



NESHAMINY YOUTH WRESTLING CLUB

THE PINNER

SEPTEMBER 2010

IMPORTANT DATES:

Kemmerer Clinic 9/18 & 9/19/10 • Registration 10/5, 13, & 21
Trengle Clinic 10/17/10 • Practice begins 11/1/10
Chertow Clinic 11/19 - 11/21/10

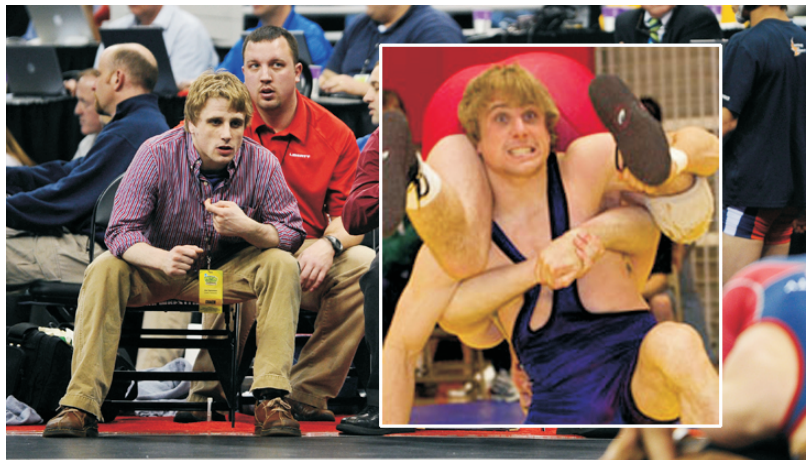
2 X NCAA CHAMP & USA WORLD TEAM MEMBER JOSEPH KEMMERER CLINIC 9/18 & 9/19/10

I can think of no better way to get a jump start on next season than participating in a clinic with Liberty University Coach and USA World team member, Joe Kemmerer. The clinic is being held at Germantown Academy this September 18th and 19th. I know most of you haven't shaken the dust off your wrestling shoes yet as you are probably used to wearing cleats right now, but this is a tune up opportunity that shouldn't be wasted.

Joe is a PA native who had a 101-7 high school record. He was the 2004 AAA 119 lb State Champ who went undefeated (32-0) his senior year. He went on to wrestle for UNC Greensboro where he qualified for Nationals as a freshman with a 31-7 record. He later transferred to Kutztown University. While there, he went 60-4 over two seasons, twice winning the NCAA II National Championship. At the 2009 Championship, he was named the event's Most Outstanding Wrestler.

Not only is Joe one of America's best wrestlers, he is also an outstanding coach. He is starting his second year as an assistant coach at Liberty University. He spends his entire summer coaching kids as a counselor at Ken Chertow's Gold Medal Camps. That is where we met. I was impressed with both his technique and his ability to communicate effectively with the kids. Joe has three instructional DVD's on the market, but nothing beats face to face instruction and correction. He is coming back home to PA for a weekend as a favor to me. His schedule is very busy, because not only is he tied up all season coaching his Liberty wrestlers, he is also a graduate student, and is in training to represent the United States in Italy at the end of October in the Greco-Roman University World Championships.

The clinic is scheduled 10-4 both Saturday and Sunday. As usual, it is only half price for registered Neshaminy wrestlers, so for you, it is only \$30 for one day \$45 for both. I encourage you to attend both, but at the very least attend one of the two days. Much of what Joe shows will be the foundation of what we will execute this year, so it's best to get it straight from him.



JON TRENGE CLINIC 10/17/10

Jon Treng, a two-time Pennsylvania high school state champ and three-time NCAA All-American at Lehigh University, will be running a clinic at Germantown Academy, Sunday, October 17th from 10am – 4pm. Jon built a 145-16 record at Parkland High School, ending his senior year with a perfect 40-0 record, and winning the state title his junior and senior years. He also won nationals in folkstyle at the NHSCA's and freestyle and Greco-Roman at the USA Nationals in Fargo. At Lehigh, Jon compiled a 149-31 overall record, making him the winningest wrestler in that school's proud history. An incredible 42 of Jon's wins were by pin. He was a two-time NCAA finalist at 197 pounds.

Jon courageously competed with a serious affliction - detached retinas. This condition, which forced him to wear unique goggles crafted by his father when wrestling, was detected when he was at Lehigh. There was always the concern that an injury could cause him to go blind. Jon's struggle through this adversity is the subject of an excellent documentary DVD titled "Veritas." To see this modern gladiator in action, go to <http://www.youtube.com/watch?v=YzRc1wYAyDA&feature=related>

As always, the clinic is $\frac{1}{2}$ off for all registered NYWC wrestlers, so it's **only \$25** for a full day of wrestling. Well worth the price.



