



BTST Mentorship Program

Incentive to participate:

- Ongoing engagement and communication with BTST staff and mentors for support and guidance in growing toward the athlete's best self, on and off the mat.
- A place to engage with other likeminded athletes in the GTA and learn to apply the BTST principles of Fearlessness, Relentlessness and Honesty in their everyday lives.
- Prioritized consideration in the selection of athletes to participate in BTST led tournaments. These trips offer an opportunity to gather competition experience outside of the GTA, receive practical mentorship towards developing peak performance habits while on the road, and develop friendship and community with driven and like-minded peers.
- Upon graduation from high school, eligible to apply for a BTST Scholarship towards a post-secondary institution in the GTA.
- Eligible to apply for subsidized support from BTST's professional service team- professional counseling, professional tutoring, medical services.

Criteria to participate:

1. Must be an active wrestler in Toronto, committed and motivated towards growing in and through the sport. **Committed to a minimum of 3 practices a week.**

2. **Participate in at least 1 BTST led practice weekly.**

- To actively participate in BTST's mission of impacting the trajectory of their peers across the various communities served by BTST.
- To contribute to a movement of youth pursuing excellence, developing GRIT and growing as individuals on and off-mat goals.
- To develop a relationship with BTST coaches, allowing BTST to better serve and guide the athlete.

3. **Participate in online check-ins, GRIT events, and other mentorship led activities.** Be committed to their role as STUDENT-athletes, by submitting grades and setting academic improvement goals and plans of action as needed. Actively participating and communicating with the understanding that mentorship is a two way-street and that there is an expectation to take ownership and initiative in their own journey, using BTST Mentorship as a tool and support system.