



MAY 2007

Spring 2007

Session Schedule

All Sessions 6:30 to 8:00 P.M.

Session Dates in "RED"

| April | | | | | | |
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| S | M | T | W | T | F | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

| May | | | | | | |
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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

| June | | | | | | |
|------|----|----|----|----|----|----|
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| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

IHWA NEWSLETTER

Parents and Athletes,

First let me start out by thanking everyone who has decided to join Iron Horse Wrestling Academy. We are off to a tremendous start with representation from 9 different school districts throughout the South Hills area. I have known for a long time that we have talented wrestlers of all ages inside of our own community. What we were missing was a place where motivated athletes could supplement their training and learn under a dedicated staff. Our mission is truly to help everyone involved with our club experience as much personal growth possible. In my opinion there is no better sport than wrestling to teach the hard work and discipline one needs to lead a happy successful life.

For this spring session what we will continue to concentrate on is a mix of Folkstyle and Freestyle. Freestyle is new to many of our members, so it is important we gain some exposure to the rules and scoring in this practice type setting. Freestyle is an explosive form of wrestling where individuals have great opportunities to be very creative to score and defend. There is also a lot of mental preparation and strategy in putting together a solid match vs. evenly match competitors. These are some of the many overlaps between Folkstyle and Freestyle and being familiar with both will absolutely increase your mat awareness and overall abilities in the sport of wrestling. In wrestling positioning and movement are key and that will always be our main focus.

Another thing to keep in mind is a lot of the summer wrestling tournaments are Freestyle tournaments. If you are out there wrestling you will be getting better no question. This is part of our clubs short term goals of learning something new and getting out and competing more. Our mid range goals being more South Hill wrestler dominance regionally and state wide. Then for those who work hard and believe in themselves national recognition in high-school, college and on.

This of course is a fine balance because burnout can be a factor in any sport. It is important to pay attention to how your body feels and start to learn when it's OK to push through things and when it's time to back off for some time. Any one of our instructors can help discuss this with you in detail. However feel secure that when we structure our workouts we pay close attention to how hard we are working on any given day and what we did in our prior workout session. We are careful to mix in technique days with good old fashioned hard work. Avoiding burnout is also why we are only holding practices two days a week this time of year.

One last point regarding Freestyle is that if you plan on wrestling on into college mar coaches will look for recruits based on Freestyle tournament performance. Those who place well in the Jr. Nationals are always top recruits for the nation's best wrestling colleges. When I was coming out of high-school I first signed a full scholarship with Oklahoma State. One of the first things coach John Smith said to

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me on my recruiting trip was "How come you haven't been wrestling Freestyle?" He pushed for me to get involved and it's very hard to argue with a 2X Olympic Champion about the best way to train. I ended up going to Clarion University, but then head coach Jack Davis said the same things to me. "You have to learn this style at this level." I jumped in head first and began learning the ins and outs. I ended up placing 2nd at the Jr. Nationals that year losing in the finals by a close margin and I really believe that had I started learning Freestyle earlier and been more comfortable and confident I would have won.

Even now at the University of Pittsburgh we look for kids to compete even once the season is over. Practices are still held and weight lifting sessions are still mandatory. You become a big investment for a University and the way you get better at anything is doing it and doing it often. I believe that to experience true growth in anything you have to go through some uncomfortable moments, sometimes the unknown is scary. However if you persevere you always come out better than you went in. This applies for school, business, sports...whatever.

Our staff is dedicated to making Iron Horse a great place for each individual. You don't have to be the best to get the attention; we want to help each of you reach your full potential...just trust the process. We have the knowledge and background with a diverse group of coaching styles to support this. There are many victories and experiences among us all, so please ask questions at any point. I did want to point out too that I think it's particularly exciting that we have also been getting instruction and working out with current Division I wrestlers ranked from 5th all the way to 1st in the country.

I wanted you all to know that I believe we have the beginnings of the best overall club out there. We have members who are just starting in the sport all the way to state champions, who are still trying to refine their skills for the next level. The hard work and dedication from each of you is what will make this club grow and stay strong. Iron Horse will be the place where others want to join because they see the pride and results in each of you. We will continue to learn brand new techniques from drilling and movement principals to pinning combinations. If you come to learn, work and have fun you will see the steady gains. It is extremely important to remember however it is process, not an over night fix. A staff member can show you a move or drill, but it is the smooth implementation of that technique into your style along with the mental and physical growth, which comes over time that will make you a great wrestler.

Coach Stout