

Westmoore Jaguar



Wrestling

2009-2010 Season Sign ups

OCTOBER 5th

6:00 pm – 8:00 pm

Westmoore High School

Wrestling Room

More enduringly than any other sport, wrestling teaches self control and pride. Some have wrestled with great skill-none have wrestled without pride.

Dan Gable



CHARACTER DEVELOPMENT

Wrestling offers athletes the most in the area of character development. Wrestling is an extremely difficult sport. Its survivors have learned that effort and attitude really do drive accomplishment more than natural talent, ability, luck or circumstance. Wrestlers develop a strong work ethic, resilience and sense of responsibility for their own destiny, and a lasting inner-strength and quiet confidence. Wrestling is not about who can beat who. It is about commitment and drive. It is about becoming the best you can possibly be. It is the humility that comes from discovering your limits and the sense of accomplishment that comes from ultimately surpassing them. It is about setting goals, self discipline and delayed gratification. Wrestling is the blueprint for overcoming life's challenges, and the learning ground where these principles are tried and proven.

**For more information contact:
Coach Jimmy Filippo
808-7991**

The Jaguar program is instructed by accomplished former collegiate level wrestlers



The following link will provide you more information through the parents guide to youth wrestling handbook

<http://www.youthwrestlingguide.com/Youth%20Wrestling%20Guide.pdf>