

BBAA Youth Sports

Announces

Youth Wrestling

Kids Ages 5-14



**BBAA Fenton Bison
Wrestling Club**

Registration Dates:

Wednesday 10/17 – 6:30 PM – 8:00 PM

Wednesday 10/24 – 6:30 PM – 8:00 PM

Fenton High School

Room 936

1000 West Green Street Bensenville, IL

Birth Certificate required at registration

Important information

Folk-Style Youth Wrestling

Boy and girls ages 5-14

Practices Times

Weekdays

Usually from 6:30-8:00 PM

Fenton High School Wrestling Room

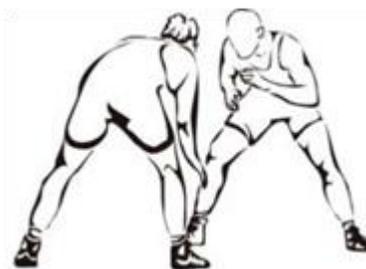
Competitions

Regular season tournaments on Sundays. 10 and older can also qualify for state tournaments

Costs:

\$100 League Fee

Tournament fees as applicable.



How do you want your child to spend this Winter?
Watching TV and playing video games or...

- Becoming **faster** and **stronger**
- Getting better **balance** and **endurance**
- Building **confidence**
- Making **friends**

Consider Joining The Junior Bison Wrestling Club.

Our Club supports ages 5 thru 14, at all experience levels, from beginners to seniors. Tournaments are optional for those who are ready to compete, and are also arranged according to age, weight and skill level. Our unique "Club" atmosphere allows for participation in other sports in the same season, like basketball and soccer.

Why wrestle?

Wrestling combines the advantage of team work, while allowing a wrestler to rise to victory based upon his own merits or handle defeat with no one to blame but himself. Wrestlers learn to count on themselves, gaining confidence on and off the mat.

No matter the body type, height or weight — there is a place in wrestling. In some sports, only certain body types are able to succeed. In wrestling, as long as you are tough and have the desire to win, you can achieve success. Weight classes ensure fairness, so you're never too small or too big to participate.

Wrestlers learn to be both physically and mentally tough. Wrestling teaches the basic skills about how to protect yourself in the event of a physical altercation. Wrestling improves balance, reflexes, strength, endurance, and agility. Wrestlers are often very lean and strong for their body weight. How do you win a wrestling match?

There are 3 basic ways to win in a wrestling match:

- Pinning your opponent (Win By Fall)
- Scoring more points than your opponent in the time allotted (Win By Decision)
- Scoring 15 points more than your opponent at any point during the match (Win By Technical Fall)

Is wrestling dangerous?

Children are taught the proper techniques to avoid injury. Match referees insure there are no dangerous positions or holds that can injure an opponent. The most common wrestling injury are scrapes and scratches, however, as with any sport, injuries can occur.

Source: en.wikibooks.org



BBAA-Fenton Youth Wrestling Club is a not-for-profit organization. This is not a Park District, Village of Bensenville, or School District function. For more information call 630-595-4797 or email us at wrestling@bbaasports.org

