

Training Opportunities this Month:

Club Simpson-Elite, Club Simpson-Logan Elm, Club Simpson-Northmor.

Technique Info Inside!

Every single issue of the Online Wrestling Newsletter, including this one, contains a technique section for wrestlers. This month, also a word on State Tournament Coverage.

Club Simpson Elite Starts next week (Tues. March 16)

Our Elite Club starts next week. As you know, Club Simpson-Elite is designed for serious athletes who want to excel in freestyle and greco, and compete at the highest level in the spring and the summer, which is Junior & Cadet Nationals in Fargo, N.D. For athletes who are younger, there are state and national events for them, as well. Our program has been very successful - just last year, 5 of our athletes qualified for Nationals in the Junior/Cadet divisions.

Our club is limited to about 15 athletes per group - one for older athletes and one for younger athletes. 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 right away. We still have a few spots left in HS/Junior High division, and a few more slots available for the youth wrestlers. We do have a need for a few big guys - 171-215 lbers.

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. The first workout is March 16. Group assignments are being done now. NO WALK-INS.

Club Simpson-Logan Elm

Next Thursday (March 18), we start at Logan Elm, and train every Thursday for 10 weeks, concluding on May 20. Cost is only \$115 per athlete, which includes a T-Shirt. This year, we have a discount for siblings. Your 2nd child only costs \$60, and all kids attend FREE! Each club member will receive a T-shirt, so make sure you sign up all of your kids!

This club will be high school (folkstyle) style wrestling, as it was last year, and will focus on Winning Technique from Key Positions.

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

Club Simpson-Northmor

I am happy to announce that we are back at Northmor this spring, and looking forward to returning. We start next Monday (March 15), and train for 10 Mondays, concluding with May 17. This club is a freestyle/greco club. You can [get a form here](#), [sign up online here](#), or go to our website, randyswrestlingsite.com

State Wrestling Tournament

We were fortunate enough to cover the State Wrestling Championships this year at Wrestlerscorner.com. It was one of the most exciting state tournaments I've ever been to, and the Division One Team Title wasn't decided until late Saturday night, when Wadsworth's 215 lber, Nick Tavanello, secured a late-3rd period takedown to win the championship and clinch the title for Wadsworth, their first in 68 years!

I have 3 pages of pictures on the website, in addition to numerous articles and interviews. You should check it out - there is some very good material there and some excellent pics. This link will take you directly to the [2010 State Championship Page](#).

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. [Online Signup](#) is also available.

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:

Results Section. Our latest feature is the 2010 State Championships Page. We have added a lot of content - including a video interview with expert sports psychologist Chris Stankovich. You should really check out this video, he is brilliant. We will be bringing you more content with Chris in the very near future.

We also were fortunate enough to interview Coach John Gramuglia of Wadsworth, BEFORE his State Championship win. I had a feeling they were going to win it.

Also had a brief interview with Logan Stieber, the latest 4X state champ.

Technique Corner. Wrestlers Corner also Includes wrestling 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.

Attack System Wrestling Section. The latest training opportunities include **the Spring Clubs and Summer Camps.** Be sure to check it out.

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

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

Time for Spring Training

What do elite level wrestlers do when the State Tournament ends? They wrestle freestyle and greco, qualify for Fargo and wrestle in the Junior and Cadet Nationals.

In talking to Ohio' latest 4X state champ Logan Stieber, I got an inside look at just how much he likes freestyle. He is a national champion in the international style, which has helped lead to his #1 national ranking at 125. It is not accident that Logan knows exactly where to move on a wrestling mat. Freestyle is one of those vehicles that give you excellent mat sense.

In Greco wrestling, all attacks are above the waist - no leg attacks, no grabbing the leg, or even tripping, foot sweeping or blocking. Greco teaches great hip position, which is essential in wrestling.

Freestyle allows attacks from all areas. The most important aspect of Freestyle wrestling is back exposure. Freestyle helps tremendously with chain wrestling - putting numerous techniques together in a hurry. It is a faster, and rougher, style than Folkstyle (high school style) wrestling.

In future newsletters, I will be discussing key freestyle and greco techniques. For now, find yourself a good club, or clubs, and get to training in a way that will help take your wrestling skills to a higher level - compete in freestyle and greco.

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.)