



ROYHART/BARKER LADY RAMS

WRESTLING

TOP 5 REASONS GIRLS SHOULD WRESTLE

1



BUILDS STRENGTH & CONFIDENCE

Wrestling helps you get stronger, mentally and physically. You'll believe in yourself on and off the mat.

2



DEVELOPS MENTAL TOUGHNESS

You'll learn to face challenges, stay calm under pressure, and push through when it's hard.

3



BUILDS LIFELONG FRIENDSHIPS

You'll be part of a supportive team that lifts each other up and cheers each other on.

4



TEACHES VALUABLE LIFE SKILLS

Discipline, respect, goal setting and perseverance — skills that go far beyond the mat.

5



OPENS DOORS FOR YOUR FUTURE

Wrestling builds confidence, character, and leadership — and can create opportunities in school, college and life.

**STRONG GIRLS.
STRONGER TOGETHER.**

**No roster cuts
and no
experience needed!**

Join our family today and
unlock your full potential

