



OCTOBER 2007

Winter Session I  
Schedule

All Sessions 6:30 to 8:00 P.M.  
Session Dates in "RED"

November 2007

S	M	Tu	W	Th	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	

December 2007

S	M	Tu	W	Th	F	S
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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

January 2008

S	M	Tu	W	Th	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	31		

Winter Break

# IHWA NEWSLETTER

October 29, 2007

Parents and Athletes,

In a recent trip to Las Vegas I was reminded of a huge tournament that I participated in at the very beginning of my collegiate career. There were valuable tools that I learned to rely on and use early on in college to help cope with the stress and competitiveness of our sport. In this particular tournament those learned skills proved extremely worthwhile and set me on my way in college. From time to time after that point when I was in tough spots I could always reflect back and draw from that early experience. I have found getting things back to basics can often help in gaining success in all areas.

It was my freshman year and all that I had was a few Division I matches under my belt. I knew that every team that was considered a national powerhouse would be there. Teams like Iowa, Iowa State, Oklahoma, Oklahoma State, Michigan, and Nebraska to name a few. However there were many other talented teams present. I heard several times that who ever the placers were in each weight class would give a good indication on who the All-Americans would be in that particular weight class at NCAA's.

I remember distinctly being in the hotel room the night before competition started and my coach going over the seeds in each weight class. It was very humbling to hear that I was not seeded at all. I do remember thinking for a brief minute "How can I not be seeded anywhere?" "How does no one know me?" "Why didn't my coach fight harder for me?" The fact is I hadn't done a thing in college yet and most every body there was at least some states high-school star somewhere and many had already proved themselves in college. I quickly realized that if was going to give myself any chance of doing well I had to check my ego and just perform to my personal best, there was nothing to lose.

In my first match I drew Dan Troupe from Iowa State who was a senior and already a 2x All-American. It was evident that he was extremely confident and so were his coaches. His coach, the legendary Bobby Douglas left his corner at the very beginning of the match to go coach another athlete. I actually took that as a sign of disrespect at the time. However I also saw it as a great opportunity. They didn't know me or my style and clearly he was supposed to win. All I had to do was be smart and go hard and I knew that would at least give me a fighting chance. I ended up beating Dan that day 5-2. I actually dominated him and part of the reason was he didn't expect much. I knew inside of myself how hard I was willing to fight to win, he didn't. I took advantage of what seemed to be misfortune of drawing a stud in the early rounds. If you are given lemons...make lemonade.

## Winter Session II Schedule

All Sessions 6:30 to 8:00 P.M.  
Session Dates in "RED"

### February 2008

S	M	Tu	W	Th	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	

### March 2008

S	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29

### April 2008

*Spring Session Begins*

During that match I recalled on my many hours of hard training. I knew he had more experience, but I truly believed that he did not train harder. I also knew that I had spent endless hours mentally preparing for my first big match. I knew it was a high profile tournament and I knew if I trained as hard as my body would let me, but more importantly got my mind around the event I would greatly improve my odds of doing well. The mental portion of competition always becomes more of a factor. You can train until the cows come home, but if you don't believe you deserve to be there at the top you won't be. As a freshman I used to look at the bracket results from the NCAA tournament the year before to get familiar with names in my weight. I would then mentally picture hearing the announcement at the NCAA tournament of me defeating them.

Later in the same tournament I drew the number 1 seed and the guy ranked number 1 in the country. I ended up losing a close match to him 3-1. The bout was tied and late in the 3<sup>rd</sup> period I took an extremely poor shot which he took advantage of and scored. The same mental focus I describe above escaped me late in this match. I did not fully mentally commit to being able to beat the number 1 guy in the country and it cost me the match.

This tournament taught me great lessons on the winning and losing side of things. It did prove that I was able to hang with the top level guys. It got me a national ranking and no more going into tournaments un-seeded. However while giving me a taste of the intensity that is Division I wrestling it showed me if you lose your focus or waiver from your mental determination someone will be there to take advantage of you.

#### **Good Rules for Success:**

#1 Find your motivation- I hated not being ranked and I hated a coach thinking he didn't have to be present for his athlete to beat me. It drove me to be better.

#2 Be prepared- do not lose a match or fail a test in school because you chose not to be in shape or not know the material.

#3 Mental Focus -believe in yourself and your training. Do not be afraid to push yourself or be afraid to fail.

#4 Eliminate distractions- I think many people are surprised at what they can accomplish when their focus is pure and on the task at hand. If you are willing to give certain things up to get what you want I guarantee the results will be positive.

Coach Stout