

Randy's Online Wrestling Newsletter, June 2010 Edition

Newsletters and Notices:

This will be my last Newsletter until September (which might go out in late August). I will, however, try to keep in touch with all of you through Notices now and then. Have a great summer and I hope to see many of you in the next two months!

Training Opportunities this Month:

Notice: Summer Camp opportunities: Attack System Training Camp, Intensive Training Camp, Youth Training Camps

Remember: Technique Info Inside!

Each and every issue of the Online Wrestling Newsletter, including this one, contains a technique section for wrestlers.

Spring is Over and Summer is Here!

We ended our spring with a bang - our Elite Club earned 9 qualifying spots on Team Ohio for USA Nationals in Fargo, ND! Great job, guys!

Our clubs at Northmor and Logan Elm also just finished up. Thanks to all of you who trained with me this spring! I hope to see each and every one of you at camp this summer.

Speaking of which....

Summer Camp News: May Special extended to June 4

A lot of athletes have been taking advantage of the May Special to get their Attack System Shorts at a great discount. We are going to give the rest of you a few more days, and continue the special until this Friday, June 4. Just sign up for camp online, indicate that you want the shorts and what size you need, and you will be billed at camp. You can also include the info with your application if you mail it in. Remember, if you do not want the shorts, just leave that line blank.

These are very nice shorts and this is the only place you can get Attack System gear! The regular price for shorts is \$20, but you can get these for \$10 now, so this is a good time to load up, if you are interested.

Attack System Camps: Train Hard, Train Right

This is how we train athletes at our camps:

Build a Solid Foundation. Starting with the first couple of sessions, we teach you Stance, Movement, Positioning and Hand-fighting - the core foundation for any top level wrestler. We teach you where to be and what to do, and then we repeatedly emphasize it through our training system, so you learn it.

Repetition. As we move along through camp, teaching our system, we continually emphasize the techniques learned in previous sessions, by drilling them with our speed drills.

Expansion. Continue to build on our foundation in every aspect of wrestling as the week goes by, so campers are well-rounded in their training and knowledge by camp's end.

Reinforcement. Every evening, we review technique through drilling, in particular, **Speed Drilling**, to continually reinforce what we have taught. We then wrestle live after the Review session.

If you want to truly learn wrestling, there is no better way to do it than to train in this manner.

I teach my highly successful system at every one of these camps. When you attend my camps, you are trained by me. I am at every session, and I teach at all but maybe 1 session the entire week. I get to know you personally, by name, and by week's end (oftentimes by the end of the first full day), I know every athlete in my camp.

Many of you will be receiving a camp brochure in the mail sometime this month as a reminder to get your application in for the 2010 Summer Camps. **Camp brochures** are also available online. If you want a few mailed to you, and haven't received them by mail yet, contact me and I will make sure we send them out. **Online Signup** is also a very effective way to register. Also - don't forget to place your order for Attack System Shorts with your application.

Summer Camp Dates are as follows:

Attack System Training Camp: Sun. June 27 - Thurs. July 1

Intensive Training Camp: Mon. July 5 - Sat. July 10

Youth Training Camp 1: July 14-16

Youth Training Camp 2: July 21-23

You can sign up online for all of our camps through our website at **The Store**.

Youth Training Camps

Our youth camps are July 14-16 and July 21-23. We have two main goals at these camps: 1. Train these young athletes, Attack System Style - excellent technique that they will be able to use as long as they are wrestling, and 2. Have fun. We want these athletes to still be wrestling 10 years from now.

Every youth athlete is taught how to position themselves so they can't be easily attacked, which is a key component to Attack System Wrestling. They are also taught how to beat common youth wrestling moves such as the Head & Arm, and the Cement Mixer. We don't want our young wrestlers losing because of a cheap move. If they are going to beat you, make them earn it!

Our Youth Camps are limited to 10-15 athletes per week, so every child gets plenty of my attention. Be sure to sign up early enough so you won't get closed out.

Attack System Wrestling on Facebook and Myspace

Follow along if you'd like, but send an email if you really are looking to contact me at randy@randyswrestlingsite.com.

