

BEAT THE STREETS DETROIT

Wrestling For Impact





Table of Contents

- 04** Who We Are & Our Mission
- 05** Why Wrestling?
- 06** Our Programs & What We Provide
- 07** Four Neighborhoods, One Goal
- 08** Annual Program Impact
- 09** Girls Can Join Too!
- 10** Supporting Beat The Streets Detroit



Who We Are & Our Mission

Beat the Streets Detroit is about discipline and sacrifice, taught through the sport of wrestling. Under the guidance of experienced coaches, tutors, and mentors, Detroit youth are challenged to develop commitment, courage, and perseverance - building blocks for success in school and life. We are a 501c3 charitable organization; contributions to us are tax deductible.

The mission of Beat the Streets Detroit (BTSD) is to create a wrestling culture in Detroit – that also embraces academics – to improve the long-term outcomes for area youth we touch. Wrestling instills the

importance of determination, courage, and discipline, traits that help young adults to develop not only physically, but also academically and emotionally. Armed with these skills, we believe our participants are more prepared for life's trials and opportunities.

It is our mission to bring this unique and inclusive model of sports and academics to more Detroit teenagers in 2019 and give them the same opportunities for athletic, academic, and personal growth that hundreds of our BTSD children enjoy now.



Why Wrestling?

The sport of wrestling is, at its core, a diverse and inclusive sport. Factors like height, weight, and gender have no impact on success. Because it is a sport that excludes no one, female participation in wrestling is skyrocketing at the youth, college and Olympic levels. Simply put, no kid is excluded for being too small or too slow, as long as he or she are willing to get on the mat and compete.

A demanding sport, wrestling addresses the modern-day ills of urban youth related to a sedentary lifestyle and obesity. Constant movement and effort challenge participants to create and develop habits that enhance their

overall health – wrestlers must learn not only physical movements, but also embrace healthy eating and lifestyle habits to achieve success.

Wrestling is an ideal vehicle for teaching life lessons, as its participants learn that one's success in wrestling (and life!) is based on a daily agenda of discipline, hard work, study, and determination. On the mat, young wrestlers learn success in the sport and in life is achieved through daily acts of will-power and positive encouragement from their coaches and teammates.

Our Programs & What We Provide

BTSD has developed supplemental programming for our wrestlers including:

Tutoring & Academic Enrichment

All four of BTSD's neighborhood programs employ on-site tutors who provide weekly academic assistance to BTSD wrestlers, in both individual and group settings. To meet the demands of the future workplace, BTSD not only focuses on increasing interest in academics and the development of good study habits, but also increases our children's exposure to STEM (Science, Technology, Engineering and Mathematics) activities by partnering with local universities such as the Michigan State University, Wayne State University, and the University of Michigan.

Health & Wellness Education

The greater Detroit area is plagued with high rates of obesity and physical inactivity. In Detroit, over 40% of its children live in families that are below the federal poverty line and have little access to affordable recreational activities and healthy food outlets. To assist our children become better wrestlers, students, and healthier kids, BTSD has teamed with Wayne State Medical School and volunteer medical professionals to teach BTSD's wrestlers healthy lifestyle habits. These experts share important information and practical tips with our kids on nutrition, fitness, and healthy lifestyles at all of our locations.

Healthy Food Assistance Program

The US Department of Agriculture (USDA) defines food insecurity as a household-level economic and social condition of limited or uncertain access to adequate food. BTSD and the Gleaners Food Bank have partnered to address the issue of food insecurity among some of our wrestlers and their families. Through this partnership, BTSD is able to purchase discounted, nutritious food and provide it at no cost to those of our wrestlers in need of assistance.



Four Neighborhoods & One Goal

1 Patton Park Recreation Center

BTSD's original program is located in the far Southwest side of Detroit at one of Detroit's historic recreation centers, Patton Park. In addition to BTSD's general athletic and academic programming, our Patton Park program has forged a "STEM" partnership with the Michigan State University, presented some of Michigan's best girls wrestling clinics and camps, and attracts volunteer collegiate wrestlers to serve as coaches and mentors.

2 Mumford High School

Located on the near-northwest side of Detroit on Wyoming Avenue, the BTSD-Mumford High School program focuses not only on BTSD's core audience of middle-school children, but also works with the high school team to plant the seeds of a Detroit public high school wrestling tradition. After just three short years, the BTSD-Mumford program has sent the first Detroit PSL student in decades to the MHSAA wrestling championships. But more importantly, BTSD-Mumford has touched many local teenagers, teaching them wrestling, academic, and life skills.

3 Detroit Cristo Rey

Our newest program opened in 2018 and is located on the cities near southwest side at the historic old Holy Redeemer High School in the shadows of the Ambassador Bridge and Mexican Town. This site has created a sensation in the neighborhood as it is emblematic of the current comeback in the most ethnically diverse area of Detroit.

4 South Warren-Detroit

BTSD's only location outside of Detroit proper is also one of its most successful programs. On any given afternoon BTSD South Warren-Detroit hosts between 50 and 75 girls and boys eager to wrestle and eager to learn. This location has produced many high-caliber kids who also happen to be champion wrestlers. One of BTSD's South Warren-Detroit program's wrestlers is now on full scholarship as a redshirt freshman at the University of Michigan and ranked as one of the top wrestlers in NCAA.

Annual Program Impact

At A Glance

BTSD provides our student-athletes with much more than wrestling instruction. Our program includes over 2,000 additional programming hours each year spent on academic and cultural enrichment. These hours included activities such as wrestling at a national Beat the Streets tournament in Chicago coupled with an academic tour and presentation at the University of Chicago, STEM presentations by our university partners, and after school tutoring to keep our kids focused on school.



Girls Can Join Too!

We sat down with **Sarahi** and **Wendy** for a little Q & A...

Q - What does BTSD mean to you?

Sarahi: It's a way to stay fit, be active, and learn self-defense!

Wendy: BTSD helps lead you to the right path in life.

Q - What advice would you give yourself when you first started BTSD?

Sarahi: Be prepared for the exercise!

Wendy: Have self-confidence, and have fun!

Q - What are some of the things that you see girls struggle with that are not in the program or that may not have your focus?

Sarahi: A fighting spirit could make girls more confident.

Wendy: Girls may think that boys are intimidating in a way. Well, girls can be intimidating too!

Q - What is your favorite wrestling move?

Sarahi: Tie between the hip toss and the cement mixer. You can pin the person if you do (either) right. And you don't get yelled at for throwing the person!

Wendy: Hip Toss! It is super easy to learn, fun, and if you can do it right, it is super effective!

Q - Where do you want to go to college?

Sarahi: University of Michigan or Harvard

Wendy: Harvard or University of Michigan



Supporting Beat The Streets Detroit

Our student-athletes are better equipped to excel in life thanks to the generosity and contributions of many people and partner-organizations. Our supporters understand the value of the life-skills taught specifically through the sport of wrestling. BTSD is fundamentally about providing resources and opportunities to Detroit-area youth and positively impacting the trajectories of their lives. With your help we can continue to serve these kids and expand our impact. To donate or volunteer, please visit our website: www.btsdetroit.org.



Sponsor Beat The Streets Detroit

Contact our Executive Director - Mindy Herrmann
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Visit our website to donate or volunteer!
www.btsdetroit.org

Donations to Beat The Streets Detroit can be mailed to:

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