



MEMBER HANDBOOK

Who we are · What we stand for · What we expect



WELCOME



A Letter from Coach Sam



People ask me why I coach.

Some assume it's because I love wrestling.

I do.

Others assume it's because I want to build champions.

I do.

But those aren't the real reasons.

The truth is, wrestling changed my life long before I ever started Broad Axe.

I grew up around great coaches — Dale Bonsall, Bobby Weaver, Tom Hontz, Joe Pantaleo, Pat Sole, and many others who influenced me along the way. They taught me far more than takedowns and technique. They taught me discipline, resilience, accountability, and what it meant to care about the people around me. Later, I had coaches who showed me what not to do. I'm grateful for them too. Every one of them helped shape the coach I wanted to become.

The lessons never stayed on the mat.

When life got hard, wrestling had already prepared me.

It taught me to stay calm under pressure.

It taught me to keep moving forward when nothing was going my way.

It taught me that setbacks aren't the end of the story. They're usually where the growth begins.

The mindset I use to lead my family, build this academy, and meet whatever life throws at me — I forged it in this sport.

That's why Broad Axe exists.

We teach wrestling, but wrestling is only the vehicle. Our real mission is to develop people who are disciplined enough to chase meaningful goals, resilient enough to overcome adversity, humble enough to keep learning, and compassionate enough to lift others along the way.

The wrestling room has always been a sanctuary for me — a place where I could leave the outside noise at the door and think about one thing: getting a little better, next to people chasing the same thing. A safe place to learn, to struggle, and to grow.

I hope that's what Broad Axe is for you.

Years from now, I hope our athletes don't just remember winning tournaments.

I hope they remember learning to breathe when life felt overwhelming.

I hope they remember choosing gratitude instead of bitterness.

I hope they remember putting others before themselves.

I hope they remember serving their communities.

I hope they remember believing in themselves when everything said they couldn't.

Most of all, I hope they remember that every coach at Broad Axe cared about them.

That they were challenged because they were believed in.

That they were loved.

Because one day the wrestling shoes come off.

The medals get packed away.

The records fade.

But the person you become remains.

If Broad Axe helps shape young men and women who become loving husbands and wives, devoted parents, trusted coaches, successful business owners, and community leaders — people who leave the world better than they found it — then we've done something far greater than winning another championship.

That's the legacy we're building.

Welcome to Broad Axe.

— Coach Sam

CHOOSE TO FIGHT

TRAIN TO WIN

LIVE WITH PURPOSE





OUR PHILOSOPHY

MORE THAN WRESTLING



More Than Wrestling

Every organization has a way of doing things.

Some teach technique.

Some chase trophies.

Some measure success only by wins and losses.

That's not who we are.

At Broad Axe, we believe wrestling is one of the greatest teachers in the world. It teaches lessons classrooms can't. It teaches lessons comfort never will.

Every hard practice is a chance to become more disciplined.

Every tough opponent is a chance to become more courageous.

Every defeat is a chance to become more humble.

Every win is a chance to become more grateful.

Everything we do is built on three ideas.

Choose to Fight.

Every morning you wake up with a choice. You can choose comfort, or you can choose growth. We choose to fight.

We fight laziness.

We fight fear.

We fight excuses.

We fight selfishness.

We fight the voice that tells us to quit.

The toughest opponent you'll ever wrestle isn't across the mat. It's the one inside your own head. Learning to beat that opponent is one of the greatest gifts this sport will ever give you.

Train to Win.

Winning isn't an event. It's a lifestyle. It's built in the small decisions nobody applauds.

Showing up on time.

Finishing every drill.

Helping your teammates.

Doing the right thing when nobody's watching.

Studying. Recovering. Eating well. Sleeping well.

Preparing with purpose.

The scoreboard just reveals how well you prepared. We're not chasing victories. We're building the kind of people who consistently earn them.

Live with Purpose.

One day your wrestling career will end. Your purpose won't.

The lessons you learn here should make every part of your life better. We want you to become someone who stays calm under pressure.

Someone who chooses gratitude when life gets hard.

Someone who serves others before serving themselves.

Someone who leads with humility.

Someone who gives back to their community.

Someone who loves their family well.

Someone who builds people up instead of tearing them down.

That's success.

Because wrestling was never the destination. It was the training ground for the life you were meant to live.

HOW WE SHOW UP

Choose to Fight, Train to Win, and Live with Purpose are what we're after. These three traits are how we carry ourselves while we chase them — every day, in the room.

Intensity — Relentless effort. Constant pressure, full motor, every rep and every match.

Focus — Everything on purpose. No drifting, no going through the motions — deliberate and locked in.

Integrity — Honest in victory and defeat. We don't lie to others or ourselves, and we compete hard no matter what.

This is The Broad Axe Way.

Not because it's easy.

