

# BEAT THE STREETS TORONTO

WINTER 2017 NEWSLETTER



IMPACTING YOUTH  
THRU WRESTLING

# LETTER FROM THE EXECUTIVE DIRECTOR

This fall BTST got to experience some amazing opportunities and some very cool events!

Our program continues to grow and we're very excited about what we've accomplished this quarter and we are very excited to tell you all about it in this winter newsletter!

In the fall we saw our first competitions for boys and girls teams, the boys went to Lock Haven Pennsylvania and the girls went to Ithaca NY, Cornell University to compete. Being that it was stiff American competition, there was a lot of learning that went on at these two tournaments as well as some great results. Both tournaments help their athletes grow and we are very happy with the outcome.

In October, Coach Gen coordinated our second GRIT challenge, which our athletes thoroughly enjoyed. This Fall Coach Gen also invited her Calgary Wrestling Teamate and 2016 Olympic Champion, Erica Wiebe to put on a clinic and question-and-answer period for our athletes and members of the wrestling community at West Humber Collegiate Institute. The athletes delighted in asking questions and learning some cool techniques from our Olympic Champion! We learned that Erica is a class act as she was very receptive and very warm and welcoming to our

athletes. We appreciate her so much!

Early this year, West Humber CI hosted its second annual Wrestling tournament now called 'Ragnarok in the REXX' or 'The Rok'! We're happy to say that with the help of BTST, this year the 'The Rok' was the biggest high school wrestling tournament the City of Toronto has hosted in over 20 years! We are happy to say that the city of Toronto Wrestling is healthy and growing. This quarter also saw our second annual Christmas camp at Newtonbrook Secondary School. We are happy to see so many young and up-and-coming new wrestlers in the sport. It is very evident that our introductory Education programs are having an impact in the growing of the sport in the City of Toronto. We have a new batch of young and dedicated wrestlers to work with over the next few years. I'm also very happy to say that our Dixon Grove middle school program continues to grow, CW Jeffreys program is growing and healthy, we were able to lend wrestling mats to North Albion CI as well as West Humber CI this Fall.

In the upcoming months we are very excited about starting new programs in the city of Toronto and providing wrestling mats for these new programs as well. All in, the entire program is doing very well and it is exciting to see what we have done and to

know what we are building towards. Our spring programs look very promising and we have a couple of annual tournaments coming up that we are excited about and look forward to updating you in our spring newsletter!

I hope you have as much fun reading this newsletter as we did putting it together! Good luck to all the streets athletes who will be competing at provincial and national championship tournaments in the upcoming months!

We are grateful to so many people for contributing to our program. Thank you to everyone who have donated funds, time and expertise, facilities and equipment to our program, this wouldn't be possible without you.

Thank you!  
Neal Ewers  
Executive Director

A handwritten signature in black ink, appearing to read 'Neal Ewers', positioned to the right of the typed name and title.



# NEW TRAINING CENTRE PARTNERS

As of October this year, Beat the Streets Toronto was fortunate to have regional practices at West Humber CI on Tuesday nights from 6 to 8 PM, at CW Jefferies on Thursdays from 6 to 8 PM, and at Newtonbrook Secondary on Saturdays from 11 to 1 PM. We are very grateful to our hosts for allowing us to have consistent practices. Special thanks to Coach Kilimnik at Newtonbrook Secondary and coach Sanchez from West Humber CI for helping us maintain consistent spaces for training. Athletes

come from all over the GTA and surrounding areas come to train with coaches Neal Ewers, Gen Morrison, and Kris Zhekov among many others who assist from time to time. We want to say thank you to all the coaches who come out and help at these practises we know that our athletes benefit tremendously and are grateful for your help. We are excited for upcoming tournaments in the spring, we look to seeing all this hard work pay off!



# ERICA WIEBE AND BTST



It was a pleasure to have our Olympic champ Erica Wiebe grace us with her presence during the fall. At the invite of coach Gen Morrison, Erica took time out of her busy schedule to put on a clinic and do a question-and-answer period for the athletes in our program and the invite was extended to everyone in the wrestling community. It was very moving to witness the inspiration of this brilliant, strong and talented young lady. Everyone in attendance was in awe of her and everything she shared with us! We encourage everyone in the country to take time out and get to know our Olympic champ if you haven't already done so, she's truly a special person. Erica took the time to autograph and train with our athletes, many of whom delighted in scrimmaging with Erica. Opportunities like this are truly once-in-a-lifetime and we are very happy to have her indulge us with this experience. If you missed it, have a look at our website and see all the amazing moments that were captured that day.



