



# NEWS FROM THE DRAGON'S DEN

## REMINDERS:

- DWC wrestlers earn their spots on the red team every single week. Interested in pursuing a spot on the team? Talk to Coach DeLois about participating in a wrestle off for your weight class before the next meet.
- Please save some time on the weekend of 12/15-12/17 to help run our wrestling meets. Contact Pat Bledsoe to ask about volunteer opportunities today.
- One of the biggest perks to hosting a home meet is the ability to eat and relax in our Hospitality Room. Please help us fill the room with healthy food and drinks. Sign up to contribute [here](#) and/or contact Leah Vandygriff to help volunteer in the room.

## UPCOMING EVENTS:

- Perry Meridian Dual Red Team** on 12/10
- Zionsville Beginners Open White Team** on 12/10
- DWC Friendship Meet White Team Beginners** on 12/15
- DWC Dual Red and White Teams** on 12/17
- ISWA State Finals Red Team** on 01/07

Click [here](#) to find more information about these and other events.

## 12/3 RESULTS

The White traveled to Westfield on December 3<sup>rd</sup> to compete in a beginner's tournament. The team had many wrestlers who placed, and the coaches couldn't be more proud of their efforts. There were several brackets for the weight classes and DWC showed a strong presence in all of them.

### Highlights from the day include:

- |  |   |
|--|---|
| Jordan Lebron (50 lbs) 4 <sup>th</sup>   | Ryan Cain (55lbs) 4 <sup>th</sup>         |
| Emmit Abernathy (60lbs) 1 <sup>st</sup>  | Morgan Hutchinson (55lbs) 4 <sup>th</sup> |
| Aidan Olson (65lbs) 4 <sup>th</sup>      | Jackson Lavin (55lbs) 3 <sup>rd</sup>     |
| Brantley Minchin (75lbs) 3 <sup>rd</sup> | Brysen Wood (60 lbs) 2 <sup>nd</sup>      |
|  | Daysen Wood (80 lbs) 1 <sup>st</sup>      |



*Emmit poses with his favorite coach.*

The coaches would like to recognize Emmit Abernathy for an incredible return to competition. Emmit walked away with a first prize medal which we all knew was within his grasp as long as he wanted it badly enough. Congratulations Emmit! We can't wait to see what the rest of the season holds for you.

The Red team was up and running before the sun this past Sunday. They rolled into Bloomington South high school with sleepy eyes and shuffling feet, but by the time the first whistle blew, they were fired up and ready to compete. The team finished 3<sup>rd</sup> out of 8 schools in spite of the 30+ points lost to forfeits each match.

### Individual accomplishments from the day include:

- Connor Swartz & Carter Sanford dominating every opponent with speed, skill and strength.
- Gunner Butts using live competition to practice his leg cradles and putting on a great show.
- Cole Vandygriff winning two matches by pin and missing a 3<sup>rd</sup> technical win by a second.
- Gavin Wilcher using his strength and determination to deliver some exciting matches.
- Bryce Buckley for engaging with another titan and walking away victorious.

It was great to see Sydney DeLois back on the mat for a match or two. She hasn't lost her deadly touch!

Although the points and pins were incredible and exciting to watch, what was most impressive about the team this weekend was their heart. Teammates coached, consoled and congratulated each other; wrestlers fought the clock to avoid giving up points, and parents came together to support and celebrate. What an incredible Sunday.



*The Red Team is bringing some hardware home to the den.*



*Hungry wrestlers dig in at Buffalo Louie's after a long day on the mat. Pictured Lto R:Ty Sanford, Cole Vandygriff, Warren Sanford, Connor Swartz, Carter Sanford, Sydney DeLois, Sophie DeLois, Damon Mink and Bryce Buckley*

## 12/3 RESULTS

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

**J.R.R. Tolkien**

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## COACH'S CORNER: The Importance of Mental Strength

The most important asset a wrestler brings to the mat isn't a specific move or a particularly strong muscle. The thing that differentiates a champion from any other wrestler is what's between their ears. Mental toughness can and will make or break a match, a meet and even an entire season. In this sport, where opponents are paired based on weight, victory is determined not by the bigger body, but by the bigger heart. The physical demands are trying, but the ability to deal with the pain, burn and fatigue in every muscle defines an athlete's mental toughness and commitment to winning. If your mind can beat your body, you're mentally tough, and "great wrestler" might be in your genes.

