

## **Randy's Online Coaches' 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!

### **Coaching points Inside!**

Every issue of the Coaches' Newsletter contains something for coaches. Later on in the newsletter, some training tips for coaches, as well as some excellent camp opportunities for your athletes.

# **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!

In Central Ohio, our Elite Club is the place to be if you have elite level athletes. We commit fully to freestyle and greco in the spring, more so than any other club in the area. We have more athletes wrestling in qualifiers, state, and regionals than anyone else in Central Ohio. Next year, encourage your best athletes to train with us at Club Simpson Elite. You will be very happy with the result. Remember: Freestyle and Greco are what the Elite Athletes do in the Spring.

# **Summer Camp Opportunities**

Now, it is time for summer training. There are a variety of ways to have your athletes train with me. One is sending them, as a group, to Attack System Training Camp. They can come here, learn my system, and take it back to you next season. In addition, if you do this, and send your athletes here - at least 10 of them - I will send you my Attack System Coaches' DVD, absolutely free, so you can pick up with them where I left off.

Next, you can schedule a mini-camp at your school, for your athletes. Contact me and we can set up a one-day, two-day, or three-day camp for your athletes. This is an excellent way to get them all on the same page. My camps teach athletes how to train, as well as what to do when they get on the mats. For many of these camps, I will also pitch in a Coaches' DVD.

## **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 Stance, Movement, Positioning and Hand-fighting - the core foundation for wrestling. We teach athletes where to be and what to do, and then we repeatedly emphasize it through our training system, so they 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.

I teach my highly successful system at every one of these camps. Athletes who attend my camps 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 each athlete personally, by name, and by week's end (oftentimes by the end of the first full day), I know every athlete in my camp.

**Camp brochures** are available online, or I can mail some to you. **Online Signup** is also a very effective way to register. Feel free to forward this newsletter to your athletes so they can sign up directly with me.

## **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**

Athletes 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. We have had tremendous success through our Youth Training Camps - many many young athletes have grown up to become State Champions and placers. If you want your young wrestlers to still be wrestling in high school, make sure they have a positive experience now, and a Lot Of Fun! Remember, while older athletes are Goal-oriented, younger athletes are Fun-oriented. They will want to continue doing what is fun for them.

All youth athletes are 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 encourage your young athletes to sign up early enough so they 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](mailto: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 for athletes to utilize, in order to improve their wrestling. Coming soon: more info and articles on the Mental Aspect of wrestling. Very important stuff on the 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.

## 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.**

# Technique Section

## A Summer Training Regimen

It's summer vacation! During the summer, you want your athletes to continue developing as wrestlers, which involves making gains in 3 key areas:

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

### 1. Improving Wrestling Skills.

This is where camps, clinics, open mats and tournaments come in. All of these things can help your kids become better, more well-rounded wrestlers. While competition is an important part of the process, be sure to stress skills training for your athletes. It is very important for athletes to participate in a few camps and work with coaches who will personally train your athletes and teach wrestling skill. Now is the time for your athletes to learn some new techniques and ways of doing things, and improve on skills they may already have. Competition is great - but continued skill training is paramount to the development of your athletes. This should be an essential part of the Summer Training Regimen that you put together for your athletes.

### 2. Improving athleticism.

Encourage your kids to continue working out, and not "take the summer off." Some athletes get out of shape, stop running, stop lifting, and stop training in the summer. This is detrimental to their long-term goals! Now, don't get me wrong - everyone needs some down-time - just, not 3 months of it. I believe athletes need to be working out and staying in shape, and they can do this in a variety of ways, while still enjoying summer vacation. 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 athletes. Each should have a good weight training regimen, and also do some sort of regular workout that involves running - whether it be a weekly soccer or pickup bas-

ketball game, or some other athletic activity, in addition to running sprints and doing some roadwork. Athletes who sit around all summer are the ones who are getting passed up by those who are working out.

### 3. Improving 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 semi-final 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. Encourage your athletes to work on the mental aspect of wrestling. 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](http://drstankovich.com) - be sure to check it out.

**[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.)