

#LET'S WRESTLE

WRESTLING CHANGES LIVES

Dear Coach,

Thank you for your commitment to strengthening America's youth and providing opportunities for boys and girls to develop the character that changes lives through wrestling.

Please use the enclosed materials to help you recruit new wrestlers to your team.

10 TIPS TO RECRUIT MORE WRESTLERS

- 1. Put the posters in the hallways, not in the wrestling room.**
Get in the high-traffic areas of the school, such as the main entrances, lunchrooms, and sports hallways to increase awareness and excitement.
- 2. Ask your wrestlers to share the posters on their social media using the QR codes.**
Your athletes are leaders and the best advocates for inviting others to join the team.
- 3. Share the resources on WrestlingChangesLives.com on your school's social media.**
Reaching new parents can dramatically increase your numbers.
- 4. Use the morning announcements to tell the whole school why they should wrestle.**
Let everyone know that you welcome new recruits and encourage them to attend your interest meeting.
- 5. Organize wrestling lunch tables.**
Kids want to be part of something and make friends. Identify the leaders on your team and ask them to invite their teammates to sit together during lunch.
- 6. Talk to the adult influencers who can recruit for you.**
Kids say guidance counselors, ROTC reps, PE teachers, and principals are trusted sources for guiding them to try a new sport. Ask them to encourage other students to join the wrestling team.
- 7. Work with the basketball coaches to direct kids who don't make the basketball team.**
Ask the coaches to introduce you personally to the prospects to begin the relationship.
- 8. Ask the football coach if you can speak to the team.**
Wrestling makes you better at football. This a great opportunity to meet the players, provide information on wrestling, and answer questions.
- 9. Host a demonstration in PE classes or at a school assembly.**
Get your two best wrestlers to demonstrate a few throws and tell their classmates how wrestling has improved other aspects of their lives.
- 10. Add info on the school marquee.**
Announce the start of wrestling season on your school's marquee. Everyone who drives by your school will see it.