



## INDIANA STATE WRESTLING ASSOCIATION, INC.

P.O. Box 157, Beech Grove, IN 46107 Phone: 317-780-1885

September 5, 2018

Coaches and Leaders,

This coming Sunday is the **ISWA Annual meeting**. For me this is a wonderful day of getting to catch up with people that I have not seen in a few months, a year, or longer. My wrestling family is a huge part of my life, and I look forward to seeing you all. Not just for the comradery but for the importance of this! **This is the meeting where things take place:**

- a) **Tourney Bidding meeting** - not only is this the way to get the best date for your club, a day that won't conflict with other clubs - but it is the best way to be polite to other clubs! Many times people don't pay attention to what is going on around them and they overlap local tourneys. Please come to this and make sure you are doing not just what is best for you, but best for all. It helps grow wrestling, in your town and others!
- b) Officer elections - you have a voice! As a club you get a vote for our officers, this is the day each year it takes place
- c) voting on changes - any big change takes place here and is voted on by our membership! We do this live and in person at the annual meeting as to keep transparency. Many times people say "I didn't know", but they didn't come to the annual meeting. Have a person there!
- d) awards and recognition - this is our yearly awards presentation as well, come show support for your kids and volunteers that may be receiving an award!

Coaches - to make changes, get involved more than just coaching and talking about it, attend a meeting, or get someone in your club to!

Some changes for the **regional and national levels** for coaches to be ready for:

At Regional and National Championships, Cadets will wrestle consistent two minute periods. Juniors will wrestle consistent three minute periods.

The Video Challenge has met with overwhelming positive response. The Leaders decided to maintain the Challenge, throughout the Fargo experience. They also cleaned up some minor inconsistencies, regarding use of the Video Challenge in our National Duals.

At this writing, it's likely the Challenge will only be used in Duals Finals. It should be noted that most support growing the use of the Challenge to include ALL matches, in National Duals. The Challenge may also grow into use at Regional Championships, as logistics permit.

I'm attaching the Tentative National Schedule for 2018 – 2019. Expect some minor adjustments and/or additions, but this will at least help you pencil in your plans.

### **IHSWCA Fall Clinic**

Come spend a day or two spent learning with other coaches!!

- Featuring - Kyle Ruschell - Head coach TN Chatanooga, Corey Ruff - 2017 NAIA Coach of the year

-Also speaking - all 10 Indiana College Coaches, Katie Kriebs, and David Coud

Click here for flier and registration: [https://docs.google.com/document/d/1-KZ0ryGKf9UoWqYCzj9L4H9s96L-fK66\\_XJUcJv-Uc0/edit?usp=sharing](https://docs.google.com/document/d/1-KZ0ryGKf9UoWqYCzj9L4H9s96L-fK66_XJUcJv-Uc0/edit?usp=sharing)

### **KEEP ON LEARNING!! - Books to try**

You have 2 month before season begins - try and read a book or two!!! Here are some suggestions from what I read over the summer:

Training camp- Jon Gordon - good easy read, nice lists in being a champion

\*\*\*Own your life- Aubrey Marcus- July 2018- loved it loved it!

\*The Rise of Superman - Steven Kotler-- super interesting about accomplishing the impossible and "flow", all stories are from extreme sport athletes

**Mindset** - Carol S. Dweck - good stuff, I like the "growth" mindset parts- look at chapters and read what interests you as they are specific to certain areas

Legacy - James Kerr- good stuff on sacrifice

**The Captains Class: Sam Wallers** - some really good chapters, one on how brutal rugby is but the captain kept going, a few on Tim Duncan and what a great leader he is, on aon 7 attributes of a leader

\*The Energy Bus:

10 rules to fuel your life, work, & team with positive energy - Jon Gordon

**Conscious Coaching - Bart Bartholomew** - chapters on dealing with different type of athletes- pick a and choose what chapters you need for your kids, then keep it for kids you havent come accross yet

**5/3/1: The Simplest and Most Effective Training System for Raw Strength** - Jim Wendler

### **USAW FALL COACHES SUMMIT/SILVER CLINIC AT OTC**

Each year the ISWA gets to send one coach minimum to the OTC for training. This year it is POSSIBLE we might get to send an extra. This would be at your expense (or your clubs), and for the nomination would also put you in consideration for some of our national teams (actually we would expect you to come back and use that knowledge with us). Flight and cost of clinic is what you would pay. Dates are October 8-11. Touch base with me to see if this has filled if your interested! You CAN NOT just call USAW and go. This is through our connections only. I will actually be presenting a session at this on "POWER" in your program and kids lives, come on out and participate.

I plan to touch base with you, towards the end of October. At that point, we'll be gearing up for the Folkstyle seasons at all age levels.

Our new membership year kicked off September 1<sup>st</sup>. You will notice some user-friendly improvements. Make sure you re-up your membership early.

Hope to see you Sunday or at the Fall Coaches Clinic.

Danny Struck  
ISWA State Coach