

BASH Wrestling

The Coach's Corner by Coach Jones

May, June, July 2017

Opening Remarks

Thank you for reading the first Coach's Corner Newsletter! The goal of the Coach's Corner is to increase the communication between the coaches and the wrestlers, parents, and community. While we have emails, text messages, and a Facebook group for quick communication purposes; the Coach's Corner will allow us to

disseminate information regarding wrestling opportunities, wrestling successes and updates, and our coaching philosophy in one convenient location when more details may be needed. Please take the time to read the Coach's Corner when it is released, and feel free to ask questions.




Coaching Philosophy

My ultimate goal as a coach is to give each wrestler the most positive athletic experience possible. I want to develop character in our athletes, by utilizing the priceless life lessons that are inherent within the sport of wrestling. I want each wrestler to be successful on the mat, in the classroom, and in life.

On the Mat Opportunities

This summer we have several different “on the mat” opportunities for our wrestlers. Please mark these on your calendars and attend as many events as you are able. Please contact the coaching staff if transportation is an issue for any of these events!

- **Open Mats** - June 13-August 24, 6:30-8:00 pm @ various locations - This is a free opportunity for our wrestlers to work with each other and coaches on technique or live situations during the off-season. Please also look for “Remind” text messages about locations (details below).
 - **Arsenal Wrestling Camp** - June 19-21 @ JHE - This is a three-day, day camp facilitated by Arsenal Wrestling Club and Lehigh University. It is an excellent opportunity to learn from some of Lehigh’s talented wrestlers and knowledgeable coaches. Coaches Pat Santoro and John Hughes and wrestlers Darrian Cruz and Jordan Wood are just a few of the clinicians this year. Please plan to attend as registration for Boyertown wrestlers is only \$100! Sign-up online or with one of the Arsenal Coaches (http://www.arsenalwrestlingclub.com/awc_summercamp/).
 - **Grizzly Duals** - June 19-21 @ JHE - This is a three-day, team duals competition that is free for Boyertown High School and Junior High Wrestlers. In this event we wrestle two duals per night, attempting to get each wrestler at least two matches each evening. Please think of this and the Arsenal Wrestling Camp as a home wrestling camp (an all day wrestling commitment for an economical price).
 - **Penn State Team Camp** - July 12-15 @ University Park - This is a four-day, team camp where our wrestlers will be engaged in technique and live wrestling with some of the best wrestlers and coaches in the country. The cost of the camp is \$465 (with a \$20 transaction fee). A \$100 refund will be available for those wrestlers who attend the Arsenal Wrestling Camp, Grizzly Duals, and Penn State Team Camp. Sign-up is online only (<http://www.gopsusports.com/camps/m-wrestl-camp.html>). Click on the link for the correct week of camp, create an account, and then use our team name (**Boyertown**) and password (**Bears**) to register with our team. Transportation to and from the camp will be available. Camp Details Available [Here](#).
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Off the Mat Opportunities

We also have “off the mat” opportunities for our wrestlers to further themselves. Please also mark these on your calendars and attend as many events as you are able.

- **Mind of the Parent** - May 30, 7:00-8:00 pm at Douglass Township Community Park - Sports Psychologist, Dr. Jarrod Spencer, will be speaking about the Mind of the Parent. Dr. Spencer is president and founder of Mind of the Athlete®, LLC, a sports psychology company committed to improving the emotional health of athletes. He is a Sports Psychologist for athletic teams at such schools as University of Maryland, Old Dominion University, Lehigh University, and Lafayette College. As an athlete, Dr. Spencer was an All-State high school wrestler who captained his team to back-to-back New Jersey State Championships. We encourage parents to attend this FREE speaking engagement. To read more about Dr. Spencer, please visit <http://www.mindoftheathlete.com>.
- **Fun Days** - June 1-3 @ Boyertown Park - BAWA will have a food tent at Fun Days again this year. This is a large fundraiser for our program! Volunteers are needed for set-up, serving throughout the weekend, and clean-up. Please sign-up here: www.signupgenius.com/go/10c0e4caba729a7fd0-fundays2

Stay in the Loop

Remind Text Messages - text “@bashw” to “81010”

Blast Email Reminders - see Stacy Miller (smiller2@boyertownasd.org)

Website - www.bashwrestling.com

Facebook Group - www.facebook.com/groups/126599334147870/

Twitter Account - twitter.com/Wrestling_BAWA

