

# BBAA Youth Sports

announces

# Youth Wrestling

Kids ages 5-14



BBAA Fenton Bison  
Wrestling Club

## Registration\* Dates:

Tuesday, October 11-6:30-8:00 p.m.

Tuesday, October 18-6:30-8:00 p.m.

Fenton High School  
1000 West Green Street  
Bensenville, IL  
Room 18

### Important information

Folk-Style Youth Wrestling  
Boy and girls ages 5-14

### Practices Times

Weekdays

Usually from 6:30-8:00 p.m.

Fenton High School Wrestling Room

### Competitions

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

### Costs:

\$75 Team Fee

\$35 Equipment deposit (refunded upon uniform return)

Tournament fees as applicable.

\*Birth Certificate required at registration



### What is Folk-Style wrestling?

Folkstyle Wrestling is a form of Wrestling that is practiced mostly in American high schools and colleges. The object of folkstyle wrestling is to pin your opponent. Failing this, you want to get as many points as possible.

Folkstyle scoring focuses mainly on changes in control. Taking an opponent down to the mat, escaping from or reversing control, or turning an opponent's back to the mat are all chances to score. This differs from other styles such as Freestyle or Greco Roman, which don't encourage escapes or reversals.

### 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 wrestling 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 three 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 [info@bbaasports.org](mailto:info@bbaasports.org)

