



NESHAMINY YOUTH WRESTLING CLUB

THE PINNER

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TOYS FOR TOTS COLLECTION A SUCCESS

On behalf of the United States Marine Corps, the Manions, and the NYWC, I would like to thank everyone who brought in a toy for the Toys for Tots toy drive last Thursday. It was little surprise that the Marines who came by to pick up the toys had wrestling backgrounds themselves. They stayed for the entire practice, rolled around a little bit when we went live, and challenged our boys to a pull up contest. The Marines won, but we will hopefully have a rematch next year.

PRACTICE

We have no practice December 23rd through January 4th. We return to our regular schedule Monday, January 5th. (Novice wrestlers 6-7 pm, experienced 7-8:30.) We are switching to the competition mode of the season, so instruction will start to lesson and be replaced with more live wrestling and drilling of what has already been taught. To prepare the boys for this increase in intensity, be sure to keep them doing their calisthenics over the break. They don't need a mat or a partner to do push ups, sit ups, jump squats, stand ups, or to practice their stance and motion, etc. Those of you looking for training opportunities during the break, see Coach Ed.

IMPORTANT DATES:

- *Tuesday, December 23rd, last practice before Holiday Break.*
- *Thursday, December 25th, Merry Christmas*
- *Thursday, January 1st, 2009 Happy New Year*
- *Monday, January 5th, practice resumes.*
- *Tuesday, January 6th, Guest Clinician Brad Silimperi*
- *Saturday, January 10th, 1st ICWL match*

GREAT COACHING

Not only do we have the high school varsity head coach, Dan Winter, with us each Monday, we also have one of the best coaching staffs around. On top of that, we supplement their instruction with outstanding guest clinicians. Thursday, 12/18/08, Pennsbury Hall of Famer, Jeff Moretti, was in the room showing us how to punish our opponents with a front headlock before we pin them. This Tuesday, Bill Leopold will be in the room. Bill is the founder of the Marple-Newtown Tiger Elite program and is the current head coach for Team Pennsylvania's middle school team, which just won the Virginia National Duals this weekend. Check out the coaching page on our website for the pedigree of the coaches and clinicians.

US NAVY SEAL FITNESS CHALLENGE

At the last practice in November, the boys tested themselves in a modified version of the US Navy Seals Fitness Challenge. We had a diverse group with three different champions, but Gus Natalie proved to be the fitness stud of the room taking two different events. Little Gus started us off with 4 pull ups and took us home with 100 penetration jumps, leaving most of the older boys in the dust. Also winning an event were Michael Megahan, who banged out 50 push-ups, and Andrew Styer, who doubled that with 100 sit ups.

I hope to repeat the test again this season, and expect to see improvement. The boys can work on their general fitness on their own. Remember to emphasize to your sons that it is not important for them to be better than everyone else, but it is important for them to be better than they used to be. Everyday they should strive to improve a little bit. Each small step forward adds up over time.

We will be posting the winners names in the room and on the website as extra motivation.

For more info about the Navy Seal fitness challenge, visit

http://www.nhsca.com/index.php?option=com_wrapper&view=wrapper&Itemid=160

TOURNAMENT HAPPENINGS

Dec. 7th - Big Wrestling day for the NYWC

Six NYWC wrestlers entered tournaments on Sunday, Dec. 7th. All six made it to the finals. Sean Devonshire stayed in Bucks County, wrestling at Quakertown. He had a great day, pinning his first opponent, and scoring a 10-2 major decision in the semi-finals to move on to the championship round. Unfortunately, he was unable to best his final opponent and had to settle for a silver. Sean is really coming into his own this year.

Our five other wrestlers tried their luck across the Delaware River in New Jersey tournament action. Mark Farley only spent 51 total seconds on the mat in Deptford, pinning his first opponent in a lightning quick 11 seconds. His second opponent lasted a little longer, but still couldn't make it out of the first period against our pinning machine.

The last four wrestlers all went to Pitman, NJ. Noah Kisselback won the Jr. 120 lb. division and Robert Lawlor took home a silver in the Bantam 44 lb. class after a well fought battle.



Naoh Kisselback, Robert Lawlor, Alex Daeche, and Sam Hayes after tournament in New Jersey.

Our two most impressive performances of the day came back to back in the Tot Division. At 52lbs, Sam Hayes put on a clinic, scoring 38 points against his three opponents' collective 7. He was followed up at 58 lbs. by Alex "Deck'em" Daeche who pinned all three of his opponents. Alex's final opponent was a real animal who kept coming after him hard, but Alex kept his composure, used his opponent's momentum against him, throw him to his back, and put him away. Good job, all!



Mark Farley taking it to him on the mat.

The Unstoppable Mark Farley

Our 140 lb. Junior, Mark Farley, has been having a little trouble this year - trouble finding an opponent who can last an entire period against him. Mark repeated the success he had in Deptford the following week at the Penns Grove Tournament in Carney's Point, NJ. Mark faced off against Thomas Brady of Woodstown and Jordan Wise of the Tyrants wrestling club. Both tried their best, but neither lasted a minute against Mark.

This Saturday, 12/20/08, Mark returned to West Deptford, NJ where he easily put away two hometown boys, Tyler Carr and Frank Weyhmillier. Hopefully Mark keeps up this dominating performance as we start our ICWL season January 10th.

QUOTE OF THE WEEK

I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion."
- Muhammad Ali

The Pinner is written by all volunteer submissions. If you'd like to have an article printed, have results from a tournament you'd like to see printed, or have questions about *The Pinner* please send them to jpistix@verizon.net or info@neshaminyouthwrestling.com.



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