

DEAR TEAM

I am always excited about writing an update where I can express my gratitude for you all in being part of RW Sport Specific, 2020 Wrestling program.

Every Year will bring some new challenges and no matter what they might be we should always strive to become more competent and more confident in all the things we like to do.

Term 1 has been successful for us in many ways:

- **Great attendance, commitment to training and Team work.**
- **Great Matchbout on the 13th March – 2020 Wrestling won 18 bouts out of 29.
Great achievement team!**
- **Athlete of the Term 1: Charlie Watts (Showing great perseverance and confidence in wrestling).
Well done Charlie!**
- **New Athletes: Welcome to 2020 Wrestling!**

Success is achieved when all athletes commit them selves to attend all training sessions where they work with the coach as a team to press towards becoming competent, confident and successful professional wrestlers and team day by day, week by week, month by month and year by year.

To become 'Champion Wrestler' it is like wanting the new BMX bike, X-box, video game and so on. 2020 Wrestlers learn that everyone in the world want the BMX, X-Box and other things in life but not many want to become World and Olympic Wrestling Champions. **BUT YOU ARE DIFFERENT!!**

The sport of wrestling builds character that models appropriate behavior for sport and life of a champion. Dan Gable's quote captures great insight on the sport of wrestling and its athletes.

"The 1st period is won by the best technician. The 2nd period is won by the kid in the best shape. The 3rd period is won by the kid with the biggest heart." Dan Gable, Olympic Champion & USA Wrestling Coach

Dan Gable's quote is one of my favorite ones, and I hope this quote will become one of your favorable quotes in your life.

Upcoming Term 2:

Attendance: make every effort to be part of every session in Term 2. Remember, you now play important role in building a successful & professional future wrestling team. **You are unique and important player on our 2020 Wrestling team!**

Learning: how to train will allow you to become smarter & good in your physical activities that you are part of every day. When I joined wrestling I could do certain things but after while I became faster, stronger and more able to do things other kids could not do. **Strive to become a champion in training!**



Discover: a hidden treasure! Learning new wrestling technique is always challenging & difficult because we learn something that we have never done before. Sport of wrestling offers technical development that builds great foundation in developing ones competence, confidence and success for wrestling career. **Always learn wrestling technique that will become your hidden treasure for becoming a champion in your wrestling matchbouts & competitions!**

2nd Matchbouts: 2020 Wrestling will hold the matchbouts on the 29th May in Frankston. This will be a great opportunity to invite your friends and family to come and see you perform. ISIK Turkish College, Sparta Russian Club, United Indian wrestling club are looking forward to challenge us again. In this matchbouts we will emphasize: **Fun, Sportsmanship, Teamwork, and execute the skills we have learned!**

2nd Term Fees: Make every effort to pay for your term fees in the 1st & 2nd week. Please know that all fees go towards facility rental that allows us to run our program.

2011 State & Australian Schoolboys Wrestling Championship

Victorian wrestling Championships will be held in September and Australian Schoolboys Wrestling Championships will be held in ACT in October.

It is very important to commit to attending all wrestling sessions in term 2 and term 3 to advance your wrestling skills to be victorious in these two events.

24th – 26th June 2011 Australian Wrestling Championships – Melbourne

2020 Wrestling will take 3 of our club athletes Youssef, Vlad & Lloyd to the competition. Last year Vlad was the only one competing at this event and placing 3rd as a cadet. Australian wrestling championships is one of the leading wrestling events in Australia.

Make every effort to encourage Youssef, Vlad & Lloyd to train hard in their sessions and wish them successful and injury free preparation towards this event.

2014 Youth Olympic Games

If you know anyone who is 12 & 13 years old, encourage them to take part in wrestling. If we can recruit up to 20 new individuals by the end of the year we can become very successful wrestling club developing future Youth Olympic potentials by the year 2014.

Once again I like to thank you for your continual committed to RW Sport Specific, 2020 Wrestling program in becoming competent, confident and successful professional wrestlers and wrestling team in Australia.

Regards,

Richard Weiss

RW Sport Specific

2020 Wrestling Program Head Coach

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