



# #WRESTLINGWEEK

## A C R O S S A M E R I C A

### MARCH 12-18, 2018

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#### **Monday, March 12th**

##### **Wrestling Highlight Day**

Post your favorite wrestling video or clip. It can be your highlight or an all-time favorite video – just be sure to post a wrestling highlight to kick off the week.

#### **Tuesday, March 13th**

##### **Diversity in Wrestling Day**

Celebrate the rich history of diversity in wrestling.

#### **Wednesday, March 14th**

##### **Wrestling Hero Day**

Share a shout-out, vignette, or short story about your wrestling hero. Your hero is your hero, so tell the world why your hero is just that.

#### **Thursday, March 15th**

##### **Salute to Service Day**

Wrestling has a long tradition and relation with our military, so be sure to thank a vet for his or her service. Or thank more than one!

#### **Friday, March 16th**

##### **Wrestling Shirt Day**

Wear your favorite wrestling shirt to school, work, or at the NCAA Championships in Cleveland. Encourage your teammates or former teammates to take part alongside you.

#### **Saturday, March 17th**

##### **NCAA Championships Viewing Day**

Make plans as a club or team to watch the finals of the NCAA Championships on ESPN. Plan it with your team, your friends, and your community with a viewing party!

#### **Sunday, March 18th**

##### **Olympic Wrestling Day**

It's time to get involved in the Olympic Styles of wrestling and improve overall as a wrestler or coach. Begin your own Olympic journey!