### The #1 Trait of Mental Toughness

Mental toughness is talked about in all walks of life, but wrestling puts higher demands on this trait than perhaps any other sport. The individual nature, sacrifice and physical demands of wrestling separate it from the rest.

It is easy to look at a wrestler and recognize good technique with the naked eye. You can prescribe technical drills, weight training programs and conditioning workouts to consciously develop your physical skills. But how exactly do you build mental toughness and how can you measure it?

I have many thoughts on this and have developed some tactics to measure and teach mental toughness, but I want to talk about one aspect in this article. The #1 indicator, in my mind, of mental strength is the ability to stay positive during the lowest of lows. Notice I didn't say "happy" or "excited". Individuals that keep their mind in a positive frame when things are not going their way excel at whatever they do.

#### Examples:

In a wrestling match, you get taken down. Do you put your head down or look for the immediate escape or reversal?

If you don't feel the best after weigh-ins or on game day do you under perform, dwell on the fact that you don't feel 100% and use it as an excuse for failure?

You and your friend have an argument at school. Do you feel sorry for yourself and have a poor practice or do you stay focused on your goals?

You are going to have to wrestle off a tough teammate next year to make the starting spot. Does this motivate you to work harder or do you decide to quit?

If you have your goals set on something worthwhile you must know there are going to be set backs. You need to be prepared to deal with them and keep your eyes on the prize. I guarantee you anyone that has achieved a significant goal has dealt with adversity and had to stay on course. History, and the halls of high schools all over the country, are littered with athletes that set goals of greatness only to be blown off course by the first stiff wind. The great ones, the ones you know about and hear about, plowed through adversity by staying positive at all times.

"I'm not scared of losing at all; I've lost a thousand times in wrestling, it's just part of the sport and it doesn't bother me. A loss doesn't affect me in any way except that it motivates me to train harder and do better in my next competition."  
—Tim Elliott

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***J.R.R. Tolkien***

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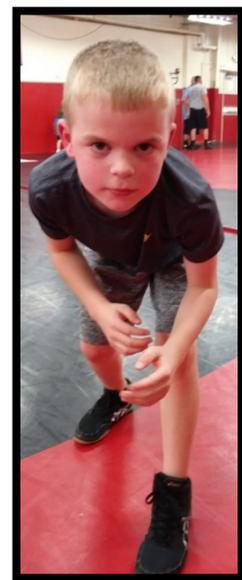
## ATHLETES OF THE WEEK:

Connor Schatz is a 6<sup>th</sup> grader at Brandywine. Connor is in his first full year of wrestling and enjoys the physical challenge. Connor is a multi-sport athlete who also competes in football and basketball. When he's not at practice or a game, Connor enjoys playing with his dog Bella, a 5 yr. old pit. Connor is also a member of the Young Marines, which is an organization that teaches leadership, community service and discipline. Connor's hero is his dad, who is a former wrestler himself.



Connor and his Dad during the 5 minutes between wrestling & basketball practice.

Ryker Yonts is in second grade at Sugar Creek. This is his second year wrestling. DWC was lucky to inherit Ryker when his family moved to New Palestine from Shelbyville last summer. In the off season, Ryker plays baseball, football and partakes in all other outdoor shenanigans he can uncover. Ryker's fur sibling is a 4 year old blue heeler named Bia. Ryker loves The Foo Fighters and hopes to one day attend a show. Ryker is already a world traveler. He was able to spend two weeks in England last fall and hopes to go again when the weather is warmer. Ryker's heroes (in order of significance) are his father and Gronk. Ryker loves wrestling and hopes to gain ten more pins by the end of this season.



## TEAM ROSTERS:

Weight	Red Team Wrestler	White Team Wrestlers
40	Warren Sanford	
45	Connor Swartz	Paxton Babcock
50	Carter Sanford	Jordan Lebron
55	Cohen Wuethrich	Jackson Lavin, Ryan Cain, Morgan Hutchinson
60	Charlie May	Brysen Wood, Emmit Abernathy, Ryker Yonts
65	Gunner Butt	Aiden Olson
70	Cole Vandygriff	
75	Blake Dammann	Brantley Minchin
80	Tyler Lavin	Nathan Hartinger, Daysen Wood
85	Connor Shatz	Zeke Jefford
90	David Pack	
95		
105	Sydney DeLois	
115	Gavin Wilcher	
130		
150	Damon Mink	
175	Bryce Buckley	

## FOLLOW DRAGON WRESTLING



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*J.R.R. Tolkien*