

BROOKLINE WARRIORS WRESTLING

Brookline Grapplers Booster Club Youth and High School Mentorship Program - Fall 2018



Mission:

1. To grow wrestling in Brookline
2. To build a greater sense of community between the middle and high schools.

Goal:

- High school wrestlers will build leadership skills by engaging with younger students, where they get to “show what they know” and pay it forward to their community.
- Youth wrestlers will benefit from skills they learn and the personal attention they get from high school coaches.

The Sport of Wrestling:

Wrestling is one of the oldest sports and provides many life lessons. It takes courage to even step on the mat with the high likelihood of being put in an uncomfortable position. Wrestling, while physical, also requires skill and strategy. The wrestler works to build physical stamina, and studies and practices to develop techniques to outmaneuver his/her opponent. Wrestling instills the discipline to work hard to get better, be accountable for one's efforts, and take responsibility for the outcome. It is an individual sport, but also can be a powerful team activity where each team member's individual efforts contribute to the overall team success. Wrestling is designed for all shapes and sizes; competitors are grouped by age and weight for competitions. Wrestling is a controlled activity that helps all types of kids learn valuable lessons that will serve them in achieving their future goals.



The Program:



With the support of the Brookline Grapplers Booster Club, the Brookline High School Wrestling Team runs a youth clinic and open tournament each Fall and Spring. The clinic is designed to provide an introduction to the sport. Each youth is paired with a high school wrestler who is responsible for working with the youth to review the techniques being taught during the clinic and then coaching them during their tournament matches.

Early Traction:

- Last season, youth wrestlers were spotted attending high school matches and cheering their mentors.
- This coming season, several freshman who started in our youth program will join the High School team and have already started to work out with the upperclassmen at off-season training, which has also eased their transition into the high school.
- In 2017-18 the BHS wrestling team had a record-breaking season, finishing 4th in D1 States, 11th in All-States, and ended up as the 2nd highest placing Massachusetts Team at the end of year New England Championships. Our head coach Trevour Smith was also honored as the BHS coach of the year for his dedication and tireless efforts.

2018 Fall Youth Events:

- [Free Youth Wrestling Clinic](#) November 4, 2018 1-2:30PM @ Tappan Gym.
- [Fall Brawl Youth Tournament](#) November 11, 2018 8AM-4PM @ Tappan Gym.

Come join us for learning, fun, and grappling competition.
Please pass on this information to anyone you think may benefit.

For additional Information:

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