

What is Wrestling?

wres·tling [réssling] noun.

Definition = **sport with two contestants fighting:** a sport in which two contestants fight by gripping each other using special holds, each trying to force the other's shoulders onto a mat.

Why would I want to participate in the sport of Wrestling?

Athletes who participate in a wrestling program stand to benefit both mentally and physically by gaining:

- *Greater Flexibility*
- *Coordination*
- *Body awareness*
- *Self-reliance*
- *Self-confidence*
- *Strength*
- *Endurance*



Athletes will gain an understanding of the technique, discipline, motivation and commitment that is required to become the best you can be—A **CHAMPION!**

Our program at Bishop Luers High School is on the rise, we have the keys to a championship future. Be a part of a winning team and go out for wrestling. Wrestling is a physically and mentally demanding sport that will push you to lengths that you never thought. And that is the reason you will feel good about it when it is all over. Be a part of this great sport and we will all reap the benefits at Bishop Luers High School.

How do I get started?

Please stop in Coach Carlson's office and request information.

I encourage and challenge you to give wrestling a try. You will be amazed at what the sport of wrestling can do for you.

Dan Carlson Head Wrestling Coach
Bishop Luers High School
260-456-1261 Ext. 3125 (office)
417-225-0754 (cell) please no calls after 10:00 p.m.
E-mail at dcarlson@bishopluers.org

