



NEWS FROM THE DRAGON'S DEN

REMINDERS:

- Orders are due on 11/14 for your wrestling club gear. See a description of this year's uniform and pricing [here](#).
- Sign up for text notifications from Dragon Wrestling Club. Instructions can be found [here](#).
- Wrestle offs for a position on the club team are next Monday and Friday. During a wrestle off, wrestlers who are within 2 lbs. of a weight class can challenge each other for the spot on the varsity team.
- In order to participate in wrestling, you need an ISWA membership. Instructions can be found [here](#).

UPCOMING EVENTS:

Parents Meeting on 11/13 6:30 pm in the wrestling room.
Beech Grove Invitational on 11/19
Roncalli Dual on 11/26

These and other upcoming events can all be found on the Dragon Wrestling Club website. Click [here](#) to see more.

On Nov. 4th and 5th, several Elementary Club team members traveled to the inaugural Athena and Barbarian National Tournaments in Cincinnati, OH.

RESULTS

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Shawn Glass – 1st
 Morgan Hutchinson – 5th
 Sydney DeLois – 4th
 Gunner Butt – 2nd
 Carter Sanford – 1st



Gunner Butt (left) and Carter Sanford pose with Coach DeLois



Morgan Hutchinson mounts her first podium

COACH'S CORNER:

You Are What You Eat

Just as you prepare your body for success by working hard at practice, you need to eat the right foods to give it the proper fuel to burn. Start making changes today to ensure you're ready to wrestle at your best when it's time to lace up. Here are a few small things you can do:

- Choose water over soda or juice to help you stay hydrated.
- Avoid salty snacks that keep that water inside and cause you to hold excess weight.
- Eat lots of fruits and vegetables to ensure your body gets the vitamins and minerals it needs to build muscle and recover from hard workouts and take a multi-vitamin as a back-up.
- Consuming lean protein like chicken, fish and lean beef helps build muscles which are able to perform throughout your entire match.

Remember, if you put junk in your tank, junk will come out. You are what you eat, so put the Halloween candy down and pick up a carrot!

Coach Matt Abernathy

ATHLETE OF THE WEEK:

Shawn Glass is currently in the 6th grade at Sugar Creek Elementary school. He's been wrestling for seven years now. His idol is CJ (Chad) Red and the highlight of his wrestling career is when he won the Triple Crown in 2016. The Triple Crown is awarded to a wrestler who wins the Freestyle, Folkstyle and Greco State Tournaments within the same year. When he's not on the wrestling mat, Shawn enjoys participating in the Robotics club at school and can be found spending entire days sitting in his underwear watching Phineas & Ferb.

#curseyouperrytheplatypus!

"It simply isn't an adventure worth telling if there aren't any dragons."

J.R.R. Tolkien