

## **WELCOME BACK AT RW SPORT SPECIFIC AND I AM VERY EXCITED TO BEGIN OUR 2020 WRESTLING PROGRAM AGAIN FOR THIS YEAR 2011!**

Every Year will bring some new challenges and no matter what they might be we should always strive to become more competent and more confident in all the things we like to do.

I like to encourage you to take some time to address these areas:

- **Establish your academic goals for this year.**
- **Take time to re-read your athlete's code of conduct.**
- **Establish your wrestling goals for this year.**
- **Ask your mum, dad & coach to support you in achieving your set academic & wrestling goals.**
- **Print the 2011 Wrestling Calendar and put it onto your wall or fridge (3rd Page)**

Achieving any set goals in life is like learning a new wrestling move – I will use the example of successful duck under: first phase requires learning a good stance and the duck under move. After you have learned the move correctly now you will look for opportunities where you will be required to take fast action in taking the opponent down by using the duck under move. This will allow you to get behind the opponent and bring him to the ground. When on the ground you will now try to pin your opponent with learned ground technique that will allow you to be victorious in your match.

### **'WRESTLERS DO EVERYTHING: STEP BY STEP'**

Wrestlers are well known for their persistence and commitment to training. All wrestlers learn that to be successful does not happen over night, and each wrestler always takes one step at a time to learn something new and works towards achieving what he/she desires for most - 'to be victorious'.

I must say 'victory' should not always been seen as winning over your opponent. Victory can also be seen as climbing the rope, doing well at school, completing any wrestling move successfully, working out your home problems with mum, dad and your siblings, being on time in your sessions, helping your older or younger sibling, and being a good team mate and so on.

There are many hidden victories in a day and so be encouraged to find them and **become the best you can be** in anything and everything in 2011.



2020 Wrestling Newsletter · January 2011

## 2011 CLUB GOALS:

- **Memberships:** 12 members for each wrestling session
- **Building Stronger Team:** Assistant wrestling coach & Marketing Director
- **Matchbouts:** Attending all 3 organized Matchbouts in March, May & July 2011
- **Championships:** Attending State Schoolboys championship in September 2011
- **Championships:** Attending National Schoolboys championship in October 2011
- **Support:** Raise \$ 8000 that will go towards facility rent & data projector

## 2011 MEMBERS & SPONSORS BENEFITS:

- Any Member that will sign up 1 new member that will pay for the full term pack will receive 10% discount on their next term pack cost. If you get 5 new members = 50% discount.
- Any corporate sponsors or supporters that will provide financial assistance to raise \$ 8000 will be added onto our website [www.rw-sport-specific.com/wrestling](http://www.rw-sport-specific.com/wrestling)

## 2011 ADVANCED WRESTLING TRAINING:

There is an opportunity for 4 or 6 athletes in the secondary level to try out advanced training program that is practiced by overseas leading wrestling countries. This professional program focuses on mentoring and coaching athletes and exposing them to greater training opportunities to speed up their wrestling development. The athletes will be required to meet the program's objectives and will be training 6 times per week, 2 times in the morning and 4 times in the afternoon. If you require more information please speak to me prior to the start of the term 1. I like to commence this program in February 7th 2011.

I like to thank you all for being part of the RW Sport Specific, 2020 Wrestling Program and I am looking forward to work with you all in 2011.

Regards,

Richard Weiss

RW Sport Specific  
2020 Wrestling Program Head Coach

New email address: [rwsport@securenym.net](mailto:rwsport@securenym.net)

# TRAINING SCHEDULE 2011

	MON	TUE	WED	THU	FRI	SAT/SUN
<b>PREP</b>	-	<b>4-5PM</b>	-	-	-	<b>MATCHBOUITS &amp; COMPS</b> 
<b>PRIMARY</b>	<b>4-5PM</b>	-	-	-	<b>4-5PM</b>	
<b>SECONDARY</b>	<b>5-6PM</b>	<b>5-6PM</b>	-	<b>5-6PM</b>	<b>5-6PM</b>	

NOTE: There was request for Thursday 4-5pm Primary wrestling session. More athletes are required to be part of our club in doing so.

# WRESTLING EVENTS 2011

Physical Preparation	January 10th – February 4th
<b>Term 1 Wrestling</b>	<b>February 4th – April 10th</b>
Match bouts 1	March 13th
Australia Cup (MEL) – <i>Cadet, Junior &amp; Senior</i>	April 9th – 10th
School Holidays	April 11th – 24th
<b>Term 2 Wrestling</b>	<b>April 25th – July 3rd</b>
Match bouts 2	May 29th
Australian Nationals (MEL) – <i>Cadet, Junior &amp; Senior</i>	June 25th – 26th
School Holidays	July 4th – 17th
<b>Term 3 Wrestling</b>	<b>July 18th – September 25th</b>
Match bouts 3	July 24th
Junior World Championships	July 25th – 31st
Commonwealth Championships (MEL) - <i>Senior</i>	August 5th – 7th
Commonwealth Camp (MEL) – <i>Junior &amp; Senior</i>	August 8th – 11th
Victoria Cup (MEL) – <i>Senior</i>	August 12th – 13th
Cadet World Championships	August 22nd – 26th
Victoria Championships <i>ALL</i>	September 9th – 11th
Senior World Championships	September 12th – 18th
School Holidays	September 26th – October 9th
National School Age Championship (ACT)	October DATE TBC
<b>Term 4 Wrestling</b>	<b>October 10th – December 22nd</b>
End of the year PRESENTATION NIGHT	December DATE TBC

Note: There are possibilities that there might be another 2 new competitions for schoolboy level athletes in Term 1 & Term 2. The events & dates are yet to be confirmed.