

The Coach's Corner by Coach Jones

September, October, November 2017

***Don't simply strive for results.
Strive for doing things right, and the results will come.***

Coaching Philosophy

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

In order to accomplish this goal our coaching staff will strive to improve three dimensions of our athletes: Physical, Mental, and Heart. The Physical aspects of our sport include the abilities of technique, strength, conditioning, power, speed, and quickness. The Mental elements of our sport contain the qualities of motivation, confidence, emotions, and team cohesion. The Heart traits of our sport embraces the makings of character, identity, purpose, self-worth, and value. We intend to develop the best relationships, character, experience, and competition with our wrestlers. We recognize that if we want our wrestlers to be different, we need to be different as well.

We want to grow the culture to listen with the intent of understanding, not simply replying. We want to develop the culture that defines success as 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. We want to develop people who represent themselves and their family as people of the highest character and the fiercest competitors in all avenues of life.


On the Mat Opportunities

This fall 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** - September 5-October 26, Tuesdays (3-4:30 pm) and (Thursdays 6:30-8 pm) @ the H.S. wrestling room - This is a free opportunity for our wrestlers to work with each other and coaches on technique or live situations during the pre-season.
- **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.

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.

- **Lifting** - Monday-Friday, 3-4:30 pm, at the BASH Fitness Center - the fitness center is open for all high school students to use after school. A coach is not guaranteed to be there, wrestlers should come prepared to be self-motivated.
 - **Morning Workouts** - October-November, Tuesdays and Thursdays, 6-7 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.
 - **Wrestler & Parent Meetings** - October (time and place are TBD) - We will be having three separate meetings this year at BASH. We will have one meeting for all 9th grade wrestlers and a separate meeting for 10th-12th grade wrestlers, during the school day, at BASH. We will also have a parent-specific meeting in the evening, at BASH. During each of these meetings important details will be shared in regards to the coaching staff, team schedule, and expectations.
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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

