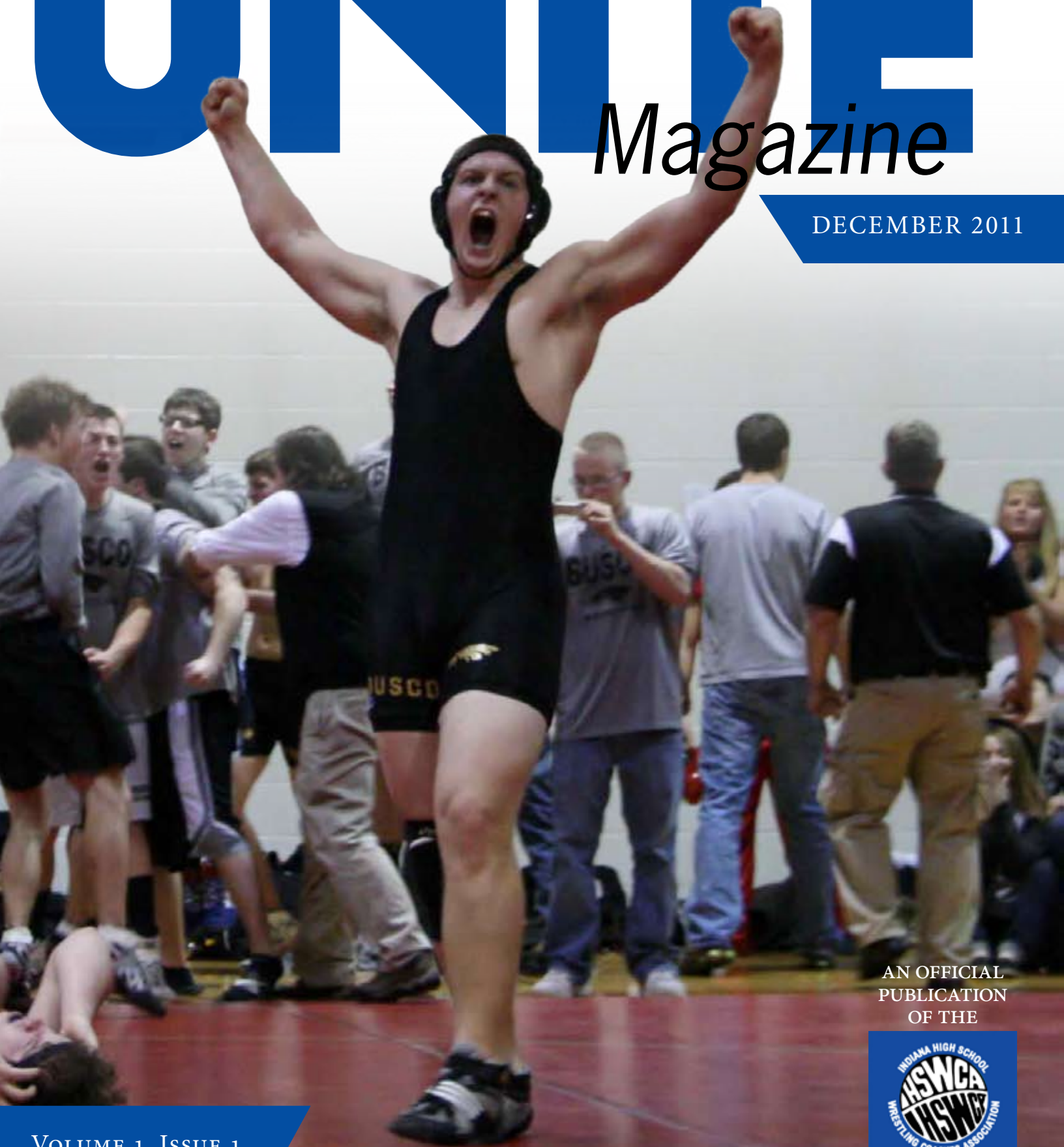


INDIANA HIGH SCHOOL WRESTLING COACHING ASSOCIATION

UNITE

Magazine

DECEMBER 2011



AN OFFICIAL
PUBLICATION
OF THE



VOLUME 1, ISSUE 1

PRESIDENT'S CORNER

If you are reading this note from the President, you have no doubt found it plugged into our association's newly created E-magazine. We hope that this IHSWCA magazine will keep our members informed of important information while also highlighting positive activities going on throughout the Indiana wrestling community. The IHSWCA officers and regional representatives have already met three times this fall to discuss association business and plan for this season's programs and services. Certainly, one of the hottest discussion items right now is the IHSWCA's proposed Classed Team State Duals event scheduled to take place for the first time in 2012-13.