KEN CHERTOW'S WEEKEND WARRIOR CAMP 11/19/10-11/21/10

Olympian Ken Chertow will be bringing his Weekend Warrior Camp down to our area again Friday, November 19th through Sunday November 21st at nearby Germantown Academy. This is an excellent training opportunity as Ken is a dynamic youth instructor who really knows how to get the kids fired up for the season. He always brings quality guest instructors with him and the best kids in the area flock to his camps, so our kids will get a chance to sharpen themselves against other top quality wrestlers. As always, the camp is $\frac{1}{2}$ off for Neshaminy Wrestlers.

REDSKIN GRECO-ROMAN WRESTLING CLUB

We tried something a little different this spring. While most of our smaller guys either took a well deserved break or continued to develop their skills over at Apache, a small group continued with Coaches Madjinov, Cianfarra, and Kisselback over at Maple Point one night a week at the inaugural run of the Redskin Greco-Roman Wrestling Club. It was a small group, but the three to one wrestler to coach ratio paid off big time with the little group of Greco grapplers.

In our very first outing at the April 10th State Qualifier at Downingtown West HS, we captured seven championships, one second place finish, and a fourth. Our success continued, and we sent a few wrestlers to shine on a national level stage.

Luke Kisselback took second in the Pennsylvania Wrestling Federation (PAWF) freestyle state championships. He took third at Greco-Roman. Luke qualified for the individual national championships in Fargo, ND. He won a couple of matches, but fell shy of his goal. Team PA won the Junior National Greco Team Title.

His younger brother, Noah Kisselback, took third at PAWF States in both freestyle and Greco-Roman. He then won the NE Regional in both styles. Noah was named to PA's Schoolboy National Dual Team. They went out to Indianapolis and dominated the rest of the US, winning both Greco-Roman and Freestyle National Championships.

One of Noah's Team PA teammates, Justin Hester, was also a product of the Redskin Greco-Roman club. Justin was a Greco State Champion and took second in freestyle. He won both styles at the NE Regional.

They weren't the only two wrestlers we sent to the Schoolboy National Duals. Danny Boychuck also went, representing his home state of New Jersey. Danny won his state championship in both styles. He repeated those championships at the NE Regional. He hoped to repeat a dual championship yet again at the individual Nationals in Orem, Utah. It looked like it might happen as Danny made it all the way to the finals for both styles, but he came up just a little shy and had to settle for being crowned the second best 84 lb Schoolboy freestyle and Greco-Roman wrestler in the country.

Also from NJ, Avery DiNardi, used the skills he learned at Redskin to place 5th at the MAWA Eastern Nationals folk style Tournament. Another Redskin wrestler who use his Greco skills in a cross over event was Dante Cianfarra who won the Liberty Bell Judo tournament as well as placing in several other judo and Ju-jitsu tournaments.

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

- Helen Keller

DANNY BOYCHUCK PLACES SECOND AT NATIONALS IN FREESTYLE AND GRECO

As our program continues to develop, we are drawing attention from excellent wrestlers throughout the Delaware Valley. Many who have joined us for one of our clinics or the Tuesday night open room have been so impressed with what we offer in terms of coaching, quality partners, and a positive environment that they have chosen to join as full fledged members. Our most prestigious addition last year was Danny Boychuck. When Danny came to us, he already had an impressive resume. He has a bright future with a focus which is unusually mature for his age. Next year Danny intends on attending Blair Academy, the number one wrestling high school in the nation, and he has already spoken to Cael Sanderson about his intentions to attend Penn State when he graduates from Blair.

Danny has experienced a huge variety of coaching styles. I first met him at a Cary Kolat seminar in Southern NJ. It is not unusual for him to travel two hours for a practice or to attend two to three different practices on the same day. Despite a varied background, Danny is proud to call himself a Redskin and travels an hour each way for our practices. He continued to develop in our program and had a huge success this post season by winning his state championships in all three wrestling styles. He then went on to win the NE Kids Regional in Freestyle and Greco. His biggest accomplishment followed this June at the ASICS Kids Greco-Roman and Freestyle National Championships in Orem, Utah where he placed second in both styles. An interview of Danny is featured on USA Wrestling's website at http://www.themat.com/section.php?section_id=6&page=display_kidbios&BioID=1267 but we decided to do a little interview of our own for the Pinner.

How long have you been wrestling?
8 years

In season, typically how many times do you work out per week?
I usually wrestle about five times a week and usually wake up around six AM and lift with my dad Monday through Friday.

What drew you to Neshaminy?
Ruslan was going to be teaching freestyle, so I came for that and it was my dad's old high school.

Where else have you trained this year?
Top Cat Wrestling Club, Sunkist Kids, and with Team New Jersey.

How far is Haddonfield from Neshaminy?
About an hour.

