

Friends of Bishop Ryan (FOBR) Principles of Engagement with the Wrestling

1. **FOBR** is an individualized based program that works with each athlete to maximize their athletic, academic and personal goals
2. **FOBR** is non-exclusive and welcomes and works with any and all club teams, school teams and their coaches to develop the student-athlete
3. Our goal is to provide physically challenging practices and introduce wrestlers to our preferred technical skill sets to compliment existing programs
4. We make it clear that athletes have the freedom of choosing whatever technical methods that work best for them at a **FOBR** practice
5. In partnership with The Government of Canada and local programs, **FOBR** engages in the following:
 - a. Loans Wrestling Mats to programs
 - b. Provide high-level training environments
 - c. Provides Mentors and Mentorship Opportunities for student/athletes
 - d. Provides post secondary scholarships
6. **FOBR** initiates programs in local communities to help young people fulfill their potential
7. **FOBR** introduces wrestling and fitness to middle schools and high schools in the Greater Hamilton Area
8. All **FOBR** Employees and Volunteers are to maintain the following on an annual basis:
 - a. A Vulnerable Sector Screening Police Check.
 - b. Progress reports on the programs they are involved in. (Reported to the Executive Director)
 - c. Orientation and Training