The 2011-12 wrestling season will see the last IHSAA sponsored Team State Duals event take place. At its last executive session the IHSAA voted to cease the existence of the Team State Duals in favor of crowning the team state champions via the old system of extracting a team score at the individual



state tournament at Conseco Field house beginning in the 2012-13 season. The IHSWCA will attempt to fill the void by hosting a Classed Team State

Duals Tournament during the Christmas break of the 2012-13 wrestling season. Twenty-Four teams divided into three classes (8 teams per class) will seek to prove that they are the best team in their respective class at this event. Event information will be made available in the near future.

The IHSWCA is placing an emphasis on building our membership base across Indiana. Instructions, and a membership application, may be found at our association website – www.ihsorca.com. The officers and board members would like to wish everyone throughout the Indiana wrestling community a Happy Holiday and best of luck this wrestling season!

Yours in Wrestling,

Trent McCormick
IHSWCA President

Make YOUR voice heard

The Indiana High School Wrestling Coaches Association (IHSWCA) would like to invite you to join the association. Membership in the IHSWCA has a yearly fee of \$25.00. Membership to the IHSWCA has many benefits which are outlined below. The primary purpose of our association is to serve as the liaison between Indiana high school wrestling and the IHSAA. The executive board meets with IHSAA representation annually and has the opportunity to submit proposals every other year. In addition the following services are provided:

- Indiana Academic All-State
- Indiana Regional Coach of the Year
- Indiana Head Coach of the Year
- Indiana Assistant Coach of the Year

– You will receive the IHSWCA Unite magazine monthly

- Indiana Wrestling Hall of Fame
- Organizes and sponsors team to NWCA Scholastic Duals
- Working to provide Regional Representation to all high school coaches

If you have not been able to join the IHSWCA yet, it is never too late. Our goal for the association is to have a minimum of one coach become a member from each high school in Indiana. In the next two years we will look to expand the membership to each middle school/junior high school in the state as well.

We appreciate your consideration of joining our organization and look forward to serving you in the future.

IHSWCA OFFICERS

President

Trent McCormick (Yorktown HS)

Vice-President

Danny Struck (Jeffersonville HS)

Secretary/Treasurer

Trent Staggs (Martinsville HS)

Past President

Cale Hoover (Center Grove HS)

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Logansport

Tom Cook (Seeger HS)

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Pendleton Heights

Nate Andrews (Lapel HS)

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Calumet

Open

CONTACT US!

If you have comments, questions or suggestions, including, but not limited to, articles and photos, please contact Sam Riesen at samriesen1@yahoo.com or 260-273-0043.

2012-13 IHSWCA Classed Team State Duals Tournament

DATE: Saturday, December 22, 2012

LOCATION: A high school (or other appropriate facility) in central Indiana (TBD)

NUMBER OF TEAMS IN EVENT

Eight (8) teams from each of three classes. Total of 24 teams.

1. Seven (7) teams per class would be invited in March to participate in the IHSWCA Classed Team State Duals tournament the following season over the holiday break.
2. Four (4) of the above mentioned 7 teams would represent each of the four IHSAA established semi-state areas.
3. Three (3) of the above mentioned 7 teams would be “at large” bids from anywhere in the state based on established selection criteria.
4. The eighth position in each class will be filled approximately one month prior to the actual event by a team that has demonstrated a high competitive level but may have not met selection criteria the prior year.
 - The invitations will be based on an established set of criteria authorized by the IHSWCA and carried out by the IHSWCA selection committee.
 - There will be a mechanism in place for a team(s) to declare that they would like to move up to a higher class for this event. (“Bump” component still pending)

Invitation Stipulations

- A maximum of 3 wildcards from the same class will be awarded to a semi-state. Of the first 3 wildcards per class a maximum of 2 can be awarded per semi-state. The final wildcard spot will be awarded to the highest rated team currently uninvited, regardless of the semi-state.
- Realignment of classes will occur every 2 years.

