

Come Join the Tradition

Westmoore Jaguar



Free Style Wrestling

Freestyle wrestling is the most popular style of wrestling in the world.

Practice Schedule
Monday & Wednesday
6:00 – 7:30



Contact:
Coach Jimmy Filippo
808-7991

**Summer wrestling makes
winter Champions**

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.