

The 2020-2021 Season starts a new era of Youth Wrestling in Johnstown. This year we've joined JYAA. JYAA is currently renovating the Barn at Belt Field that will become the best space we've had for wrestling in my tenure. I'm hoping we will be able to begin practice on 11/17. Practice be weekly on Tuesdays and Thursdays from 5:30 to 7:00. The new facility will allow for the entire team to practice at the same time. I plan to have two groups: one for beginners and another for the more experienced wrestlers. This will allow for the coaching to be more specific to the needs of each group. Children will be able float between groups as they develop. The starting line up is derived through a wrestle off process. The winning wrestler in a particular weight class fills the spot.

We do not cut weight. I routinely weigh the kids and a keep a record. Significant weight fluctuations will initiate a discussion with parents.

Through wrestling I have learned many valuable lessons that serve me to this day. In addition to teaching our team the techniques and movement associated with wrestling I will spend some time on building the foundations of a wrestler's mind set. I will incorporate the "selfs" into instruction with the team.

Self-Respect – the foundation of good sportsmanship; true self-respect can only be achieved by respecting others and being honorable in our words and actions.

Self-Reliance – the goal is for our wrestlers to begin to understand the relationship between effort and achievement. To examine how our actions can affect outcomes before looking to blame other or circumstances outside of our control.

Self-Control – mental attitude has a huge impact in sport and life. Some time will be spent on the impact of positive and negative thought. Following direction and focusing on the task at hand is important for growth. Order and expectations will be clearly communicated and consistent.

Looking forward to a great season. Go Johnnies!

-Coach Bob