OF MATS: 9 mats

Competition Format and Schedule

BRACKETS

- An 8 team bracket in each class will be utilized for this event.
- Teams will be seeded in their respective class’s bracket based on an established set of criteria administered by the IHSWCA’s tournament selection committee.
- All teams in the event will be guaranteed three dual matches at this event.
- Each class will be wrestled out to 8th place.

WRESTLING SCHEDULE

Rounds (Approximate)

9:00am	Round 1 matches
11:00am	Round 1 and Round 2 matches
1:00pm	Round 2 matches
3:00pm	Round 3 – Placement round for 3rd – 8th place in each class
5:30pm	Finals Face-Off
6:00pm	Round 4 – Finals – 3 dual meets at same time
8:00pm	Awards Ceremony (1st – 8th place) for all 3 classes

AWARDS

- Team Trophy (or Plaque) awarded to top 3 teams in each class.
- Championship banner to the 1st place team.
- Individual Awards to each wrestler on top 2 teams (30 issued)
- Certificate of participation (or similar award) for all participants in this event.
- 1 Outstanding Wrestler Award presented in EACH class (voted on by coaches and IHSWCA committee)

ANNOUNCEMENTS CONTINUED

INVITATION, TIMELINE AND SELECTION PROCESS

- By using set criteria/formula, teams will be invited to participate in this event.
- The Selection Committee will select the teams to be invited by March 15 of the season prior to the event; inform schools of their selection; and get a final commitment to participate from each school by April 15.
- Schools accepting their invitation must return an acceptance form signed by their Head coach, Athletic Director and their Principal.
- The Selection Committee will have the authority to seek teams for any positions not filled by invited teams “next” based on the rankings criteria.

WEIGH-IN WAIVER

- The IHSAA has approved one additional weigh-in for this Hall of Fame – Team State Duals event above the allowable limit of scheduling points.

REQUIREMENTS FOR PARTICIPATING SCHOOLS

- Teams must be in good standing with the IHSAA
- The Head Coach must be an IHSWCA member
- Teams must provide one experienced scorekeeper each round for their scoretable.

OFFICIALS

- All Tournament Officials will be licensed by the IHSAA

Needed Calumet Regional Representative

The IHSWCA is looking for a coach to serve as a regional representative for the Calumet Regional. This position is used to help ensure that IHSWCA information, surveys, and forms reach all teams in every regional throughout the state. The Regional Rep also attends monthly meetings in Indianapolis to help discuss important issues for Indiana wrestling. If you are interested in serving in this capacity please contact IHSWCA president Trent McCormick.

Calumet Regional Schools – East Chicago Central Sectional- East Chicago Central, Hammond, Hammond Bishop Noll, Hammond Clark, Hammond Gavitt, Hammond Morton, Highland, Lake Central, Munster, Whiting

Calumet Sectional – Calumet, Gary Roosevelt, Gary Wallace, Gary Westside, Griffith, Hobart, Lake Station Edison, Merrillville, River Forest.

I.H.S.W.C.A. Middle School State

- February 12, 2012 at New Castle High School Fieldhouse in New Castle, Indiana
- Doors Open at 7:30am
- Medical Release Form must be turned in between 7:30am & 8:30am
- Wrestling begins at 9:00am
- All wrestlers will need a USA Wrestling Card (ISWA Card) USA/ISWA Cards must be purchased prior to the tournament. They be purchased online at <http://www.iswa.com/>
- If you purchase it online please bring your Card # and your paypal receipt if you do not receive your actual card before the tournament.
- NO CARDS WILL BE SOLD THE MORNING OF THE TOURNAMENT!!
- You must pre-register at www.trackwrestling.com
- No late entries will be accepted!



FIRST ANNUAL
NEIL MUSE MEMORIAL

SATURDAY, DEC 10TH, 2011
LAPEL HIGH SCHOOL

The Holidays are always a busy time for wrestling. Here are some of the top events around the state.