Because it's worth it.





OUR STANDARD

THE BROAD AXE STANDARD



The Broad Axe Standard

This Is Who We Are.

Every wrestling room has rules.

Broad Axe has a standard.

Rules tell you what not to do.

A standard reminds you who you're choosing to become.

Our standard doesn't start when the whistle blows. It starts the moment you walk through our doors.

Every conversation.

Every drill.

Every workout.

Every competition.

Every decision.

Each one is a chance to become the person you were made to be.

That's why we're here. We're not here to spend our time. We're here to invest it.

Every practice is an investment.

Every workout is an investment.

Every hard conversation is an investment.

Every setback is an investment.

What we do today becomes who we are tomorrow. That's The Broad Axe Standard.

We Choose Respect.

Respect isn't earned at Broad Axe. It's given freely — because it says more about us than about the person receiving it.

We listen when coaches speak.

We encourage our teammates.

We shake hands.

We thank officials.

We respect our opponents, because without them we never get better.

How you treat people says more about you than how many matches you win.

We Give Our Full Effort.

Talent is a gift. Effort is a choice. Every athlete can choose effort.

When practice begins, distractions end.

We don't cut corners.

We don't coast through drills.

We don't save energy for tomorrow.

We attack every practice, because every practice is building who we'll become.

You won't win every match. But you should never lose because you chose not to give everything you had.

We Choose Accountability.

Excuses never made anyone better. Mistakes do — as long as you're willing to learn from them.

We don't blame officials.

We don't blame coaches.

We don't blame teammates.

We ask one question: “What can I do better next time?”

Growth begins the moment excuses end.

We Are One Team.

At Broad Axe, everyone matters.

National champions and first-year wrestlers.

Elementary kids and high school seniors.

Boys and girls.

State medalists and athletes stepping on the mat for the first time.

Everyone trains together. Everyone learns together. Everyone helps each other grow.

No cliques. No favorites. No athlete who's “too good” to help someone else.

Iron sharpens iron. That's who we are.

We Stay Coachable.

The best athletes we've ever coached all share one thing. They never believed they had all the answers.

They listened.

They asked questions.

They stayed curious.

They accepted correction.

Confidence and humility can live in the same person. The greatest competitors always have both.

We Choose Gratitude.

Every chance to wrestle is a gift. Someone sacrificed so you could have it — a coach, a parent, a volunteer, a teammate, a donor, a sponsor.

Never take it for granted. Grateful athletes become resilient athletes.

We Serve Others.

Success is never just about you.

Help the younger wrestler.

Encourage the teammate who's struggling.

Clean up without being asked.

Carry the equipment.

Thank your parents.

Volunteer in your community.

Look for chances to make someone else's day better. The strongest people are usually the first to serve.

We Leave Things Better Than We Found Them.

Leave the wrestling room cleaner.

Leave your teammates more confident.

Leave your coaches encouraged.

Leave every tournament with your reputation stronger.

Leave your community better because you were part of it.

Everywhere you go — leave it better.

We Live the Standard.

The Broad Axe Standard doesn't end when practice does. It follows you into school, into your home, into your friendships, into your work, into your community.

Most people will never watch you wrestle. But they'll always see how you treat others.

Your character is your reputation.

Protect it. Build it. Live it. Every day.

THE BROAD AXE PROMISE

When you wear the Broad Axe logo, you represent something bigger than yourself.

Every athlete who came before you.

Every family who believed in this mission.

Every coach who invested in your future.

Wear it with pride. Honor it with your actions.

And remember —

CHOOSE TO FIGHT

TRAIN TO WIN

LIVE WITH PURPOSE





THE PRACTICAL SIDE

HOW WE RUN



How We Run

The Standard is who we are. What follows is simply how the gym runs day to day — the schedule, the expectations, the details that keep everything moving — so you're free to focus on becoming the person the Standard describes.

Your Coaches

You'll train under high-level collegiate wrestlers and accomplished high school coaches who care as much about who you become as how you compete.

- Sam Walters — President & Head Coach (“Coach Sam”)
- Joe Masciantonio — Vice President

Coaching staff: Nathaniel Brown, Kyle Gentile, Mike Lammer, Brian Kuhns, Jared Kuhns, and Jordan Wood.

Our Programs

We offer co-ed classes for every age and skill level, plus a girls-only class. The focus is always fun, fundamentals, and growth — whether a wrestler is brand new or chasing a world team.



Class	Who	Days	Time
Toddler	Ages 2–5	Tue	5:00–5:30 PM
Beginner	Ages 6–10	Tue & Thu	5:30–6:45 PM
Intermediate	Ages 8–12	Mon & Wed	5:20–6:50 PM
Advanced	6th–12th grade	Mon & Wed	7:00–8:30 PM
Combined Int/Adv	Serious wrestlers	Tue & Thu	7:00–8:30 PM
Girls-Only	All ages	Sunday	1:00–2:30 PM
Elite	Invite only	Sunday	5:00–7:00 PM

- Combined Intermediate/Advanced gives serious wrestlers extra mat time — up to four sessions a week — and lets intermediates sharpen against our top athletes.
- The Girls-Only class is included in your membership, or available as a drop-in.
- Elite is invite only.

