

2020 Canada East Youth Wrestling Festival

May 8-10, 2020

**Dalplex, Dalhousie University , Halifax**

NOVA SCOTIA



WRESTLING

- In May of 2019, Sackville Wrestling Club made a bid to host the 2020 Canada East Youth Wrestling Festival in Halifax. The bid was successful and it will be the first time this tournament has ever been held in Nova Scotia.
- This tournament is for youth aged 8-13 years old from Ontario, Quebec, New Brunswick, Prince Edward Island, Newfoundland and Labrador and Nova Scotia.
- In recent festivals there has been 400-500 competitors. We have been asked for many years to host this tournament as the wrestling community has been eager to attend Halifax for a major tournament as it has a reputation for being a beautiful and fun location for families.

- The families of young wrestlers look forward to attending this event all year long. The event creates fond family memories as children grow in the sport. This is like the Olympics for young wrestlers and their families. Each wrestler is accompanied by parents, grandparents and siblings who support their young wrestler. It is a wonderful pre-teen time for youth to have such a memorable experience.
- Our older wrestlers still regale us with stories from their attendance at the Canada East Festival from when they were young.
- We want to offer these families and experience of a lifetime which leaves them craving to return to Halifax.
- We have already been told by coaches from Ontario that families are planning to come early or staying extra days to explore Halifax.

- Wrestling is an amazing sport for boosting the self-esteem of youth. It is the most affordable sport in which to partake and it does not discriminate as competitors compete according to gender, age and weight. The sport exists primarily in schools with many school wrestlers supplementing their training at local community based clubs. Many social experts have identified low self-esteem as being the main reason why youth partake in drugs and youth violence. By providing a positive environment in which youth can develop and have success they learn to believe in themselves and boost their self-esteem and avoid negative social influences.
- Many competitors with disabilities have had success in the sport including sight impaired, hearing impaired and amputees.