Mishawaka Al Smith Classic

The Mishawaka Al Smith Classic is named after legendary and Hall of Fame Coach - Al Smith. It is a 32-team 2-day individual tournament held over Christmas Break each year. It is a double elimination tournament where the top 8 wrestlers place. All attempts are made to make it the best and most difficult tournament in the entire state each year. We are constantly looking to add the best teams we can. There are around 3,000 spectators that come to watch the finals of the Mishawaka Al Smith Classic each year.

Participating Schools: Belmont, Calumet, Center Grove, Chesterton, Columbus East, Elkhart Memorial, Garrett, Goshen, Hobart, Jasper, Jimtown, LaPorte, Lake Central, Lawrence Central, Lawrence North, Lowell, Merrillville, Michigan City, Mishawaka, Munster, New Prairie, Northwood, Penn, Peru, Prairie Heights, Princeton Community, Rochester, S.B. Adams, S.B. Clay, S.B. Riley, Warsaw Community, West Noble

The Spartan Classic Preview

A strong Roncalli (2a Champion) team looks to defend it's 2010 over-all title at this year's event in Connersville, IN. The Classic is scheduled for Dec. 28 and 29th. Participating teams are the following; Arlington, Batesville, Bedford North Lawrence, Beech Grove, Broad Ripple, Carroll (Ft. Wayne), Cathedral, Centerville, Columbus North, Connersville, Dekalb, East Noble, Evansville F. J. Reitz, Franklin County, Ft. Wayne North Side, Greenfield-Central, Hagerstown, Hamilton Heights, Indian Creek, Knightstown, Lebanon, Milan, North Central, Northeastern, Pendleton Heights, Preble Shawnee,

Richmond, Roncalli, Triton Central, Union County, Valparaiso and Western.

Evansville Reitz (3a champion) battled to the very end last year as they were runner-up by a mere 4.5 points. They also return a strong team to the field this year and look to claim the top spot. Indian Creek won the 1a title but lost many of their big guns. Other teams to watch, Pendleton Heights, Connersville, Cathedral and Greenfield Central.

In individual action the toughest weight class on paper is 120 pounds. It boasts, Mason Todd (Pendleton Heights), 2010 state champion at 112, and 4 others that have made the trip to Consec. At 126 you have 2x State Champ, Cody Phillips (Union County, he is always fun to watch. Other guys to keep an eye on Gideon VanHook (Reitz), Blake Rueger (Reitz), Brian Harvey (Cathedral, #1 Ranked 170lber Tyler Willis (Cathedral), Spencer Raypole (FW Carroll) and Keith Knura (Indian Creek).

The great thing about this tourney is that it is so unpredictable. Good luck to all teams and wrestlers.

ECIC December 22, 2011 at JCHS wrestling begins at 9am

Teams: Alexandria, Jay County, Heritage, Union City, Shenandoah, Winchester, Southern Wells, Norwell, Wes-Del, Blackford, Muncie South, Delta, Bluffton, Monroe Central, Northeastern, Randolph Southern

Champs who are returning and weight last year: Ben Fiechter- SW 112, Todd Batt- SA 125, Conner Wyatt- UC 130, Isaiah Bradley- MS 135, Cain Grogg- SW 160, Cody Conrad- HER 171, and Kyle Garringer- JC 189,

Last years team champ South Adams is not entered in the tournament this year because they are still in school. Alexandria was 2nd, Jay County was 3rd, Heritage 4th, and Union City 5th.

2011 GIANT Super 16 Preview

The Ben Davis Giants will host the 4th annual GIANT Super 16 on December 29th, 2011 in the BDHS MPA. Wrestling is

scheduled to start @ 9:00 a.m.

Tournament Format:

- The tournament is a 16 team individual tournament with team score being kept for quality of win and placement points.
- The first 3 rounds are wrestled in 4 pools of 4 wrestlers.
- After the 3rd round, wrestlers are put into 4 man brackets and they wrestle out their brackets.

