

**SOME MEN WILL ACHIEVE THE IMPOSSIBLE.
SOME MEN WILL COME CLOSE ACHIEVING THE IMPOSSIBLE.
SOME MEN WILL NEVER ACHIEVE THE IMPOSSIBLE.
WHICH ONE WILL I BE?**

DEAR TEAM

DIVISION I, 2010-2011 NCAA CHAMPION

Anthony Robles was born with only one leg, but refused to wear a prosthetic leg, removing it at the age of 3. He endeavored to work around his missing leg, strengthening his body with various exercises. When Robles was in the sixth grade, he set a record for the most pushups by a member of his school. He began wrestling in the eighth grade, joining in while watching one of his older cousin's practice. Robles won two Arizona State wrestling championships, going 46-0 in both his junior and senior years at Mesa High School, Arizona. Robles finished his high school wrestling career with a record of 129 wins -15 losses & now became the 125 -pound (56.8kg) wrestler to win the highest and most respected division 1 in NCAA College Wrestling Championship in USA. **What an inspiration!!!**



Anthony Robles (born July 20, 1988) is a wrestler who won the 2010-11 NCAA individual wrestling championship in the 125-pound weight class despite being born with only one leg.

TERM 2

Term 2 has been great & successful. I was very encouraged to see the whole team working extra hard in their training sessions and see our club organize the 2nd Matchbouts in May. I like to thank you all for being part of the RW Sport Specific, 2020 Wrestling Program.

→ **WELCOME!** I like to welcome new members to the 2020 Wrestling Program: **Joshua Macfarland, Luke Ostrowski, Kirill Spiridonov, Yura Rostov and Toby Binks.**

→ **WELL DONE!** This term I had to change the athlete of the term to athletes of the term due to 3 individuals who have represented our club first time as 'Juniors' at the **Australian Wrestling Championships** in Melbourne held on the 25th – 26th June 2011. Results: Freestyle wrestling: **Vladyslav Kutcherenko** (96kg/4th place), **Lloyd Rodolo** (84kg/3rd place) and Greco-Roman wrestling: **Youssef Alateyeh** (84kg/3rd place).

TERM 3

This term is going to be very busy for all of us due to few wrestling events where we as a team will participate in and have some fun.

- **3rd Matchbouts**, date/location yet to be confirmed (Schoolboys)
- **Australia Cup**, 13th-14th August (Juniors & Seniors)
- **VIC Championships**, 4th or 11th September (Schoolboys, Cadets, Juniors & Seniors)
- **AUS Schoolboys Wrestling Nationals**, ACT/AIS, 8th-9th October (Schoolboys)

The focus for us all this term should be on few things that as a TEAM we must learn how to excel in:

Commitment – commit your self to the team by being on time.

Reliability – your sparing partner need you to learn & practice, so be at the sessions.

Determination – Strengthen your mind to excel in your training by going an extra mile.

Unity – You are part of the team and support your team mates in training.

Acquire – be hungry to learn about new wrestling tactics & technique.

Respect – 2020 Wrestling Program does not tolerate bullying or putdowns of any team mates and individuals outside of our wrestling club. Learn how to respect your team mates and others around you.

Believe in your-self

Each one of you must believe that you are special and have unique qualities that can be used and developed successfully at wrestling trainings and competitions. Identify the things you like when you practice and tell me about them so we can work together making you smarter, faster, stronger and versatile wrestler.

Sponsorship

Last week (14th July) I had been privileged to meet with the Chief of staff, Will Golsby (Ministry of Sport) and discuss matters of wrestling.

I have shared with Will my passion for sport and seeing it grow in Australia and in our communities. I went there to represent not just our wrestling club but also the whole Victorian wrestling community.

At this present time the sport of wrestling in Victoria receives minimal government funding. This is very challenging and difficult for the sport where the clubs need the necessary financial assistance to advance their youth wrestling development programs and upgrading their training facilities for further growth.

I believe wrestling in Victoria can be one of the successful sports in the near future offering professional youth wrestling development programs developing your son or daughter becoming competent, confident and successful athlete and individual on the sporting field and off the field.

Please come and speak to me if you know of anybody that is not afraid to sponsor & invest in our 2020 Wrestling Program and our club.

Together we can achieve the impossible.

Regards,

Richard Weiss

RW Sport Specific

2020 Wrestling Program Head Coach

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