- ◆ Learn how to compete one-on-one!
- ◆ Develop great nutritional habits!

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| <u>Wrestlers in the NFL</u> | <u>Top Team USA Men</u> |
| Ray Lewis | Gable Stevenson - MN |
| Stephen Neal | Jordan Burroughs |
| Tiki Barber | David Taylor |
| Bo Jackson | Kyle Snyder |
| Rodney White | Kyle Dake |
| <u>Famous Wrestlers</u> | <u>Top Team USA Women</u> |
| Brock Lesner - MN | Helen Maroulis |
| Evander Holyfield | Tamyra Mensah Stock |
| Shane Carwin | Adeline Gray |
| Norman Schwarzkopf | Jacarra Winchester |
| Abraham Lincoln | Emily Shilson - MN |

Facts about the sport of wrestling:

- ◆ Wrestling programs *NEVER* cut athletes.
- ◆ Wrestling is the oldest known sport.
- ◆ Participation is increasing each year.
- ◆ Wrestling is very safe. (Statistical proof)
- ◆ Compete against equal size & weight.

WRESTLER TRAITS:

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|-----------------------|--------------------|
| Hard Working | Determined |
| Mentally Tough | Disciplined |
| Physically Fit | Competitive |
| Athletic | Confident |
| Powerful | Quick |

Sound bites...

Ben Powers - Baltimore Raven #4 Pick, 2019 - *His dad says: "Wrestling made him. Wrestling teaches you to not be afraid & it gave my son the emotional strength he needed to go into these battles. You can't hide on the wrestling mat. People know when you're not in shape & they know when you suck. Wrestling is how Ben learned to win those 1-on-1 battles in football."*

Tamyra Mensah Stock – Olympic & World Champion - *"When I first started wrestling, I felt I could be an Olympic champ, so I just kept going". "...just because you're a female doesn't mean you can't accomplish the biggest of goals."*

Mike Zimmer - Minnesota Vikings Head Coach - *"Wrestling and football complement each other in terms of balance and hand to hand combat. Also, wrestling teaches the will to beat your guy one on one. Mike Zimmerman head coach Vikings."*

Roddy White – NFL Receiver for Atlanta Falcons & State Wrestling Champion – *"Wrestling is a great sport for discipline and it breeds toughness. It helped me tremendously."*

Current NFL Scout – *"Want to become a great lineman? Then wrestle to sharpen your skills. Wrestling teaches leverage, body control and discipline – all things that relate to being a great defensive player."*

Mr. Sherwin – Head Football Coach - *"Wrestling is a great sport because it's all about toughness – both physical and mental. One cannot succeed as a wrestler without being highly conditioned and without being able to withstand the pressure."*

Mr. Swanson –Varsity Football / Strength Training Coach - *"Wrestling helps an athlete understand who they are as an individual and how their individual strengths and weaknesses impact a team."*

Mr. Gustafson – Head Boys Soccer Coach- *"I like wrestlers due to the fact that, like soccer, they are isolated in a series of one on one battles where the cumulative result of their effort, determination, and will to win directly impacts the teams results."*