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Partnership and Impact: Wrestling Mindset and Beat the Streets Philadelphia

“Our partnership with Wrestling Mindset has given our youth the mental tools needed to work through adversity; this helps our Beat the Streets student athletes on the mat, and helps them persevere in life.” -

-Ben Reiter, BTSP mentoring director

Energy and enthusiasm exude from the Beat the Streets athletes that I have come to know over the last four years. Some I’ve worked with once or twice, others over the course of several seasons.

Beat the Streets Philadelphia (BTSP) is a youth development nonprofit that strives to “Positively Alters Life’s Trajectory” for at-risk youth. The organization fosters holistic development, utilizing the sport of wrestling and academic mentoring as vehicles to teach student athletes lessons and values – such as Grit, Compassion, Service, Team – that apply to all areas of life.

BTSP was started by alumni and former wrestlers from the University of Pennsylvania. They recognized that wrestling was a consistent part of their

Pennsylvania. They recognized that wrestling was a crucial part of their formative college years and that wrestling can be used as a vehicle for positive youth development. These wrestlers took note of the lack of youth-centric programs in the city and started BTS Philadelphia in 2009.

My first exposure with BTS athletes started on the mat as a coach. The backgrounds of the athletes were as diverse as the city of Philadelphia itself. The two most striking characteristics of the athletes from BTS is their perseverance and grit.

With the growth of wrestling in Philadelphia over the last decade, many of these athletes were the first in their family to compete in the sport. Rather than parents bringing them to practice, many of the wrestlers found their own way, with support from BTS.

Before they left at the end of practice, one of the older members often handed out tokens for public transportation for younger members to head home. With evening practices ending around 8:00, it was easy to see the commitment the athletes made to the sport and the teams they were part of.

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Make it a great day!
-Coach Z

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