

## 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: 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 US 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. Be sure to tell your athletes about this training opportunity. Here's a [link to the form](#).

Remember, spots are limited, so make sure to tell your athletes to get the applications in now. This year, early signup deadline is February 20. They 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 a spot. The first workout is March 16. Group assignments will be done in early March.

## **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. 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](http://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 lbs): **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 run these groups in December, January and February - a great in-season option for your wrestlers. Be sure to keep it in mind next season.

# 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](mailto: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**

# **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, and the ever-valuable Composite Schedule Page, which has a very large number of results posted. The latest Central District Coaches Polls are listed here, as well as all Sectional team assignments.

The Results Page now has a State Tournament Page for 2009, and for this year. 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.

Coaches - I appreciate your continued help in getting results for meets. As you will see, I don't always receive all of them - so if you have any results that are missing from the composite page, please forward them to me and I will load them out there.

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.

## A source for your athletes: Wrestlers Corner

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 con-

venient. 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.

**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**

We continue to add to the Coaches' Page, Wrestlers Corner, and the Results page, with new content every week. The In-Season version of the Results page offers many results, as provided by coaches, as well as other cooperative websites.

Baumspage, in particular, has been instrumental in getting results to us - they are a great source for information and often have the earliest results. Be sure to bookmark our site and check in weekly at [Randyswrestlingsite.com](http://Randyswrestlingsite.com) and [Wrestlerscorner.com](http://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**

**Situation Wrestling: A key to Peaking at the End of the Year**

We all want our athletes to peak at tournament time. Some of the things we do in order to do so, include shortening practices and wrestling more, concentrating heavily on finishes and key situations. Here are a few of the key situations you want your athletes to win from in wrestling:

1. Short Offense. Being able to secure points from the opponent's shot.
2. Short Defense. When you get stuck underneath, you have to have the skill to keep the opponent from scoring.
3. Hi Crotch. A common position to score from.
4. Crackdown Position. You are in on the Hi Crotch and he sits and scoots - or, the other way around.
5. Down, Leg in. Countering legs is always one of the most important skills for your athletes to have when in down position.
6. Single leg split the middle. Finishing from there, and also when you end up on your side.
7. Front Headlock. Offense and defense from here.

Make sure you know what you want your athletes to do from each of these positions. Go over it, drill it, and wrestle live from there. The success or failure of your guys down the stretch will largely depend on winning from these positions.

**[www.randyswrestlingsite.com](http://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.)