

LOYAL Youth Wrestling Core Values:

Our mission is to provide an opportunity for all children age five to fourteen, regardless of skill level and previous experience, to learn and explore the sport of amateur wrestling in a fun, challenging, and safe environment. It is our belief that wrestling is like no other sport and provides a unique opportunity for children to explore the three key themes of achievement, self-awareness, and inspiration; themes which are important to wrestling in particular, sports in general, and life as a whole.

Achievement

Achievement in our club is not simply “being the best,” or even “being the best you can be.” Instead, it is the process and skill of “becoming better.” The ability to achieve is the ability to improve oneself, regardless of the starting or ending point. Simply put, if you work hard you will get better.

Everyone in this club, regardless of skill level, will learn that with hard work comes achievement.

Self-awareness

Self-awareness is the child’s growing recognition of how their mind and body interact to produce their own sense of well-being.

Testing a child’s strength, flexibility and endurance is only the beginning. Wrestling mixes intense physical challenges with the equally intense mental challenges of exhaustion, frustration and exhilaration.

Everyone in this club will have a greater awareness of what their minds and bodies are capable of, and in so doing develop a healthy and mindful lifestyle that they can carry with them their whole life.

Inspiration

Our children need to know that there are great things in this world. They also need to know that greatness is never accomplished alone, and always accomplished by ordinary people doing extraordinary things. For the accomplished wrestler there are trophies, varsity letters and scholarships for the taking, but it is that and much more. Wrestlers, regardless of the number of wins and losses they have had on the mat, have long taken what they have learned there and went into the world and have become great people—business leaders, authors, teachers and even presidents.

Everyone in this club will learn that through teamwork, dedication and hard work will come great things. Each and every child will know that they are an ordinary person capable of extraordinary accomplishment.