

Training Opportunities this Month:

Small Group Training, Club Simpson-Elite, Club Simpson-Logan Elm.

Technique Info Inside!

Every single issue of the Online Wrestling Newsletter, including this one, contains a technique section for wrestlers.

Club Simpson Elite: The Complete Spring Training Program

Our Club Simpson programs have provided athletes some excellent training opportunities during the spring. **Club Simpson-Elite** is our club for the serious athlete who wants to excel in Freestyle and Greco. This club is a limited access club - only about 15 slots are available for each of 2 groups, a total of fewer than 30 athletes in all. We will have a youth group, and also an older athletes' group. Last year, 5 of our athletes took 6 qualifying spots for the Nationals in Fargo, the most prestigious National Tournament in all of high school wrestling.

We train out of our Home Facility in Reynoldsburg on Sundays and Tuesdays, and will have some additional sessions on select Wednesdays, and occasionally on Fridays. Train extensively with me this spring, join Club Simpson-Elite. Here's a [link to the form.](#)

You can also [sign up online here](#). Remember, spots are limited, so make sure you get your applications in now. This year, early signup deadline is February 20. You can save \$20 by paying in full by this date.

Elite Club athletes also receive the following:

Personal small group training, at least 3 sessions

Summer Camp Discount: \$50

Tournament Schedule - travel to tournaments as a team and be coached at tournaments

Attack System DVD (3 to choose from) (\$49- \$70 value)**

2 Singlets (Value: \$60 - \$100)**

Cost is \$375, Deposit due March 1, \$200, to hold your spot. The first workout is March 16. Group assignments will be done in early March, so you know which time slot you are in.

Club Simpson-Logan Elm

Once again, I will be running this spring club out of Logan Elm on Thursdays. We will start on March 18, and finish up on May 20. Cost is only \$115 per athlete. This year, we have a discount for siblings. 2nd child cost is only \$60, and all additional siblings are FREE! Each club member will receive a T-shirt.

This club will be high school (folkstyle) style wrestling, as it was last year.

You can [get a form here](#), [sign up online here](#), or go to our website, randyswrestlingsite.com

Club Simpson-Northmor

An announcement on our Northmor Club is forthcoming in the very near future. Stay Tuned! Our website will have it as soon as its official.

Small Group Training for February Cycle

The athletes in our Small Group Training groups are working hard to peak for the Tournament stretch. We have three groups going this month:

The **Lightweight Elite Group, HS/Jr High** (80-112 lbers): **Time:** Sunday evenings, 6:00 - 7:30 pm.

The **Youth Group** (3rd-6th graders): **Time:** Mondays, 5:30 - 7:00 pm.

The **HS/Jr High Group** (125 lbs and up): **Time:** Mondays, 7:30 - 9 pm.

We do not have openings for these groups now.

Attack System Wrestling on Facebook and Myspace

If you care to follow me on these sites, feel free to. I can't promise I will be online every day (or even every week), but you are certainly welcome to check in on me. I still advise you to send any important training-related messages to my email address at randy@randyswrestlingsite.com, but if you want to say hi and see me online feel free to follow along.

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

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

Summer Camp Signup and Forms now available

We are now taking applications for 2010 Summer Camps. The camp brochures are printed and available, and are also available online. If you want a brochure mailed to you, contact me and I will make sure you get one.

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 (notice the difference in starting day)

Youth Training Camp 1: July 14-16

Youth Training Camp 2: July 21-23

You can sign up online on our website at [The Store](#).

Wrestlers Corner

Wrestlers Corner is divided into the following sections:

Technique Corner. Includes links to wrestling technique from the 3 main areas of wrestling: Neutral, Top, and Bottom - in addition to Training info. Lots of helpful information.

Results Section. Our latest feature is the State Tournament Page - 2009 and 2010. We plan to be adding more content in the near future, including a thorough coverage of the State Tournament in March. We have posted an interview with State Wrestling Champ Josh Demas, from Westerville North. Be sure to catch it.

Also - The Central District Composite Page continues to be a very good resource for Central District coaches and wrestlers to follow results that have taken place throughout the year for meets listed on the Composite Schedule. A 3 page Medina Invitational Results Section is also on there, complete with over 100 pictures from the tournament, including almost every finals match.

Attack System Wrestling Section. The latest training opportunities include **the Spring Clubs, Small Group Training and Summer Camps.**

Also, we still have our **Events Info** section in the left-hand column, which now lists some Winter Youth tournaments. Soon, we will be listing spring tournaments there.

The **Coaches Corner** section has a Central District Corner, which now, in addition to the composite schedule, also includes sectional tournament assignments, as well as recent coaches' polls.

Attack System Academy Winds down

We now have just one session left at Northridge, next Tuesday, Feb 16. Come and prepare for the tournament stretch next week.

Tuesdays: **Johnstown Northridge** High School

Time: 7:30 - 9:00 pm

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.

The Latest at The Store

The store features online signup for the upcoming Elite Club and Club Simpson-Logan Elm clubs, as well as Summer Camps and DVD's.

Technique Section

Neutral Position: Finishing the High Crotch (Part 2)

Last week, we worked on some finishes from this position, This week, we counter the crackdown, or 'sit and scoot' position.

There are a couple key things you have to do in order to win from here. First, you have to keep the opponent from locking in the crotch. If he does this, he controls your hips and you are in trouble. If he turns the corner and tries to lock, you want to drop your inside hip (if you have a right-handed hi-crotch on him, it would be the right hip), and keep that hip away from him. Next, we hip heist that inside hip to the outside, then high leg. From here, you want to take your knee under his knee, get off your knees and walk back into him, stepping over the far leg.

There are other counters from here as well. Anytime I can reach the far ankle underneath with my attacking hand, I can hop over to the other side and finish cleanly. Also, sometimes I can double-knee in between his legs, splitting him, and walk my hands up his back.

These are a few key skills from the crackdown position, which is an essential position you have to win from in the big matches.

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.)