

# WRESTLING IS EXTRAORDINARY

At Conveying Essential Life Skills That Can Only Be Learned On The Mat

## TOP 5 LESSONS WRESTLING TEACHES



DISCIPLINE



PERSONAL  
ACCOUNTABILITY



MENTAL  
TOUGHNESS



HOW TO  
STRUGGLE,  
AND SACRIFICE,  
IN PURSUIT OF  
A GOAL



WORK ETHIC

More  
**AMERICAN PRESIDENTS**  
have wrestled than  
participated in any  
other sport.

**ABRAHAM LINCOLN** remains  
a legendary wrestler.  
He was inducted into the  
Wrestling Hall of Fame with  
a near-perfect record.

**300 - 1**

**"Wrestlers and wrestling  
coaches are among the most  
disciplined and self sacrificing  
people I have ever known."**

- John Irving  
Renowned Author, Academy  
Award Winner and Wrestler



More CEO's of Fortune  
500 companies have  
competed on wrestling  
mats than any other  
playing surface.



Graduation rates  
for wrestlers at the  
collegiate level are  
**22% higher**  
than the general  
student population.



**13**  
YEARS  
STRONG



**1000+**  
KIDS  
SERVED



**20**  
TUTORS &  
COACHES



**1000+**  
HOURS  
OF IMPACT