



# Indiana State Wrestling Association Inc.

[www.iswa.com](http://www.iswa.com)

**Phone: (317) 780-1885**

**Email: [iswa@sbcglobal.net](mailto:iswa@sbcglobal.net)**

## Come Wrestle with Us!

The Indiana State Wrestling Association, Inc. (ISWA) represents USA Wrestling in the state of Indiana. Founded in 1978, we have over 8,400 athletes and 175 member clubs throughout the state.

The ISWA coordinates competitive wrestling throughout Indiana providing opportunities for competition at every level. Working closely with athletes, coaches, parents, officials and administrators, we provide programs, services and benefits to all of our members.

Wrestling is more than a sport - it is a way of life. Wrestling is an excellent lifetime activity for health and well-being. But wrestling is more than just exercise. Athletes in our program learn about perseverance and determination, goal setting and achievement, dedication and commitment.

Wrestlers learn time management skills, self-discipline, courage and self-control. They learn how to win and lose with grace, and what it takes to strive for excellence. They take these skills with them into school, work and life. Above all, competitive wrestling is fun!

The heart of our grassroots program can be found in the thousands of parents, coaches and volunteers who ensure our athletes have the opportunity to participate. Parents spend countless hours supporting their athletes. Coaches provide constructive learning environments and challenging workouts. Volunteers conduct meets for all levels of competition.

If you are interested in youth wrestling, the ISWA will be happy to answer your questions, as well as provide you with any information you might need.



**We'd love to have you be a part of our sport.**