

The Coach's Corner by Coach Jones

November 2017

Success is the peace of mind that is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.

Coaching Updates

As a coaching staff we have been diligent in using the off-season to recuperate, and prepare for the present time. As we embark on a new season, I am very excited for what the future holds! Surveying the wrestlers, parents, coaches, and community, Boyertown Wrestling truly is a premier wrestling community; of which I am very proud to be a part.

In the month of October the coaches met in order to prepare the coaching philosophy across all levels of the Boyertown program. We also attended a 3D coaching clinic lead by coach Dave Crowell of Nazareth High School (PIAA Team State Champions) - Coach Crowell also has well regarded seasons at Wilson and Easton High Schools. This clinic resulted in a follow up meeting where the coaching staffs determined how they would implement the strategies discussed.

Wrestler-Coach meeting also occurred during the school day at the high school and middle schools. At these meetings the coaches rolled out philosophy, expectations, and an event calendar for their season. A parent meeting also took place for the high school and middle schools in order to relay the information to the parents. The link for the talking points of the high school meeting can be found [here](#). If any wrestler, parent, coach, or community member has any questions, please feel free to reach out!

Looking forward to a very successful season!




On the Mat Opportunities

This pre-season 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** - November 2 & 9, (Thursdays 7-8 pm) at the H.S. wrestling room - This is a free opportunity for our wrestlers to work on technique or live situations during the pre-season.
- **Sergei Belaglozov Clinic** - November 4 at Pennridge High School - for more information follow the link: http://www.pennridgewrestling.com/Ram_Wrestling/Sergei_Clinic.html
- **Freshman Frenzy** - November 14-16 (3-4:30 pm), at the BASH wrestling room - This is an opportunity for all high school wrestlers to become introduced to the procedures of the high school practice. There will be a focus on review of fundamental skills and technique, balanced with strength and conditioning.
- **First Day of Practice** - November 17 (3-5:30 pm) at the BASH wrestling room - This is the official first day of after school practices.
- **Kyle Dake Clinic** - November 19 at Exeter Township High School - email Coach Jones for more information (djones@boyertownasd.org)

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.

- **Morning Workouts** - October-November, Tuesdays and Thursdays, 5:45-6:30 am - These AM workouts are designed for any H.S. or M.S. wrestlers to attend. Workouts consist of exercises varying from road runs to lifting. Middle School wrestlers would need to provide their own transportation back to school.
 - **Turkey Trot** - Thursday, November 23, 9 am, at the Boyertown Community Park - This is a 5K event that supports one of our wrestling family members. More information is available online [here](#).
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Blast Email Reminders - see Stacy Miller (smiller2@boyertownasd.org)

Website - www.bashwrestling.com

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

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