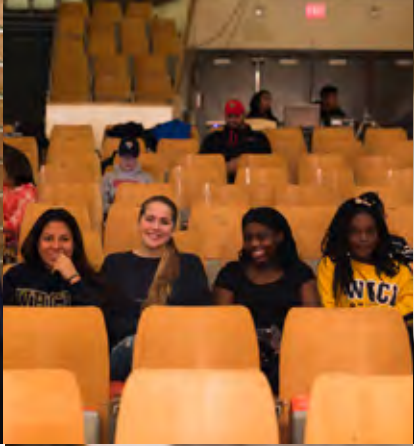




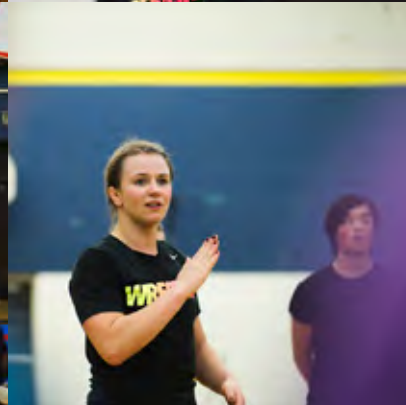


ERICA WIEBE CAPTIVATES HER AUDIENCE













# THE LOCKHAVEN EXPERIENCE

IN THE WORDS OF COACH JEREMY LA TOUR

Some observations from the day is that in almost all cases but a few we were physically out matched. Even after Adam Scott's semi final match he came and commented on how strong everyone was and how good their gas tanks were. We lost a few matches because we were unfamiliar with all the fine details of folkstyle wrestling (US Collegiate style of wrestling) but by the end of the tournament I think everyone had a much better grasp on it. On a positive note our overall techniques were far superior and cleaner. We just struggled with taking our

opponent down and easing up, after almost every takedown the kids' opponents would just escape. I actually see a huge benefit from wrestling more matches of this style and now more than ever think we should be wrestling more folkstyle tournaments. Our outstanding wrestlers would have definitely been Adam Scott, Kyle Jordon, Ethan Sparks, Tyler Barry and Raheem Rahamatlulla. Adam would be our only gold medal of the tournament and even drew some interest from the Lock Haven coaching staff.



# GIRL'S PRACTICE AND FINGER LAKES DUALS

@ CORNELL UNIVERSITY

This fall BTST launched a weekly all-girls practice lead by BTST coach Gen Morrison and assisted by former national team member Alana King. With girls from different programs across the city attending regularly, the program has been a huge success in seeing new level of excitement and dedication to the growing community of female wrestlers Toronto.

In November, a core group of girls were selected to attend a dual meet hosted at Cornell University. The trip was a huge success with each girl averaging approximately 5 wrestling matches and experiencing both wins and losses from which to learn. With all the matches recorded and sent out to the athletes the following week, each girl received individual feedback and guidance on how to identify their personal strengths, weaknesses and opportunities for growth. In all, the trip served not only in the development of these athletes, but in strengthening the bond between girls ranging in age from 10 to 17, sharing a passion and encouraging each other in their individual pursuit.

# BTST ATHLETES AT UNIVERSITY

Hey guys my name is Peter Shirley and I am a first-year student at McMaster University currently studying Kinesiology.

When you arrive at whichever College or University you choose for the first time you're going to be blown away. There's a lot of rushing around in the first week, moving in (for those who live on campus), buying books and not to mention getting to know people through the various welcome week activities there are. Just remember that you're going to have a lot of time to meet people and that while its important to get out there its also crucial that you get enough sleep (7-8hrs minimum). I know that makes me sound old but trust me when I say that professors jump right into core content about a day or 2 after introductory classes and if you're trying to catch up on sleep you'll fall behind in work fast. Remember why you're going to school, its to learn and develop yourself. Sure, partying is fun but at the end of the day its only a short-term reward, aim higher for bigger and better things!

Make sure to keep exercising at least 1 hour everyday. Even if you don't want to join a sports team (something I highly would recommend as it helps with distressing and gives you a strong support system) you should consider joining an intramural team that fits your desired level of competitiveness. It's tons of fun plus you meet some great likeminded people not to mention it helps with staying fit, which in turn promotes positive mental health. On that note, **if you're ever stressed out or overwhelmed don't be afraid to talk, your school will have many resources available to you so I urge you to make use of them.**



There are tons of things I could talk about so ill just end on this. **Try your best to be yourself everyday and always stand up for what you believe in.** You are going to be meeting thousands of new people, so many that you are never going to be able to remember them all. Some will have views that are completely opposite to your own and it will be frustrating to even be in their presence; that is ok, welcome to the real world. If you remain true to yourself, you will eventually find people who may be similar or wildly different who you will in time call your friends.



Sincerely,  
Peter Shirley;  
Marauder and Proud

P.S. Try and call back home occasionally. Your parents are going to miss you and whether you believe it or not you will miss them too, more than you ever have before.

