



YOUR PATH TO SUCCESS STARTS WITH VIRGINIA WRESTLING ASSOCIATION



When you join Virginia Wrestling Association and USA Wrestling, you become part of the most complete wrestling organization in the United States.

Here are just a few of the benefits of VAWA Membership:

- Annual subscription to USA Wrestler magazine - \$30 value
- Free wrestling video at TheWrestlingGreats.com - \$35 value
- The ability to compete in folkstyle, freestyle, and Greco-Roman events year round
- Safe environment through background checks of all member coaches and officials
- Comprehensive sports accident and liability insurance
- Coaches education and certification programs
- Training and competitive opportunities for Olympic hopefuls
- An investment in wrestling - your membership dollars support all levels of wrestling - from beginner to training of our current and future Olympians
- In addition to Virginia Wrestling Association events, members have the opportunity to compete in USA Wrestling sponsored Regional and National Championships

Benefits for Chartered Clubs & Sanctioned Events:

- General liability insurance coverage - \$5,000,000
 - Includes coverage for property damage and sexual abuse and molestation.
 - All officials and volunteers at the sanctioned tournament are covered.
- Club and events listed on TheMat.com
- Camp and clinic insurance offered by USA Wrestling
- Welcome package from USA Wrestling with events poster

Coaches – Check out USA Wrestling's Core Curriculum Series and Marketing Materials designed to help build your program!

Coaches Core Curriculum

The Path to Success for Every Coach

- Completely free online access anytime
- Develop athletes of all skill levels and ages
- Features videos, drills, games, and practice plans
- Folkstyle, Freestyle, and Greco-Roman included

www.USAWrestling.org/Curriculum

Marketing Materials

Promote Wrestling in Your Community

- Increase awareness to grow your club
- Recruit wrestlers and support for your club
- Includes customizable posters and flyers
- Design assistance program available

www.USAWrestling.org/PromoMaterials

Virginia Wrestling Association

Online: www.VirginiaWrestling.com

Facebook: www.facebook.com/VirginiaWrestling-Association

VAWA-Virginia-Wrestling-Association

USA Wrestling

Online: www.USAWrestling.org

Facebook: [http://www.facebook.com/usawrestling](https://www.facebook.com/usawrestling)

Twitter: @USAWrestling