

Coaching points Inside!

Every issue of the Coaches' Newsletter contains something for coaches. Later on in the newsletter, some training tips for coaches.

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 took 6 qualifying spots for Nationals in the Junior/Cadet divisions.

Our 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.

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. Coaches - this is an excellent opportunity for your athletes to train extensively with me this spring. Here's a [link to the form.](#)

Athletes can also [sign up online here.](#) Remember, spots are limited, so tell your athletes to get their 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 lbs. You can feel free to pass this info along to your athletes.

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.

Club Simpson-Logan Elm

Once again, I will be running this spring club out of Logan Elm on Thursdays. We start next Thursday, 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. Coaches - please pass along the word to your team. We want another great showing there, like we had last year (almost 50 athletes trained with us in this club last spring).

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

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. If you

are in the vicinity, please pass this info along to your athletes. We anticipate having a great club again this year.

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 packet of brochures mailed to you for your team, and/or to take to tournaments, especially Sectionals and Districts, contact me and I will get them to you.

The **Attack System Camp** is an excellent camp for your entire team. Send 10 or more of them to me this summer to be trained, Attack System-style, and I will send you a free Coaches' DVD so that you can continue to utilize this training in your own program next year.

The **Intensive Training Camp** is excellent for your most advanced, hardest working athletes. Top Level training for the hard-core athlete that wants to compete at the highest level.

Our Youth Training Camps are an introduction to Attack System Wrestling for the Youth Wrestler. Athletes learn fundamental technique and essential skills that will help them win for the long-term.

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

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**](#).

Coaches' Corner Updates

The [Coaches' Corner Page](#) features technique and training info, as well as being connected with the Results Page. For Central Ohio coaches, we have the Central District Corner, in the left-hand panel of the page, which featured the Composite Schedule Page during the season, along with a very large number of results posted. The last Central District Coaches Poll was also listed here, as well as all Sectional team assignments. I have not done much with this section in the past few weeks, due to just an overwhelming training schedule as well as coverage schedule for the State. I will post more info on here as it becomes available.

Coaches - please send me Spring Tournament info. I hope to expand on that very soon here. You can help by sending PDF's with your form, so I can put them out there quickly.

Remember, the The Coaches' Page also has links to training opportunities for athletes, which is my #1 responsibility, as well as technique and training info that can help your program. By all means, take full advantage of these resources available to you.

Wrestlers Corner for your athletes

Be sure to check out our **[Wrestlers Corner Page](#)**, which is geared toward athletes. There is a ton of useful information for coaches as well, however. Go to **Technique Corner** to see what we are teaching athletes. This section is divided into 4 sections: **Neutral, Top, Down**, and the **Training Section**. Extremely easy and convenient. The Results Section can also be found here, as well as a Wrestler of the Week feature, and other things.

Please let your athletes know about Wrestlers Corner, and encourage them to check it out.

Randy's Attack System Coaches' DVD

This DVD is available online through the website, or via mail-in, if you choose. Go to the website's [DVD's Page](#) for samples, chapter layout, etc. You can also buy it online at the same location. Remember our camp special - send 10 athletes or more to our summer camp and get a free DVD!

Coaches: You can use this DVD to enhance your program - and also get a close look at how I train your athletes when they are in my clubs and camps.

Randyswrestlingsite.com

There is a lot to see at our website. In addition to having all training opportunities listed, we also have the Coaches' Page, Wrestlers Corner, and the Results page, among others. We covered many many events during the season on our Results page. Be sure to bookmark our site and check in regularly at Randyswrestlingsite.com and Wrestlerscorner.com.

The Latest at The Store

The store features online signup for the upcoming Spring Clubs: Club Simpson-Elite and Club Simpson-Logan Elm, Summer Camps, and DVD's.

Technique Section

Time for Spring Training

I see the Elite level wrestlers in Ohio every spring - on the mat, wrestling freestyle and greco, when the State Tournament ends. Many of these athletes will qualify for, and wrestle in Fargo at 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 Lo-

gan knows exactly where to move on a wrestling mat. Freestyle is one of those vehicles that give you excellent mat sense.

Here's some basic info about Greco and Freestyle, that many of you already know:

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.

Try to encourage your athletes to find a good freestyle/greco club, or clubs, so they can get the benefits of wrestling in these styles. I run an Elite Club, for instance, for limited numbers, and a club out of Northmor, for athletes in that area.

Your athletes will notice the difference - and so will you - if they choose to compete in Freestyle and Greco in the Spring.

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.)