



Wrestling Club

Youth Wrestling for ages 7 through 14

Are you looking for a good way to build your child's confidence, strength and determination? Do you wish your child got more exercise and spent less time in front of a video game? Are you concerned about your child's ability to defend him or herself as they become more independent? If so, you should consider enrolling in the Bulldog Wrestling Club, a youth wrestling club which provides training and support for young wrestlers, male and female, between the ages of 7 and 14 years old.

The BWC utilizes the state-of-the-art facilities provided by Riverside-Brookfield High School, and is led by RB's Head Wrestling Coach, Bill Kucinski. Coach Kucinski brings 27 years of wrestling and coaching experience to the Bulldog program.

Coach Bill's wrestling background is as extensive as it is impressive. Bill wrestled for Mt. Carmel High school for four years and was part of two dual-team state championships. He went on to wrestle at the University of Iowa for four years under the legendary Dan Gable. Bill was a freestyle All-American during this time.

The BWC is also very fortunate to have Assistant Coaches with serious credentials in many aspects of wrestling and grappling, which, when combined, give your budding wrestler a tremendous advantage when learning the basics and building their skills.

The BWC holds practice sessions two evenings per week during the regular (November-February) season, and Coach Kucinski also sponsors a summer session two nights a week from April through August. The kids work hard on the fundamental techniques that are the foundation of success in the wrestling game, and build strength, cardio conditioning, flexibility and balance at the same time.

You can give your child the confidence to stand up to bullying in the schoolyard, the discipline needed to accomplish the ever greater academic goals set for them as they proceed towards college, and the practical self-defense skills they need to get out of dangerous situations that they may encounter on the street. After all, you can teach your child to be a good boxer or a karate black belt, but these skills are nearly useless once an altercation goes to the ground, where the majority of conflicts end up.

The BWC is a convenient and inexpensive way to instill in your child some very practical life skills, skills which will benefit them far beyond the wrestling mat.

Wrestling is as important for girls as it is for boys! I would certainly want my daughter to have the skills needed to defend herself from her back, as well as the confidence to use them. The girls on the BWC learn early on that basic techniques learned on the mat can overwhelm a much stronger boy and allow them to gain the upper hand and get out of harm's way.

Co-ed wrestling allows girls to learn that they are on an equal footing with the boys, and that they can hold their own physically as well as intellectually. The boys in turn learn to respect the girls on a level that will serve them well as they move forward in life. These kinds of skills and experience make the BWC an outstanding value, instilling lessons that serve your child well both on and off the mat.

Besides the weekly practice and training sessions, we regularly “scrimmage” with other area youth clubs, and we take part in many regional tournaments. These competitions allow the wrestlers to apply their new skills in a practical way, and are an important part of building the mental toughness and courage they will need to embrace new challenges in both their academic and athletic lives.

The core wrestling philosophy is one of determination, where excuses are not a part of the program, and results are expected to come from within, much like the philosophy of today's workplace. A child that can work through adversity and doubt on the mat can also be expected to do so in college and beyond, so instilling the virtues of the wrestling philosophy is a great way to prepare your son or daughter for life beyond middle school.

The BWC also serves as a feeder program for the RB wrestling program, and giving your child a head start in building their fundamental wrestling skills will surely lead to greater success in their high school program, which can often lead to scholarship opportunities that can take some of the bite out of paying for a college education.

In summary, membership for your son or daughter in the Bulldog Wrestling Club will allow them to build their physical endurance, their mental toughness, their self-confidence and their ability to rise to any occasion, can lead to valuable scholarship opportunities, and will surely give them the skills they need to defend themselves should a confrontation arise. Best of all, it is far more economical than most martial arts classes, and more practical as well.

If you wish to be added to our email contact list or you have any questions about the program, please feel free to contact Coach Carlo Giurini at (708) 426-4113 or by email at carlog25@comcast.net. More information is also available at www.bulldogwrestlingclub.org.