Participating Teams: Anderson, Ben Davis, Boonville, Brown County, Cloverdale, Indianapolis Manual, Fountain Central, Greensburg, Hamilton S.E., South Adams, Mt. Vernon (Ft V.), Indianapolis Northwest, Speedway, Terre Haute South, Wabash, George Washington & Edgewood will be filling in any open spots.

(Due to incomplete rosters, Edgewood will fill in any available spots for less forfeits during the tournament)

Interesting Facts:

- 8 mats are set up in the MPA and are in use all day.
- Every wrestler will wrestle 5 matches.
- Places 1-15 count for placement points.

IndianaMat Ranked wrestlers @ Tournament: 106: C.J. Whitten, Ben Davis 7th @ 113, 113: Antonio Perez, Indianapolis Manual 16th @ 113, 126: Devon Caldwell-Valdez, Indianapolis Northwest 15th @ 126, 132: Levi Moss, Ben Davis 4th @ 132, 138: Todd Batt, South Adams 11th @ 138, Eli Moore, Fountain Central 14th @ 138, 152: Quincy Richey, Brown County 3rd @ 152, 160: Tsali Lough, Terre Haute South 6th @ 160, 170: Austin Neibarger, Hamilton Southeastern 3rd @ 170, 182: Matt Irick, Hamilton Southeastern 11th @ 182, 285: Jared Schall, Speedway 15th @ 285, Hayden Janney, Hamilton Southeastern 16th @ 285

Jeff Classic

The 34th Annual Jeff Classic is set to be another top tourney in the state again this year. This year there are 24 state ranked wrestlers, and 5 ranked teams from Kentucky and Indiana. We have 17 teams coming: Muncie Southside, Charlestown, Christian Academy, New Washington, Paoli, Jeffersonville (#15), Jennings County (#17), Madison, New Albany, Southwestern, South

Dearborn, Mater Dei (#5), Northview, Bloomington South (#20), Franklin County, Batesville, St. Xavier KY (#2)

Ranked Wrestlers: 113 #4 Alonzo Shepherd, Jeff 126 #14 Josh Pierre, Mater Dei, 145 #2 Jake Lannert, Mater Dei, 152 #4 Isaiah Bradley, Muncie Southside, 152 #15 Zach Adams, Madison, 152 #16 Ethan Farmer, Bloomington South, 160 #15 Brent Browner, Jeff 160 #13 Seth Seitzinger, Bloomington South, 170 #7 Clayton Fiddler, Bloomington South, 170 #16 Brandon Marlin, Jeff, 182 #5 Brock Wathen, Jennings County, 182 #6 Dalton Brandenstein, Mater Dei, 195 #15 Elijah Curtley, Jeff, 220 #4 Iyan Bass, Jennings County,

Kentucky: - St. Xavier: 106 #7 Max Korfhage, 125 #16 Dylan Vish, 130 #5 Justin Lampe, 135 #12 Dominic Lampe, 140 #4 Kody DeSpain, 145 #5 Hunter French, 152 #10 St. Xavier, 160 #4 Noah Bauer, 171 #4 William Thompkins, 215 #11 Shayne Smith, 285 #5 Chris Lawrence

This tournament will take place on December 17th. Evansville Mater Dei won this tourney last year, while Bloomington South won it 2 years ago. This tournament awards first through 8th place, an outstanding wrestler award, a most pins award, and the top GPA in each weight class award. Along with it Jeffersonville runs a silent auction for holiday shopping during the tourney, and will be running a canned food drive awarding the team that brings the most weight of canned food one Jeff Classic T-shirt per varsity wrestler.



The Cub Classic

The Cub Classic is in its second year and has added some tough competition to beef

up this years lineup. Last years inaugural Cub Classic was a 9 team invite with Jeffersonville coming out on top ahead of runner-up Heritage Hills and 3rd place host Madison.

This years Classic sees the addition of a couple teams from outside the state lines with Kentucky's DuPont Manual, coached by former Floyd Central Head Coach Tim Harbison, and Harrison (OH). Also Westfield will enter the fold along with South Dearborn and East Central to raise the meet to 12 teams as 6 surfaces will be laid out in Conner K Salm Gymnasium.

