

**After you have wrestled, everything else in life is easy.**

Dan Gable  
Olympic Gold Medal Winner

St. Croix Lutheran Academy offers high school wrestling under the guidelines of the Minnesota State High School League (MSHSL).

Wrestlers in grades 7-12 compete with a full schedule of matches at the varsity and JV levels. During the winter sports season, the team competes in dual, triangular, and quad matches, and travels to tournaments on several Saturdays. SCLA hosts the Crusader Invitational Tournament in early January, bringing teams from Minnesota and Wisconsin to compete. A summer wrestling camp is available to athletes in grades 1-9.



## WRESTLING MYTHS

### **Wrestling is a violent sport.**

NO. Wrestling is a very technical sport with a focus on scoring points, not to hurt the opponent. Any effort to injure an opponent is severely punished (even disqualification). Wrestlers tend to excel at good sportsmanship.

### **Wrestling is not popular.**

NO. According to the National Federation of High School Sports, wrestling is the 6th most popular (in terms of participation) of all sports.

### **Wrestling is unhealthy because they starve to make weight.**

NO. There are strict rules and medical body analysis when selecting a wrestler's weight class. The parent has the final say. Also, coaches understand and teach that proper nutrition is important to the wrestler's development and success.

### **Wrestling is for "dumb jocks."**

NO. Wrestling is complex and involves learning hundred of moves. A match is very similar to a chess match with the need to be countering the opponents every move.



(651) 455-1521 • [Info@StCroixLutheran.org](mailto:Info@StCroixLutheran.org)

[StCroixLutheran.org/wrestling](http://StCroixLutheran.org/wrestling)

## SCLA Wrestling



**Is Wrestling Right for You?**

## Why Wrestle?



### OPPORTUNITIES

**Wrestling is open to anyone** regardless of body type or genetics. A wrestler does not need to grow to 6'6" or weigh 300 lbs to participate.

**Wrestling is mainly an individual sport**, so wrestlers are not reliant on other team members during a competition.

**During team events** individual contest scores mirror the team's top scorer. This equality builds camaraderie and provides personal satisfaction.

**Excellent wrestlers** can continue at the collegiate level or maybe even the Olympics.

### SKILLS

#### Character Development

Difficult to master, wrestling develops:

- strong work ethic
- resilience
- inner strength
- confidence
- competitive spirit
- goal-oriented mind
- self-discipline

#### Self Defense Skills

Wrestling techniques can be used defensively in real-life attacks. Extreme fighting participants with a wrestling background are well ahead of those with a football, boxing, or martial arts background.

### SAFETY

**Fewer and less severe injuries** than other contact sports because:

- One referee for every two contestants
- Strict safety rules and regulations
- Weight matching for competitors
- Close proximity, reducing the likelihood of high-impact collisions
- No hard objects like balls, pucks, sticks, or bats that can injure
- No motions that create repetitive-motion injuries

### COMPLEMENTARY SPORT

**Wrestlers perform at a higher level in other sports** because they are trained to improve strength and flexibility.



## Learn more!

Select your interest, and we will send you more information or contact you.

- Competing at the high school level
- Competing at the grade school level
- Supporting SCLA wrestling by volunteering or through financial contributions.

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Parent Name(s)

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Address

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City

State

Zipcode

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Parent Email

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Parent Phone

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Wrestler Name(s)

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Wrestler Grade(s)

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School Name

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School District