

RAIDER WRESTLERS

"DOING WHAT IT TAKES"

September 12, 2015

RAIDER WRESTLING LESSONS

"Get The Pin"

Championship teams get the pin—lots of them. "Get him flat and turn him". You hear that often from the coaches and you should. It says, take his defense away (by getting him flat) and try for a pin. But that's not the only time you can get a pin.

Championship teams have a "pinning mindset". They're always looking for an opportunity to pin. In fact, they're constantly creating those opportunities.

How?

Finish every move with a pinning combination or set-up for a pinning combination. Plan it and practice it from every position with every workout.

When finishing a switch, lock your hands in a near cradle. Slip in a half on the end of a double leg or a headlock when finishing a fireman's.

The two seconds it takes to practice finishing with a pin will pay off with six points for your team.

What Do Champions Do? One More!

Wrestlers' Enemy Sugar

Ask Apple Valley Minnesota wrestlers what champions do and they'll all answer in unison—*one more!* One more set, one more lap, one more rep. The 23 time Minnesota State Champs live by the mantra of champions—doing one more when you think you can't. Doing one more while your competition doesn't.

Do one more!



Sugar is the wrestler's enemy. Excess sugar translates into fat. How much sugar is recommended? Around 25 grams of sugar. How much sugar do you have every day? A large coke at McDonalds has more than three times what's recommended—86 grams of sugar (300 calories).

Be smart, eliminate sodas from your diet. Be even smarter, drink water instead.

Wrestling Club Training Schedule

Weightlifting: Mon-Wed-Fri at 6:00 am and Tue-Thurs at 4:30 pm in the high school weight room

Swimming: Tue-Thurs at 6:00 am in Granby Pool

Practice: Monday-Friday at 5:30 pm and Sat at noon in Fulton Wrestling Club facility at CYO

Fall Weekend Training Camp: Oct 3-4 Chertow's at State College PA

Oct 17-18 FLWC at Cornell

(See Coach Waldron at practice for camp details)

From Coach Waldron's Favorite Quotes—

"When I'd get tired and want to stop, I'd wonder what my next opponent was doing. I'd wonder if he was still working out. I tried to visualize him. When I could see him still working, I'd start pushing myself. When I could see him in the shower, I'd push myself harder".

- Dan Gable