

## BLOG – Camp Tisdale, for GLWC, from Coach Shane – 26 Jan 11

Everyone, have some newsssss for you all (blog form).

First, those available and interested in doing an extra day of training each week, we are hosting a "meet and greet" tonight at my facility. I anticipate all arriving by 6pm, although we will not actually start the tour/orientation till 6:15pm. In such, I will be just completing an earlier tour of a new coach, along with kids arriving in to train for our in-house, youth wrestling club with Lansing's Lions, our brother club. If this is of interest at all tonight, it is of course free, and just keep reading farther to see the proposed agenda below.

### **AGENDA:**

6pm - arrival, relax, meet and greet, check out all paperwork needed to be reviewed and or completed if decide to return to try out next week  
(official start day suggested is next week, always Wednesdays, blue mat, from 6-7:30pm, maybe up till 7:45pm if Leo wants to scrimmage!!!)

6:15pm - tour start/commences, total facility, Q & A for all along the way, youth and parents, review facility rules also/protocol

6:45pm or so - Sit down, complete Q & A, and break (bathroom, relax, get something to snack on or drink, kids run around or watch other practice), complete and review further all paperwork needed to join gym, review staff and coaches, accessibility, rules for athletes, parking, concessions and costs for that plus monthly membership, and weekly class requirements for training (aka sweats, headgear, shoes, arrive early, no streetshoes on mats)

7pm - Film review, we will be que' ing up all previous matches on our overhead projector from the last few weeks as long as we run into no technical difficulties, and everyone is patient enough to take a number so as to take turns for each match. Review as a group to critique PLUS have fun.

7:45pm Open facility: Kids can sign a waiver so as to roll around for about 15 minutes on Lansing's Lions mat as that team leaves, and or can play the last 14 minutes in the facility with the existing arcade games, the other PSP for gaming, watch more film, or even put in a movie on the other T.V.'s around.

7:59pm Orientation complete

This is not all what is planned, but projected for now if everyone would like.

As for Monday, it was again - AWESOME to get over to Maple Valley for the dual. I have all videos already posted/published now on my channel on Youtube, to note, all pix also on my Facebook, about to on our website next. So, hope you all enjoy, much thanks to everyone that showed up and the coaches that all helped out till I did, like Dan Herald, and especially Jeremy Wonnacot. THANK YOU all, and to our other coach Anthony Robinson to show up and help video - was SO NEEDED!

Kids did great at the dual, and were READY thanks to again - Jeremy. I just stood back as they did their final chants because they truly looked LIKE A TEAM; I was chagrin, now let's see "how they WRESTLE", I thought to myself.

First few matches on far mat don't go as well, and we have lost almost all, so what. We are not here to just win and lose, but have fun. I turn my back again and between it and the near mat I am on, now we finish off the rest of the exhibition dual as winning almost all remaining matches. A big smile on my face, hands in the air, I am now even MORE proud because kids are applying what they learned, less reaching back, and if they stop doing that as a counter to the half, I would be at PEACE! Homework coming for kids I can tell then with that between them and dad at home for NOW ON!!

I take the ACTUAL tally of head to head even for the varsity, and not only did we do GREAT as a new, JV, beginner team against Maple Valley's squad, but ended up capturing 6 total WINS to their 7. Not counting points then, not counting forfeits, we fared AWESOME, and everyone knew it. Our novice to advanced wrestlers all came through just like our beginners. Some ended up over the course of the night to get their FIRST wins, like Zach Moore, Colt Stout, etc., so I was even happier for them. Others were on win streaks now like the advanced guys plus little Isaac Hafner! And more went on!

Others were able to collect BIG WINS by pinfall, which was awesome, like little Ethan Barnes that I saw, others continued to DOMINATE like Logan Sandell - WHAT A MONSTER. I know there was even MUCH MORE to talk about with the other wrestlers that I did not personally witness also, but every time we split mats or matches, I am STUCK on one side as Anthony/Jeremy/Dan/Snauko, are caught on the other, which I HATE, very agravating to me, actually.

Randy Rodriguez steps in for the first time with us to help out, as does little Graszler. They both fight, don't give up, which is good to see, especially as Graszler's FIRST MATCH! I am inspired to witness this, and how hard we all fight. Brayden Sandell is in tears after his match by not capturing a win, but yet I tell him just how PROUD I was that he went an entire match now FIGHTING for such still, and now much closer it was. He is becoming more of a novice versus beginner wrestler the better he gets at this - not getting pinned, going the entire distance, and having much closer matches vs STUDS!!

Mitchell K. shows up to collect a forfeit and I happy, not because of keeping track of forfeits, NO, but because he KNEW he did not have a match and still came to rout us on, help do photo and MORE. Thank you MITCHEL!!!

I have team pins for all those in the previous email that collected win BY PINFALL on this day, as long as I saw such, recorded it, and or your parents can affirm the "fall time" for practice on Thursday by the way. That will kind of be protocol for the future to note, just need more help doing such by one set of parents each week at the tournament to record and tally please, plus other stats, aka quickest pin then, most wins, losses too, etc. Volunteers for this next weekend already in Leslie??

Homework is going to start to be issued now to note, for all kids with parents, at least once a week or two to review "at home", as some do need such on certain moves/series. Coach will review with each parent verbally, nothing difficult to not understand, and then remain active with their kids at home to talk about such practice once in a while, early before practice also, and or after. So, get ready for such, because just that LITTLE help once a while can go a SUPER long way, please?

Counseling will begin next, all unofficial of course, but verbal counseling sessions will commence after this week for every wrestler with one of their parents about attitude and performance. Doesn't have to be documented or threatening at all as our training is supposed to be fun, but

even if considered novice to advanced, everyone will meet with coach just once over the next week or two, whether before practice, on break, after, at the tournaments on the weekends, at the extra practice at my facility on Wednesdays, or any other time of your choosing please.

Compiling everyone's wrestling records now BEFORE Sunday, what matches won, lost, and if by pin, how many at least for now, fall times after this weekend for now on please. I just need to know from each parent how each kid has done so far at each tournament, if have their first win yet or not, first placing at a tournament or not, and that's it for now please. I want to have all caught up before Sunday for the future and our actual end of season Folkstyle banquet before Freestyle/Greco-Roman start if possible, only this season though, not anything else extra curricular without the team designated.

Thanks so much, hope to hear from you all and or see you tonight at my place and or back at GL on Thursday!

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