With all the other clubs available between Haddonfield and Neshaminy, why train here?

I like the coaches, the room, I get to wrestle good kids that aren't in my area, and Coach Ed pushes me hard every practice and helps me be the best that I can be.

What do you like best, folk style, freestyle, or Greco?
Greco

What was the biggest (and farthest) venue you've competed at?
Salt Lake City Utah at Schoolboy Nationals

List some other accolades from the past (ie: Eastern Nationals, etc.):

This past season I won NJ state championships, took second in both styles at Schoolboy Nationals and went 16-5 at Schoolboy Duals. I also took 6th in Tulsa nationals after I injury defaulted with a knee injury. To begin the season, I took second at Super 32 in North Carolina and won Amarillo Nationals in Texas. I was also named the Outstanding wrestler in the Tyrant Duals when I went 5-0.

Compare NJ States, Schoolboy Duals, & Utah?
NJ States is a lot smaller than the other two tournaments. The Schoolboy duals and Nationals were harder, because they were national tournaments and a lot more kids.

What is your proudest moment in wrestling thus far?
Taking second in both styles (even though I wanted to win it.)

What are your goals this year/lifetime?
My lifetime goal is to win the gold medal in the Olympics in 2016.

How do you plan to achieve them?
By working hard.

Anything else worth saying that I didn't ask?
I try my hardest and leave everything on the mat at all practices and tournaments.



PRACTICE BEGINS FIRST WEEK OF NOVEMBER

The season is fast approaching. We will officially begin practice the first week of November. Until then, starting September 21st, we will hold practices Tuesday nights 7:00-8:30, focusing on top work and pinning. The practice will be very low key and focus on the technical side with a lot of drilling, only a little live, and no conditioning. Once the season starts and then progresses, we will move from learning technique to training for competition. The best resource for checking when there's practice is on our calendar at <http://www.neshaminyyouthwrestling.com/id2.html>

REGISTRATION

We will be holding registration in the Fred Gyrst lobby 10/5/10, 10/13/10, and 10/21/10. You can register in advance by mail or show up at one of these registrations. If you need to purchase shoes, we will have them at the registration to try on and they should be ready by the first day of practice.

Unlike other more mainstream sports, most people are introduced to wrestling by someone already involved in the program. You guys are our spokespeople. We need your help to get the word out. I have attached a PDF titled "signs." Please make a commitment to print off at least 5-10 of these and post them wherever you go. We made up several lawn signs in the past, but kept losing them. The paper signs which were posted at local merchants stores lasted much longer. Anywhere you go (i.e. convenience stores, pizza and fast food restaurants, shopping centers, houses of worship, gas stations, schools, etc.) other people, with kids the same age as yours, also go.

My recommendation is to keep a couple signs and sponsorship forms with you in the car. When you do business in these places, first see if they'll sponsor the club and then ask if you can hang a sign in their window. I have never had one business say no to hanging a sign in the window. If anyone wants to post some of the lawn signs for us at the schools, playgrounds, and key intersections, please contact Ed Kisselback at (215) 768-4273.

SPONSORSHIP

We offer so much for so little at Neshaminy. We can only do that through the support of corporate sponsorship. I encourage all of you to get as many sponsors as possible. If you acquire \$300 in sponsorship, your family's registration is waived.

COACHING

In an effort to keep the mats clean and also free from wear and tear, the wrestling room is hence forth off limits to anyone who is not a coach, coaching assistant, or wrestler. That means all parents and siblings are limited to the hallway. That being said, we still want as many parents in the room helping out as possible. If you have no coaching or wrestling experience at all, you can still be a Coaching Assistant. Coaching Assistants help keep order in the room and repeat the instructions of the coaches while working with small groups and pairs. To become a Coaching Assistant, you will be required to obtain a background clearance through TC LogiQ, Inc. Simply go to <http://www.usawmembership.com/> to get a USA Wrestling Coaches membership. Before you can get that, the site will direct you to the TC LogiQ to complete a background investigation form. Once you pass the background check, you will be able to obtain a USA Wrestling Coaches Card.

If you want to be certified as a full fledged coach please go to http://www.asep.com/courseInfo/purchase_courseinfo.cfm?CourseID=57&OrgID=57 to register for the on-line course. The on-line Copper Certification course was designed by the Olympic Committee to prepare coaches to coach children. It covers the fundamentals required for progressive success and shows how to present the material in a way that children will best respond. It will take you a little time, but it is time well spent if you are interested in developing as a wrestling coach.

Once you complete your certification course, the club will reimburse your certification, your USA wrestling coach's membership, and the background check. This is an expense the club feels is well worth it, because it ensures the parents that they are leaving their children in a safe, professional, and certified environment. If you have any coaching questions please call Coach Kisselback at 215-768-4273.



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

