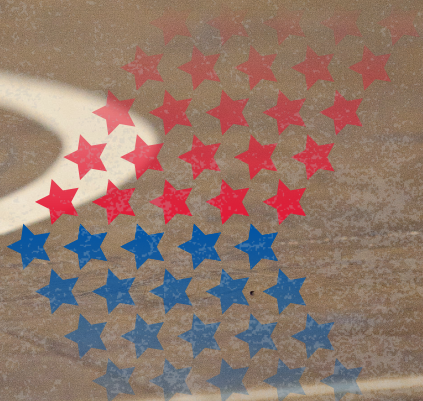


"Once you've
wrestled, everything
else is easy."

-Dan Gable,
Olympic Gold Medalist
and two-time NCAA Champion



SUCCESS STARTS HERE™

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CLUB CONTACT INFORMATION

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STATE ASSOCIATION
CONTACT INFORMATION

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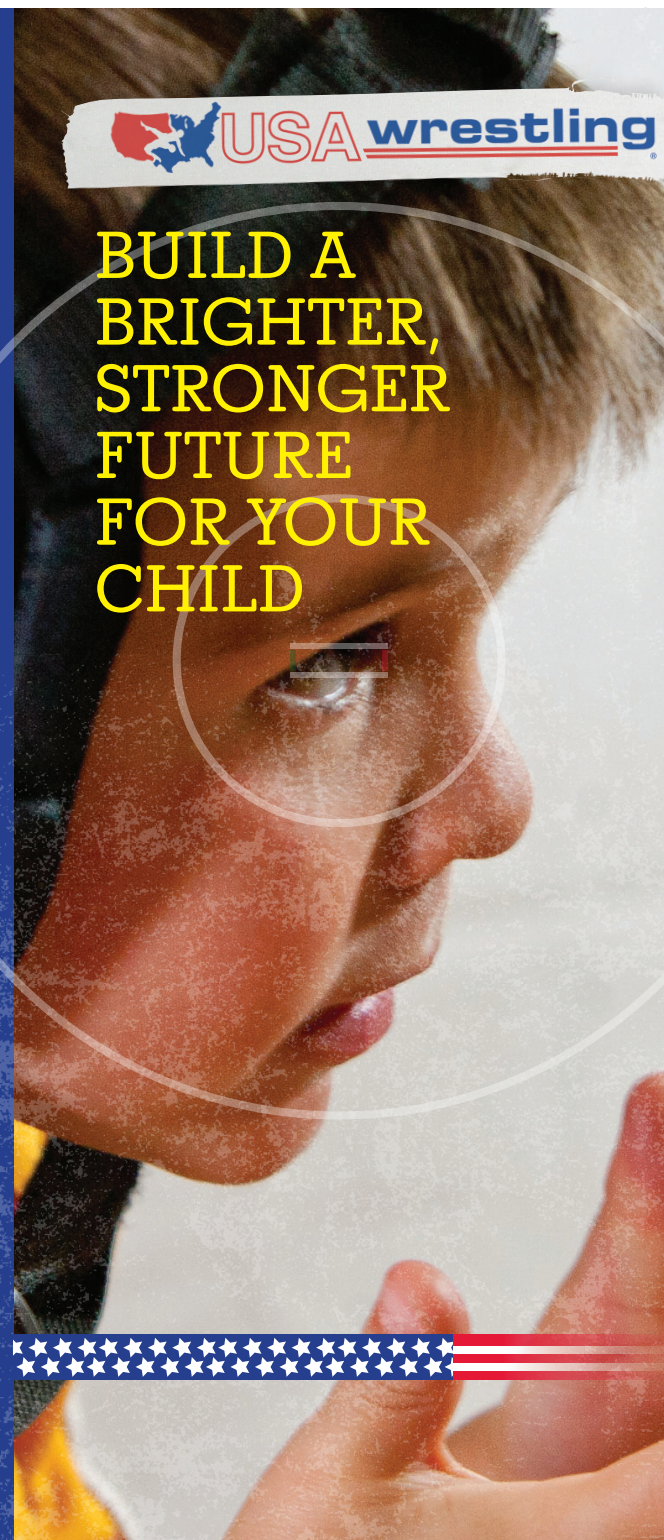
USAwrestling

6155 Lehman Drive
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**BUILD A
BRIGHTER,
STRONGER
FUTURE
FOR YOUR
CHILD**



LIFE LESSONS START ON THE MAT.

