



NESHAMINY YOUTH WRESTLING CLUB

THE PINNER

VOLUME 2, ISSUE 1 NOVEMBER 3, 2008

WRESTLING PRACTICE BEGINS NOVEMBER 3RD

The first practice will be from 6:30 – 7:30 PM and is for all first and second year wrestlers or more experienced wrestlers who are still young and small in stature. The goal of this practice is to introduce the sport to them and foster a love for it in a playful environment.

The second practice will be held 7:30 – 9:00 PM and is for more mature wrestlers, who either have several years experience, are of middle school age, or who are very large in size and need a more competitive environment. The emphasis in this practice begins to switch from fun to one stressing physical fitness, intensity, and hard work.

Ultimately, the decision on what practice to attend belongs with you, the parent, but I caution you that you should take strong heed of the coaches' recommendations. If you watch wrestling at the highest levels, you will see the most basic of moves. There is no rush to get your son to the more advanced practice to learn "special" or "trick moves." What is most important is learning sound fundamentals which will be at the core of both practices. Being great at the basics will generate far more success in this sport than being okay with the fancy stuff.

Two elements are important for a good practice environment. The first is a coach who is teaching sound principles. You will get that in both sessions. The second is that your child has a good training partner who is similar in size, desire, and ability, so that they can push and compliment each other. It is the latter of these two criteria which should most determine which session your son attends.

IMPORTANT DATES:

- *Monday, November 3rd - practice begins*
- *High School Varsity Coach Dan Winter will be holding a coaches clinic Wednesday 11/12/08 7:00 - 8:30 PM in the HS Wrestling room*
- *Monday, November 17th - parent meeting , Beat The Heat and MRSA discussion offered by the Bucks County Health Department.*

2009 ICWL COMPETITION SCHEDULE

- 1/10 @ Spring Ford V. Spring Ford
- 1/17 @ Maple Point Middle School V. North Catholic & Lower Moreland
- 1/24 @ Hatboro Horsham V. Hatboro Horsham & 21st Ward
- 1/31 @ Maple Point Middle School V. Bensalem & Upper Moreland
- 2/7 @ Strath Haven V. Strath Haven & Haverford
- 2/14 @ Conestoga V. Conestoga & Academy Park
- 2/21 ICWL 1st Year Novice Tournament @ Methacton
- 2/28 PJW Area 11 East Qualifier tournament @ Maple Point MS
- 3/1 ICWL Open Tournament @ Conestoga

Those events noted in red are hosted by us and will require numerous volunteers. There will be a signup sheet at practices starting in December to get volunteers for the three events. The nine listed events are paid for by the organization, so they are free to our members, but cannot occur without your help. In the next newsletter, we will start to list outside tournament that the club recommends. NYWC will pay ½ the registration fee up to five tournaments per wrestler for these tournaments.

DANTE CIANFARRA WINS GRAPPLER'S QUEST

Neshaminy Youth Wrestler, Dante Cianfarra, entered his first Brazilian Jiu-Jitsu tournament on October 18th. Not one to start small, the first tournament he entered happened to be one of the largest ones in North America, the Grapplers Quest. He fought in the 115 pound beginners 12 and under division. He won both matches (12-0 and 8-4) to take the Championship belt. Dante attributed his success to his wrestling and judo training. Way to go Dante!

Thanks to the explosion of popularity of the Ultimate Fighting championship, Mixed Martial Arts is the fastest growing sport in America. Wrestlers have dominated it since it's inception. Grappling (the American name for submission wrestling) is now recognized by USA Wrestling as a sanctioned sport for wrestlers. This is another opportunity for our wrestlers to test their mettle.



OLYMPIAN KEN CHERTOW SIGNS ON AS NYWC SPONSOR

US Olympian Ken Chertow runs nationally acclaimed youth wrestling camps. He also sells wrestling equipment and instructional DVD's through his company Wear and Gear. He has been a friend to the NYWC and signed on this year as the sponsor of our web site. He has also agreed to give all NYWC wrestlers a 20% discount on all their wrestling needs. If you need any equipment, such as shoes, headgear, knee pads, instructional DVD's, etc. just find it online at <http://www.wearandgear.com> and then order it through us at practice with 20% off and no additional tax or shipping and handling cost.

THINKING OF COACHING?

We are always looking for help on the mat. What qualifications do you need to help? Willingness and enthusiasm. If you don't have any wrestling experience, we can still use you as a Coaching Assistant. Coaching Assistants keep practice disciplined and orderly and help reinforce the points that the coaches make during instruction. The lower the coach to wrestler ratio, the more productive each practice becomes. It is also an excellent bonding experience between father and son.

If you are afraid you don't know enough about the sport, we will provide plenty of opportunities to educate yourself. Any parent, who is helping coach, can seek on-line certification through USA Wrestling. Go to http://www.asep.com/asep_content/org/USAW.cfm for more information. NYWC will reimburse the cost. We also have instructional DVD's which we can provide at drastically discounted prices. Also, High School Varsity Coach Dan Winter will be holding a coaches clinic Wednesday 11/12/08 7:00 - 8:30 PM in the HS Wrestling room. He will go over what he wants his future high school wrestlers to know before he gets them and will share the nuances which have made his techniques successful. His hope is to create a unified system from the youth club, through the middle schools, all the way through his high school team.

QUOTE OF THE WEEK

"The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy." - Martin Luther King, Jr.



WE'RE ON THE WEB!
WWW.NESHAMINYOUTHWRESTLING.COM

