

# ***RAIDER WRESTLERS***

**April 6, 2015**

## ***"DOING WHAT IT TAKES"***

### **Weightlifting**

Every Monday, Wednesday and Friday 6:00 -7:00 am

Monday-Thursday After School

### **Wrestling Practice**

At the Fulton Wrestling Club every Tuesday and Thursday 6:00 –8:00 pm

### **Weekend Tournaments**

April 11th

Gene Mills Eastern Nationals At SRC at OCC

NYUSAW Adirondack Freestyle Tournament at Columbia H.S. (Albany, NY)

## ***TRAINING TIPS***

### ***Intensity Key To Strength Gains***

The most successful weight lifting programs are based on reaching muscular failure. Sadly, many wrestlers lift without really reaching muscular failure. Most just lift until they're "tired".

What is muscular failure? Muscular failure is complete total exhaustion. You are lifting with so much intensity you can't possibly squeeze out one more repetition. You actually need help from your workout partner to complete the last rep or two. These "forced reps," as they are sometimes called, are very hard to complete. They hurt. But this is when you're really building that strength. Champions don't like to "fail" at anything but when it comes to strength training—muscular failure is the goal.

## ***RAIDER WRESTLING LESSONS***

### ***Fulton Wrestling Is No PLace for Quitters***

Fighter or quitter—this is where it begins. Fulton Wrestling's success starts with this very basic distinction.

Fighters become winners while quitters become losers. It's no secret. Heroes come from the ranks of fighters and cowards come from the ranks of quitters.

For Fulton Wrestlers, quitting is not an option. It's not acceptable. It can not be tolerated. It simply can not be allowed in anything a Fulton Wrestler does. Fulton Wrestlers can not even think about quitting.

Thinking or behaving like a quitter in anything you do can be like a disease that spreads to everything you do. And it's contagious too—infecting those around you.

If you get thrown on your back in practice, quit fighting, and accept getting pinned, then it's easier for your teammates to quit fighting and get pinned too. If you talk about quitting the team often enough, then you probably will—either out-right or on the mat.

This is not made up. It's real. It happens to others all the time and there's been times when it started to happen to Fulton Wrestling. The difference between Fulton Wrestling and other programs is that Fulton Wrestling knows fighters—like quitters—are made not born. That's why Fulton's coaches teach and train their wrestlers to be fighters not quitters in everything they do.

**From Coach Waldron's Favorite Quotes—**

***"Failing to prepare is preparing to fail"***