

3 GOLDS, 1 SILVER, 1 BRONZE

BOYS YOU ARE AWESOME, YOU ARE THE CHAMPIONS !!!



From left: Coach Weiss, Charles Hura, Kenneth Leota Middle: Jack Leota, Franco Aucamp Bottom: Samuel Weiss

DEAR TEAM

2011 Schoolboys Wrestling Nationals, ACT

Well done!!! To the whole team of 5 athletes that represented RW Sport Specific, 2020 Wrestling Program at this year Schoolboys Wrestling Nationals that were held in the Australian Institute of Sport, Canberra.

2011 Schoolboys Wrestling Nationals have been successful event for wrestling in Australia. Around 100 kids participated in this event from all over Australia (ACT, NSW, VIC, QLD, SA, and WA) and all were trying to become the national wrestling champions.

I was very encouraged coaching the team during the championships and you all did so well. It takes a big heart to go out there and wrestle other kids from different clubs – and YOU DID IT I am so proud of you all.

Well done Team 2020, and well done parents for supporting your kids and me in this event. I am looking forward for next year 2012 Schoolboys Wrestling Championships to be held in SA and let's hope we can take at least 15 athletes.

OVERVIEW OF TERM 3

The athlete of the term 3 was Joshua Mcfarland, who attended 100% of his classes. Joshua, Well Done and keep up the good work. As a team I saw each one of you getting stronger, faster, smarter and more determine to do well in wrestling. Observing you all wrestle on Fridays allowed me to see that all of you have great talent and abilities to become

leading Australian wrestlers in the near future. One of my favorite explanations on tactics in wrestling is from Raiko Petrov whom I believe dedicate this to all coaches and wrestlers:

'The tactics of wrestling implies the ability of the wrestler to achieve a strategic aim by creatively implementing, during the match his technical knowledge and putting to advantage his physical & psychological talents in all changing situations on the ground of all the information he has on his opponent.'

TERM 4

Term 4 now will officially become the **start of the wrestling season 2011 – 2012** for our club. During this time is where you should encourage your mates and close friends to come down and try wrestling with you. Our focus will be games, getting stronger & faster and in the end we will do wrestling games.

I want to know who can beat me in the 3 tags wrestling this term?

The 7-year-old wrestlers will join the 8-12 year old group on Mondays & Fridays. The 18-year-old wrestlers will now train at 6pm. I can't believe how fast the time is flying. I remember when Vlad was 14 year old when I met him and became his coach. Now he is 18, and finishing his VCE and focusing on delivering 75% on his VCE exams in few weeks.

To the 18-year-old Boyz – Youssuf, Lloyd, Vlad & Luther. I am proud of you all and I wish you successful finish to your year 12. I also hope that you will continue to represent the 2020 Wrestling team as role models in all that you wish for in the near future.

The whole 2020 Wrestling team wish you all successful VCE exams.

2020 Wrestling session times

Youth 1 (7 – 12): Monday & Fridays 4:15 – 5pm

Kids (5 – 7): Tuesday & Thursdays 4 – 5pm

Youth 2 (13 – 18): Monday, Tuesday, Thursday & Fridays 5 – 6pm

Senior (18+): Monday, Tuesday, Thursday & Fridays 6:30 – 8pm, Saturdays 9 – 10:30am

Well, team you are the best.

Regards,

Richard Weiss

RW Sport Specific
2020 Wrestling Program Head Coach

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