The Cub Classic will see two pools of 6 wrestling inside there pools on day one then they will compete on the second day against the other pool. The final round will pit the 1st through 6th seed from one pool against the 1st through 6th seed from the other. Also awards are issued to wrestlers with the best record in their weight class by the end of the meet.

Teams: Crawford Co., Dupont Manual (KY), East Central, Evansville Harrison, Harrison (OH), Heritage Hills, Jeffersonville, Lawrenceburg, Madison, Oldenburg Academy, South Dearborn, Westfield

Rochester John McKee Memorial Invitational

Every year just before Christmas, 16 wrestling teams converge on Rochester, IN for the annual John McKee Memorial Invitational. The tournament was renamed a few years ago after John McKee (former wrestling and football coach) passed away after a long battle with cancer. John's wife and kids come back every year and run the concession stand to make money for the John McKee Scholarship. It has become a very good small team tournament and always has a very good fan turnout for the finals. We get some of the best officials in the state and we have a killer hospitality room!

This year, the John McKee will be battled on Friday, December 23rd. Every year, Rochester plays host to some solid teams around Northern Indiana and this year is no different...Bremen, Culver, Churubusco, North Miami, Northridge, Rochester, Tippecanoe Valley, Rensselaer, Caston, North Manchester, Knox, SB Clay,

Plymouth, SB Washington, Triton, and LaVille round out the competition. We look forward to having some tough competition and a great day of wrestling!

Other Top Holiday Events

North Montgomery Holiday Duals (Duals)

Last seasons participants: Bloomington South, Carmel, Delphi, New Palestine, North Montgomery, Perry Meridian, Portage, Warren Central

Eastern Holiday Classic (Duals)

Last seasons participants: Alexandria, East Central, Eastern, Fremont, Maconaquah, Northwestern ,Tipton, Tri-Central, Sheridan, Westview.

Mater Dei Holiday Classic (Tournament)

Last seasons participants: Avon, Country Day(KY), Evansville Mater Dei, Evansville Memorial, Floyd Central, Franklin Community, Franklin High (TN) Louisville St. Xavier, Louisville Trinity, Mt. Vernon, North Posey, Providence, Tell City, Union County (KY), Vincennes Lincoln.

Weston Close Classic @ Huntington North (Tournament)

Last seasons participants: Columbia City, Eastbrook, Huntington North, Logansport, Marion, Snider, Southern Wells, West Noble, Woodlan.

Mooresville Holiday Classic (Tournament)

Last seasons participants: Bloomington North, Brownsburg, Castle, Charlestown, Decatur Central, Evansville Central, Homestead, Jennings County, Monrovia, Mooresville, Northview, Plainfield, Seymour, TC Howe, Whiteland, Yorktownw

Lafayette Leff. (Duals)

Last seasons participants: Cascade, Crawfordsville, Hanover Central, Kankakee Valley, Kokomo, Lafayette Jeff , New Castle, Pioneer, Seeger, Westfield.

Mat Side with Coach Darrick Snyder

Coach Snyder wrestled for Mishawaka High School and North Central College, and this is his 9th year as Head Coach at Mishawaka. Coach Snyder is the Chairman of the Selection Committee for Team State and Coordinates Team Rankings for the IHSWCA. His proudest accomplishment is his teams winning the 2008 and 2010 Team State Championships.

We met up with Coach Snyder to see what he was up to with his program:

Coach Snyder you have enjoyed immense success with your program at Mishawaka, what do you think the top one or two things you have done there are that helped you all grow?

The biggest factor in our success is our emphasis on the team. My first year coaching we finished with 25 wrestlers on the team. We now finish with 60. We have had to include cuts on our team because of so many wrestlers wanting to participate. Every wrestler on our team feels more important and trains harder because of our focus on the team. I also think our off-season schedule is excellent and greatly helps our team improve.

Coach Snyder, you are obviously very passionate about the IHSWCA Team State Duals, and even sit on a few committees involved in planning it. Why are you so passionate about Team State?

I want to see wrestling grow and prosper in Indiana. I have seen what Team Wrestling can do for a program. The IHSWCA is working on a Classed Team State. This will give every team in the state an opportunity to see what Team Wrestling can do for their program. While I support a team state and we have won two team state championships, please keep in mind that we have actually won 4 “team” titles at Individual State.