As a parent, you place your child's development ahead of everything. USA Wrestling does the same. Under the guidance of our certified coaches, your child will learn to handle challenges—both on and off the mat—leaving you amazed at their transformation during the course of a single season.

Ask the parents of any of our 155,000 members and they'll tell you that wrestling:

- Improves self confidence and the belief that anything is possible
- Teaches young people to respect themselves and others
- Promotes excellence and encourages athletes to set goals
- Builds personal accountability because the athlete alone is responsible for the outcome
- Develops integrity, discipline, and a strong work ethic—traits that will last a lifetime
- Exposes athletes to positive role models

Wrestling's alumni have gone on to achieve success in every field. Presidents, astronauts, authors, and respected business executives credit wrestling, and the life lessons learned on the mat, for their success.

At USA Wrestling, we believe our wrestlers will become elite at whatever they choose to do in life.



GET YOUR START WITH USA WRESTLING—THE MOST COMPLETE WRESTLING ORGANIZATION IN THE UNITED STATES.

The best coaching, officiating, training, and club support in a safe environment, with all the tools necessary to advance in wrestling and life.

The complete wrestling experience

USA Wrestling promotes all styles of wrestling to ensure that competitors develop into complete wrestlers who can bridge a variety of techniques for maximum success.

Safe environment

Every USA Wrestling coach and official must pass a criminal background check.

Comprehensive sports accident and liability insurance

Our industry-leading insurance covers member athletes, coaches, and officials.

Top-flight competition

Your membership gives you access to over 40 USA Wrestling-sponsored regional and national events.

Coaches education and certification

Our education and certification programs expose coaches to cutting-edge technique and training methods, which enhance our athletes' experience at every stage in their wrestling career.

Opportunities for advancement

USA Wrestling's elite developmental programs offer domestic and international training and competitive opportunities to our Olympic hopefuls.

An investment in wrestling at all levels

Your membership supports all levels and styles of wrestling—from local beginners' tournaments to the developing and training of our U.S. Olympic Team.

Dedicated customer service for members

Our staff in Colorado Springs is available to answer questions about membership, tournaments, and insurance. Call us at (719) 598-8181.

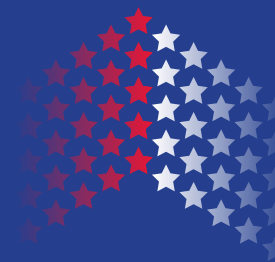
Additional USA Wrestling benefits

Annual subscription to USA Wrestler magazine

A feature-oriented publication providing information and content to coaches, fans, and wrestlers of all ages.

Free wrestling video

Each member receives \$35 of free downloaded video at www.TheWrestlingGreats.com



USA Wrestling is a dynamic, growing organization dedicated to the advancement of amateur wrestling in the United States. Achieving this goal depends on the commitment of wrestling people like you—coaches, parents, athletes, officials, and volunteers.

Our organization offers resources that help everyone in wrestling perform their best. We provide support to coaches, industry leading insurance and safety programs, and a full schedule of local, regional, and national tournaments. USA Wrestling's commitment to you does not end there. Our team in Colorado Springs and your state association stand ready to assist you and your athletes in any way possible.

Thanks for your commitment to the sport. I look forward to seeing you on the mat!

Les Gutches

USA Wrestling
Director of Program Development

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