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NB YOUTH "LEARN 2 WRESTLE"

90 NEW BRUNSWICKERS PARTICIPATE IN FESTIVAL & CLINIC



📷 : MATT SHORT

APRIL 25, 2016
FREDERICTON, NB

By the time the 2016 New Brunswick Youth Wrestling Festival concluded more than 90 wrestlers under the age of 14 had stepped on the mats in the University of New Brunswick's Lady Beaverbrook Gymnasium. The event, which brought wrestlers from across the province to the capital region, began with an one hour Learn 2 Wrestle Clinic led by 2016 Canadian Senior Champion Samantha Stewart.

Following the clinic, the provincial tournament kicked off. Formerly known as the Development Provincials, the New Brunswick Youth Festival is a re-imagining of the event. "Our goal for this year was to align our youth programming with the Long-term Athlete Development Model (LTAD)." says Lutte New Brunswick Wrestling's Executive Director Tom MacRae. "Our members were not satisfied with the previous setup of the youth season, so we decided this year to change things up. We developed the Learn 2 Wrestle Program, and I think it has better serviced our youth athletes in the FUNdamentals and Learn to Train stages of the LTAD."

The Learn 2 Wrestle Program was designed to introduce New Brunswick's youth to the sport of wrestling through coordinated programming conducted by the organization's affiliated wrestling clubs. The program included two regional festivals, which also began with Learn 2 Wrestle Clinics, the New Brunswick Youth Festival, and the 2016 LNBW March Break Coaching Clinic, which helped to create 15 new wrestling coaches across the province. The program was made possible through the investment of the Government of New Brunswick's Department of Tourism, Heritage, & Culture, and LNBW.

With the program concluding this past weekend LNBW will now look to improve on the progress made this season. "We're going to review what worked, and improve on what didn't, so we can continue to grow." added MacRae.

For full results from the 2016 New Brunswick Youth Wrestling Festival please visit www.luttenbwrestling.com.