Coach, you have coached for 9 years. Can you think of mistakes, or definite positives that you pursued with your program that we could share with new coaches out there?

I guess I have learned to surround myself with great assistant coaches and volunteers. One person can only do so much. Ask for help and it is shocking how many people will step up and help. Specifically, there are times where I still think about whether or not I should have bumped or not bumped our lineup, etc. Those kind of decisions in a big dual meet still keep me up some nights.

What is something you are currently doing with your team either in practice, or out of the practice room that you feel is cutting edge that other coaches would like to hear?

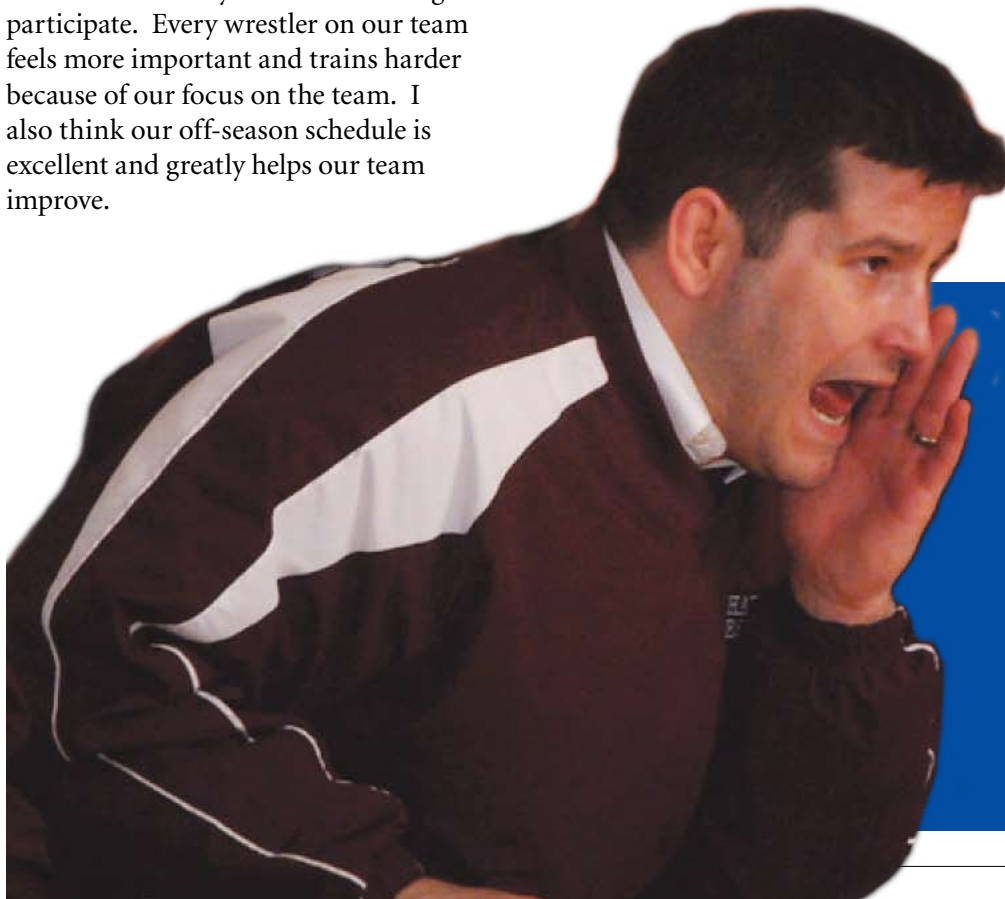
I am not sure if we are doing anything cutting edge at Mishawaka, but we set up the toughest schedule we can find... and consistently have difficult practices. Round Robin Day is my favorite – Varsity guys stays out on mat while JV and Coaches rotate in on them. It is absolutely brutal for the varsity guys.

Why are you a member of the IHSWCA?

Because I want a voice. The IHSWCA is the only voice the IHSAA might listen to.

