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WE GOT A NATIONAL SCHOOLBOY CHAMPION!

**Congratulation Vlad on your 1st place in Freestyle
and 2nd place in the beach wrestling competition. You are CHAMPION !**

**Well done Harley for doing your best in your 1st ever wrestling competition
and placing 6th in the Freestyle!**

SCHOOLBOY'S WRESTLING NATIONALS IN QLD

The schoolboys wrestling nationals were held in QLD on the 1st-3rd October 2010. There were many wrestlers from all over Australia – WA, SA, ACT, NSW, QLD, VIC and they all try to become the 'champions' in their weight divisions.

2020 Wrestling took two wrestlers to the event – Vlad 87kg, and Harley 63kg. The competition was great for our athletes and both had to work hard to score points. Vlad worked very hard and won both of his wrestling bouts. Vlad wrestled NSW and ACT and both of his opponents were tough to beat. Harley wrestled twice but was unsuccessful in winning the bouts. He wrestled SA and QLD and took some points but got caught and got pinned in both matches.

Wrestler should not stop wrestling when he/she wins the title or loses the bouts. To become a 'wrestling master' one must continually strive to become successful in his/her technical knowledge and look towards the next competition to do better.

2011 – Our team focus should be attending next year state schoolboys championship and also national championship in ACT (possible October 2011).

We should have 13 men team, and we should get also more medals.

I like to encourage any of you to ask me what you should do if you like to be a medalist at the state and national wrestling competitions.

COMMONWEALTH GAMES 2010 - INDIA

I hope many of you had an opportunity to see the wrestling on the TV or follow the news. Australia took 20 athletes to the games, and we have successfully got 3 medals. Popov took 'gold' in 120kg Greco-Roman wrestling, Bensted took 'silver' in freestyle women 55kg, Shabsavan took 'bronze' in 74kg Greco-Roman wrestling. Freestyle men have been unsuccessful in getting any medals. I like to congratulate each of the wrestlers for doing their best.

There was also a disappointing side to wrestling, where one of our Australian wrestlers got disqualified for rough conduct in his final match against an Indian wrestler and he also got disqualified from the competition due to his un-sportsman behavior after losing his match. The Indian took the gold medal; the Australian wrestler lost his silver medal and the medal was awarded to another wrestler.

There is no excuse for such 'behavior' in any sport. No matter how hard and challenging any training, or competition will be – we must never lose respect for the rules, officials, coaches and authority. This also applies in our homes, at school and work.

I like to encourage you to express your disappointment in different ways in any situation that you might experience in life. Learn how to act out a mature behavior when you experience frustration or disappointment with others or things. If you don't know how to, share your frustration or disappointment with somebody that you trust like your mum, dad or coach and ask them what is the mature way to respond to such situations. Always strive to learn how to do things better and never fear to be a better person in life.

'be the best you can be'

Regards,

Richard Weiss

RW Sport Specific
2020 Wrestling Program Head Coach