Membership

- Drop-In — \$30 per class
- Monthly — \$150 per month
- Annual — \$1,500 per year (about \$125/month — a \$300 savings over paying monthly)
- Siblings — a generous 50% off each additional sibling

- Scholarships — available for families who need them; reach out to Melissa in confidence

Our Beginner Program — Beginning September 2026

Beginner is the most important room in the building. It's where the foundation gets built — and it's also the hardest to run well, because when a brand-new wrestler joins mid-stride, the whole group has to slow down and restart.

So starting in September, Beginner becomes a closed class with a set roster:

- New spots open on a monthly basis, and new wrestlers join at the start of a cycle when a spot is available.
- No drop-ins in Beginner — this class is enrollment only.
- The payoff: a consistent group that builds week to week, and kids who get promoted to Intermediate faster and more predictably.

Drop-ins are still welcome in our other classes.

Attendance & Communication

- Members are expected to train at least twice a week. Consistency is how progress happens.
- Not going to make a practice? Let Melissa know so we can plan around it.
- Membership, billing, or enrollment questions go to Melissa — melissa@broadaxewrestling.com.

- Competition, tournament, and travel-team questions go to our Competition Director, Dan Lisa — dan@broadaxewrestling.com.

What to Wear & Bring

Wear shorts or sweats, and a t-shirt or crewneck sweatshirt.

No hooded sweatshirts — hoods and drawstrings are a real hazard on the mat and get in the way of live wrestling.

Bring:

- Wrestling shoes
- A refillable water bottle
- Headgear and a mouthguard, if you use them

Hygiene & Skin Health

Skin infections spread fast in this sport, so clean habits protect the whole room:

- Come to practice clean, and shower as soon as you can afterward.
- Wash your practice gear after every use.
- Keep fingernails and toenails trimmed.
- Cover any open cut before stepping on the mat.
- Spot a rash, sore, or anything that might be an infection? Tell a coach and stay off the mat until it's cleared. Reporting early isn't a big deal — it's how we look out for each other.

Injuries & Return to Play

- Tell a coach as soon as something's wrong. We'd always rather you sit out one practice than turn a small injury into a long one.
- Follow the guidance of your doctor or athletic trainer.
- Anything involving the head — dizziness, a headache, feeling “off” — we take seriously. No return until you're properly cleared.
- Check in with a coach before you come back so we can ease you in the right way.

Competing for Broad Axe

- When you step on the mat for an individual event, you represent Broad Axe. Wear our gear with pride and carry the Standard with you.
- Broad Axe members always get first shot at making our travel teams.
- Questions about competitions or travel teams? Reach our Competition Director, Dan Lisa, at dan@broadaxewrestling.com.

Parents & Spectators — At Practice

- Stay positive and encouraging with your kids.
- When a coach is teaching, keep it quiet so the athletes can hear and focus.

- Let the coaches coach — please don't give instruction from the sideline. Two voices pull a kid in two directions.
- It's okay to let your child struggle. That's where the growth is.
- Keep an eye on younger siblings and help us keep the viewing area calm.
- Save detailed questions for after practice, or send them to Melissa.

Parents & Spectators — At Competitions

- Cheer loud and cheer positive — for your wrestler and for their teammates.
- Respect the officials and their calls, even the ones you'd argue.
- Let the coaches coach. Your athlete should be looking to their corner, not the stands.
- Show respect to opponents, their families, and the host site.
- Win with humility, lose with class. How we carry ourselves in the stands is part of how Broad Axe is known.

Photos & Media

Broad Axe takes photos and video at practices and events, and may use them to celebrate our athletes and share what we do — on social media, our website, and promotional materials.

If you'd prefer your child not be featured, put your request in writing to Melissa at melissa@broadaxewrestling.com. This preference is also part of our membership waiver.

Quick Contacts

Broad Axe Wrestling Academy is a 501(c)(3) nonprofit founded in 2022, dedicated to growing wrestling in Southeastern Pennsylvania — all ages, all skill levels.

- Location — 110 Meyers Way, Dublin, PA 18917. Most GPS apps still know it as Mill Street — if Meyers Way sends you the wrong way, search “110 Mill Street, Dublin.”
- Phone — (610) 301-4440
- Membership & attendance — Melissa, melissa@broadaxewrestling.com
- Competition & travel teams — Dan Lisa, dan@broadaxewrestling.com
- Web — www.broadaxewrestling.com



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