



NEWS FROM THE DRAGON'S DEN

REMINDERS:

- Sign up for text notifications from Dragon Wrestling Club. Instructions can be found [here](#).
- In order to participate in wrestling, you need an ISWA membership. Instructions can be found [here](#).
- If you're preparing to attend your first wrestling meet in the coming weeks, take a minute to learn about trackwrestling.com so you can use it to watch the brackets, learn about the wrestlers and ensure you're kept up to date throughout the day. Instructions for using Track Wrestling can be found in the Dragon 101 Parent Guide found at the bottom of the home page [here](#).
- Gear orders are due this Friday! Order your wrestler's uniform here.

UPCOMING EVENTS:

NPHS @ Elwood HS 11/18
Beech Grove Invitational on 11/19
Pie Pick-Up 11/20 4:30-6:30 NPHS
 Main Entrance
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.

COACH'S CORNER:

Age Appropriate Strength Training for Wrestling (sourced from: <https://wrestleclub.com/strength-training-wrestlers>)

An article by [Mayo Clinic](#) says when done properly, **weight training** offers many bonuses to young athletes. Age appropriate strength training can strengthen bones, help prevent sports-related injuries, increase performance on the mat and build confidence that will serve young wrestlers well into adulthood.

The [New York Times](#) has an article that says: *weight training can be not only safe for young people, it can also be beneficial, even essential.*

6-8 years old At this age, the focus should be on light weights and high repetition. Priority should be placed on doing a certain exercise *correctly*. Appropriate exercises are push ups, squats, medicine balls, kettlebells, box jumps etc.

9-11 years old We are still focusing on light weight. At this age, you can start introducing weight lifting. The focus is on improving strength while applying a good technique. When using free weights, a child should be able to do a set of 15. If they can't do a rep of 15, it's too heavy for them. Start out light and increase the weight only when a child can easily do a rep of 15. A child should never bench or squat more than 90% of their body weight.

12-13 years old at this age, you're dealing with 7th and 8th graders. The strength training exercises should be quite a bit more intense. How much a child lifts at this age will depend on the child.

14 years and up At this point, they should consider joining a weight lifting program.

ATHLETE OF THE WEEK:

Gunner Butt is in the 4th grade at Sugar Creek Elementary school. He's been wrestling for 5 years and rarely takes a break. Gunner's idol is his Dad (pictured), who also rarely takes a break from being his son's #1 coach and fan. Gunner's hobbies include football and guns. The highlight of his wrestling career was when he took first place at Nationals last spring. His goal is to win the Triple Crown this year and if you know Gunner, you'd place your bets on him achieving it!

When he's not on the mat, you can find Gunner singing and dancing with his Mom. His current favorite song is "Million Reasons" by Lady Gaga.



FOLLOW DRAGON WRESTLING

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

J.R.R. Tolkien