# MENTORSHIP PROGRAM

BY COACH GEN MORRISON

As we rolled into another busy season on the wrestling mats, we kicked off our mentorship program with our Fall Base Testing GRIT challenge – designed to give athletes an opportunity to assess their strengths and weaknesses as they step into a new season. It was an opportunity for athletes to see how far they've come in some areas, while also setting new goals and raising the bar for this next season. As we led a discussion on the importance of seeking 1% gains each day by making smart choices and having a gritty attitude, it was encouraging to listen to some of the athletes share about their growing passion for the sport, the goals that keep them motivated and the skills they're developing in dealing with challenges.

As the season progressed, we've seen a growing number of dedicated coaches, parents, and community leaders investing their time at BTST and have re-structured our mentorship program to a more community-based approach. Through ongoing communication between all parties, we are working together in making sure athletes are getting the support and attention they need

both on and off the mat. Through an online check-in form, athletes are developing self-awareness and initiative in their academic, athletic and personal development. The form also serves to keep coaches and mentors in the know and create dialogue with each athlete to make sure they are feeling supported. From helping address technical challenges on the wrestling mat, to helping support one another's family life, to coming together in preparing for university applications, we've seen the community grow closer together because of principled and caring people willing to contribute their time, energy and efforts to a hard working group of kids.

Financial contributions have also gone a long way in ensuring athletes' flourishing in the classroom. The mentorship program has been able to sponsor and coordinate tutoring services for athletes in need. With exams just around the corner, we've seen important grade improvements in core classes as well as growing confidence and accountability in their ability to persevere.





Beat the Streets Toronto

# GRIT

## CHALLENGE

### BUILDING SUCCESS ON AND OFF THE MAT

LET'S GRIT IT OUT TO CELEBRATE HOW FAR WE'VE COME THIS SEASON, EMBRACE THE CHALLENGE OF THE CHAMPIONSHIP SEASON AHEAD AND GET MOTIVATED ABOUT CONTINUING TO GROW INTO THE BEST VERSION OF OURSELVES ON AND OFF THE MAT!

BRING WRESTLING/RUNNING SHOES & WATER BOTTLE

FEBRUARY 11 2017, 11:00AM TO 1:30PM

@NEWTONBROOK CI

155 HILDA AVE

# EDUCATIONAL PROGRAM

This season has been an exciting one for our Education Program. The new formula we are using has allowed us to speak not only on wrestling but on bullying as well as body image issues. We started the season off strong at Oakdale Middle School in the Jane and Finch area. Last year this was one of our more trying schools but this year it was one of the best because of the relationships we made with most of the children last year through our partnership with the YAAACE program. From there we went on to our old favorite Dixon Grove Public School followed by several others. This season we are looking forward to bringing our program to the First Nations School

of Toronto, and the High Performance School, Hollycrest which is a departure from our previous years.

So far this year we have had the privilege of introducing this program to over 2500 middle school and elementary school students. Jeremy LaTour and his staff continue to receive raving reviews from teachers and principals for continuing to motivate and inspire children to get active, learn new physical skills and promoting positive anti-bullying and body awareness issues practices. This program aims to reach over 5000 students by the end of the school year!

CHECK OUT OUR [FACEBOOK PAGE](#) FOR LIVE VIDEOS OF OUR EDUCATION PROGRAM!

IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO GET INVOLVED WITH OUR EDUCATION PROGRAM PLEASE VISIT OUR WEBSITE [WWW.BTSTORONTO.COM](http://WWW.BTSTORONTO.COM) OR CONTACT [NEAL@BTSTORONTO.COM](mailto:NEAL@BTSTORONTO.COM).



# WEST HUMBER WRESTLING TOURNAMENT

On January 12, 2017, West Humber C.I held its second annual wrestling tournament aptly named 'Ragnarok in the Rex' aka 'Rok', after the Viking Norsemen mythology of a great battle. West Humber hosted 27 teams that came from as far as Windsor and Orillia. Even West Humber's bitter rivals Newtonbrooke S.S decided to make an appearance. In total 320 wrestlers participated at the event, which made it the

biggest and most competitive tournament Toronto wrestling has seen in over 20 years. Head coach at West Humber would like to thank Beat the Streets Toronto in making this tournament possible. Without their new mats, this tournament would not have been able to get off the ground. This continued partnership between BTS and WHCI has proven that the sport of wrestling can grow in areas that need help the most.

**THANK YOU AGAIN BEAT THE STREETS TORONTO,**

**BERNARD SANCHEZ**

**HEAD COACH OF THE WEST HUMBER C.I VIKINGS**





PLEASE VISIT  
[BTSTORONTO.COM/DONATE](http://BTSTORONTO.COM/DONATE)  
TO FIND OUT HOW YOU CAN SUPPORT OUR STUDENT ATHLETES.

NEAL EWERS  
EXECUTIVE DIRECTOR  
[NEAL@BTSTORONTO.COM](mailto:NEAL@BTSTORONTO.COM)

