

BLOG – 27 OCT 09

Everyone, a LOT to report for both MMA and WRESTLING this week, various camps, clinics, classes, even previous to current COMPETITIONS looming! See below or our website by tonight for further updates and postings and THANKS!

First in MMA news, our own previous locals – *Zach and Josh Shaw*, continued on their MMA careers in competition this past weekend, reports still not into yet the end result though. So, STAY TUNED! Also, Okemos Head Wrestling Coach Matt Prinz has organized his OWN MMA workshop/clinic upcoming! See details here next & the pix attached:

ANNOUNCEMENT – MMA CLINIC/WORKSHOP:

Either Wed Nov 11 or Thr the 12th. Form 5-7 just kind of a meet and greet promo about MMA or UFC, how to get involved and what it takes to be good... hopefully focusing on wrestling moves when younger, learning dedication, self control, eating habits, hard training (wrestling), before trying MMA or UFC (after HS).

We further have another clinic at Okemos THIS WEEK for wrestling, along with youth wrestling classes for younger ones at the community center too. See below for both of those announcements, website for more details too please:

ANNOUNCEMENT – YOUTH WRESTLING CLASSES(Folkstyle)

Start date is this week Wednesday, October 28, 2009, from that day on – weekly, on Monday and Wednesdays, 5:05-6:50pm, at Camp Tisdale Community Center. Folkstyle driven for youths, ages 5-14, results GUARANTEED!

ANNOUNCEMENT – WRESTLING CLINIC/WORKSHOP

I have been able to secure a Mini Camp at Okemos! We will be hosting a Mini Camp Tuesday –Thursday 5:30-7:30 October 27 -29 for any Middle or High School Student. CMU wrestlers will be highlighting the camp on Thursday. We will focus on conditioning, a little technique and live the first two days of camp. Cost is \$30 a wrestler. Bring cash or check on Tuesday! You can make checks Payable to Okemos Wrestling.

As for LCC Wrestling Club, see the latest issue of the LOOKOUT, campus newspaper, TODAY, as they are supposed to be featured there if all goes to plan! For those still interested in trying out, time is not up yet EITHER, as we still have a full two weeks MORE of training before our FIRST tournament, WOPA!

As for the ADULT EXTENSION, we have MERGED their practice WITH LCC Wrestling Club to note! Come get a workout with BOTH contingents then now! See the announcement for more details also below:

ANNOUNCEMENT – COLLEGE WRESTLING/LCC

Practices/training: Mon, Wed, Fri, 6:50-8:30pm (Tue/Thr = roadwork)
(weekend = tournaments starting Nov 7, 09 – EMU Open
Open to all HS graduates, Folkstyle, previous Regional qualifiers and above
For more information: WWW.Camptisdale.com/lccwrestlingclub.html

For our lady wrestlers, they have their own THING now a days, own time slot, own curriculum and training program SPECIFIC to their needs at Camp Tisdale Community Center. Code name – Domestic Situation, their training is ongoing, and always looking for new recruits too. So, keep spreading the word and let everyone know that their around:

ANNOUNCEMENT – WOMEN'S WRESTLING EXTENSION

Folkstyle, ages 7 years old on up to high school, Camp Tisdale Community Center, weekly, Tue and Thr, 6-7:45pm, cost is \$29.99 a month, and see the website for more details, as classes have already started: WWW.Camptisdale.com/domesticsituation.html

As for other competitions, stay TUNED to the Borderwars website, as I hear they have the Spartan Classic upcoming next weekend, IM Sports West, on Sunday, Nov 1, 2009 fore those interested. I KNOW we have some ready! Again, see the website for greater details though and keep reporting in any wrestling news that we can help to post, thanks!

WWW.Borderwarswrestling.com

P.S. Finishing off our facility bathrooms and DYING to find one toilet, about 90 feet of any kind of tile, some drywall, and 3 bathroom stalls if ANYONE would be willing to donate, or helps us find these we would be in your debt, thanks either way.

Shane Tisdale, Director, Camp Tisdale Community Center