



JUNE 2007

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IHWA NEWSLETTER

June 6, 2007

Parents and Athletes,

Our first session will be coming to a close tomorrow night. I want to thank everyone again who has chosen to be a part of Iron Horse. It was crucial we got a club off the ground in the South Hills and we look forward to continued improvements and success. It has been extremely rewarding for our staff to get to work more closely with some of you in an instructional capacity, but more importantly we have greatly enjoyed getting to know many of our members as people. We hope to be able to continue to work with you all in the future and be a reliable and trusted resource for members and parents whatever the situation.

When trying to provide a worthwhile service there is a lot of time and effort that goes into making sure the final product is something of value. In the case of Iron Horse our members and their work ethic is what brings value. An instructor can teach or steer you in a particular direction, but the individual being taught must show up consistently, absorb the information and work to retain the gains they’ve made. There is no “magic pill” or get rich quick schemes here. There is however information and techniques available to get maximum results, but the work still needs to be done on and off the mat.

I was recently reminded of my days training in Clarion when our club was running outside. My reasons for exposing Iron Horse to a running workout was two fold. First I wanted everyone to see the benefits of alternate ways to train the mind and body. Secondly I wanted everyone to recognize and feel the difference between themselves and the other people just walking around or watching. People notice hard work and appreciate it and want to be a part of it. The problem is that many are not willing to put the work in.

We used to run this hill in front of the cafeteria in college. If we started at the very bottom it was a couple of hundred yards long on a steady incline. At times we would have to carry our partners on our backs. One of the things that brought us together as a team was blowing right by students who were walking to go eat. They were essentially resting and we were working and we used that as motivation to push ourselves and each other even harder.

This brings up another point of using your partners as extremely valuable tools. It should always be a race, dare the guy next to you to run faster or hit more take downs in a timed drill. If you are thinking about stopping or slowing down in the room during conditioning look over and see what the hardest working guy is doing, this will make you better and a good teammate understands that. Don’t be afraid to lose, but don’t get comfortable with it either.

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I can distinctly remember the nervous feeling in the pit of my stomach before hard runs or wrestling workouts. The key is to train right through it. We are all nervous before competition you have to train your mind and body to handle it and focus on the task at hand. Recall the hard training sessions and find comfort in the fact that you know the man in front of you will not out work you. When you master this principal you will get the utmost out of every workout and be able to apply the same principals to your matches.

I would strongly encourage those of you old enough to try and get 3 days a week of strength training in during this off season. For wrestlers a good "total body" based workout is best because it most closely mimics the way all the muscles are used in matches. There are so many effective ways to train with weights and it is very possible to even get a great cardio session at the same time using a circuit based program from time to time. Along with weight training I would also recommend that individuals try and get a few days of running/cardio in during the week. What is best for our sport in this regard is interval type training. This would be 30 second to 1 minute sprint speed followed by just maintaining speed. This can be done in a form of running sprints, stair climber, the stationery bike etc. Again this type of activity is what most closely mimics our sport and is part of the concept of training smarter. Workouts do not need to be long, just effective.

One can never get a missed workout back! Remember that next time you are on the fence about going out with your friends or catching up with them 1 hour later after training. Not all workouts should be overly strenuous or long, some of the best are just quick 15 or 20 minute productive sessions.

Please keep checking the website as I will be posting news and updates. For example we may have private sessions available for small groups (2-4 wrestlers) this summer as well as another week long training session. If anyone has any questions on anything please contact me at any time. Have fun this summer and work hard. Remember the best rewards don't come for free, you have to work hard and earn it!

Coach Stout