Here is my Myspace URL: <http://www.myspace.com/randyswrestlingsite>

My Facebook URL is: <http://www.facebook.com/randyswrestlingsite>

Wrestlers Corner

For those of you who are checking out Wrestlers Corner for the first time, it is divided into the following sections:

Results Section. We have the 2010 State Championships Page, including a video interview with expert sports psychologist Chris Stankovich, an interview with Coach

John Gramuglia of Wadsworth, BEFORE his State Championship win, and a brief interview with Logan Stieber, the latest 4X state champ.

Technique Corner. You can get technique from the 3 main areas of wrestling: Neutral, Top, and Bottom - in addition to Training info. Lots of helpful information to improve your wrestling. Coming soon: more info and articles on the Mental Aspect of wrestling. Very important stuff coming your way!

Attack System Wrestling Section. The latest training opportunities, including **all of our Summer Camps**. We also have Fall and Spring info on there as we get closer to those seasons.

Finally, the **Events Info** section in the left-hand column lists tournament info.

Updates to Randyswrestlingsite.com

All of the major pages on Randyswrestlingsite continue to be updated on a regular basis: the [Coaches' Page](#), [Wrestlers Corner](#), [Results Page](#), [Camps Page](#), and [Attack System Academy](#).

Be sure to continue checking the technique and training pages as well - there is new content being added every month.

Hopefully, you will visit Randyswrestlingsite.com and Wrestlerscorner.com, on a regular basis. Certainly for wrestlers, Wrestlers Corner offers many features that you can benefit from, such as results and technique, and training opportunities via Attack System Wrestling.

New Items at The Store!

We have just added a few items to The Store, including Shorts and T-Shirts. Feel free to check it out. The store also features online signup for all upcoming Summer Camps and DVD's.

Technique Section

A Summer Training Regimen

It's summer vacation! Have a great, enjoyable summer. While you are enjoying your time away from school, you want to make good use of your time and resources to continue to develop as a wrestler, which involves making gains in 3 key areas:

1. Wrestling skills.
2. Athleticism.
3. Mental Skills.

1. Improving your Wrestling Skills.

This is where camps, clinics, open mats and tournaments come in. All of these things can help you become a better, more well-rounded wrestler. While competition is an important part of the process, don't forget skills training. Be sure you get to a few camps and work with coaches who will personally train you and teach wrestling skill. Learn some new techniques and ways of doing things, and improve on skills you may already have. This should be an essential part of your Summer Training Regimen.

2. Improving your athleticism.

Don't ever "take the summer off." Some athletes get out of shape, stop running, stop lifting, and stop training in the summer. This is detrimental to your long-term goals! Now, don't get me wrong - everyone needs some down-time - just, not 3 months of it. You need to be working out and staying in shape, and you can do this while still enjoying your summer. The best athletes are never truly out of shape. Summer is a great time to get stronger, get quicker, and generally, continue to mature as an athlete. Have a good weight training regimen. Do some sort of regular workout that involves running - that could include a weekly soccer or pickup basketball game, as well as running sprints and doing some roadwork. Whatever you do, remember: sitting around all the time means you are getting passed up by those who are working out.

3. Improving your mental skills.

This area is of ultimate importance. Several years ago, I trained a wrestler who would routinely lose most of the big, close matches. He'd get into the 3rd period, and if he wasn't crushing his opponent, he was a nervous wreck - and would lose to those athletes who could handle the pressure. In the State Tournament, he dropped a close match and did not place. That spring and summer, his coach put him in position to wrestle a lot of close matches, and he worked through that process. The next year, he calmly won close quarter-final and semis matches (was behind with a minute to go in one of them), and went on to win the state title. He had to learn the mental aspect of competing in close matches. Once he did so, he did exceptionally well. Mental training is very important. Take some time out of your summer schedule to read about mental training, and put yourself through some exercises. My good friend, Dr. Chris Stankovich, is one of the best sports psychologists on the planet. He has a lot of great information on his website, drstankovich.com - be sure to check it out.

www.randyswrestlingsite.com: Your Resource in Ohio for wrestling technique and training

(Note: To be removed from this newsletter list, please reply and tell me so and I will remove you.)