COACH SYNDER'S STATS

- Social studies teacher at Mishawaka
- Darrick has coached: 8 state champs, 4 state runners-up, 34 state placers, 50 state qualifiers, 2 state team championships
- My wife is Jacinta. We have a 29 month old named Brecken. I wanted his name to be Brecken Bones Snyder or Brecken Your Face Snyder, but the wife overruled me and his name is Brecken Cole Snyder. He is AWESOME!



In the wrestling room with Madison High School

Madison is a class 2a school, participate in the Jennings Co Sectionals, Hoosier Hills Conference. Last year we placed 4th as a team. They sent 7 onto regionals and 4 onto semi-state. This routine is provided by Madison Asst Coach Ty Olds.

3:25 – STUDY TABLE LEAVE

3:30 - 3:40 – COMPLETE WARMUP and STRETCH

3:45 - 3:55 – DRILL

Shot drill, no finish, lots of reps
Groups of 2

- (1) single leg w set up, (2) Double leg with set up, (3) High “C” with set up, (4) Single to Double with set, (5) Sprawl vs shot

3:55- 4:05 – REVIEW

- (1) FHL Lace Cradle, (2) X-Face Butcher while riding, (3) Single leg, head outside, switch to Double Leg, (4) Baseball & Half Nelson, (5) X-body ride, extension half, (6) Hip into vs Wizzor

4:05-4:25 – TEACHING

- (1) Swafford from FHL, (2) FHL Run

& Schuck, (3) FHL Gator Cover, (4) FHL Gator to a Bulldog, (5) FHL Power Drive Release & Spin

4:25- 4:35 – LIVE

4:20 Study Return

- (1) Top/Bottom, (2) High “C,” (3) FHL on mat, (4) Double underhook vs. shot on mat

4:35- 4:55 – TEACHING

- (1) 1 on 1 and a Half, (2) 1 on 1 Wing and Run, (3) 1 on 1 Armbar and Run, (4) Tight Waiste and Wing Tilt/Run, (5) Double Chicken Wing

4:55-5:00 – WATER

5:00- 5:10 – REVIEW

- (2) Shoulder roll vs. chop, (1) Sit out, turn backdoor, (3) Sit out turn in Gramby, (4) Stand-up Strip, (5) Standing switch

5:10- 5:30 – TEACHING

- (1) Side Headlock, (2) Cumberland SHL, (3) Cumberland Opposite, (4) Underhook, Kickout to X ankle pick (5) Loose Arm vs Wizzor

5:30- 5:40 – LIVE MINI-MATCH

- (1) NEUTRAL, (2) Behind = Choice (3) Other = Choice, (4) Overtime = Sudden Death

5:40 – 5:50 – CONDITIONING

Groups of 2

- (1) 2 single steps
- (2) 10 PUs
- (3) 10 SUs
- (4) 5 Up/Downs
- GET WITH A PARTNER
- (5) 5 Buddy Squats
- (6) 15 Jumpovers 3 different ways
- (7) 1- 50 Ropes 2- 10 x 10 x 10

5:50 – 6:00 MEETING



HALL OF FAME UPDATE

Hall of Fame Inductees for 2011-2012

WRESTLERS

- Brandon Ingalls – Lawrence North
- James Leavell – Decatur Central
- Andy Schneider – Mt. Vernon Posey
- Tim Myers – Belmont

COACHES

- Scott Vlink – Crown Point
- Brent Faurote – Belmont
- Rick Stenftenagel – Jasper

CONTRIBUTOR

- Pete Schroeder
- Jon Hammond
- Ray Black
- Steve Harding
- Bill Pruitt

FAMILY

- Errett – Martinsville

BILLY THOM AWARD

- Jim Wadkins – Calumet
- Honorary Member

ADMINISTRATIVE AWARD

- Mike Mossbrucker – A.D. Mooresville

To nominate someone for the Hall of Fame, see the nomination sheet at the back of this newsletter.

Overall Top 20

- 1.) Perry Meridian
- 2.) Crown Point
- 3.) Mater Dei
- 4.) Roncalli
- 5.) Merrillville
- 6.) Mishawaka
- 7.) Yorktown
- 8.) Evansville Reitz
- 9.) Penn
- 10.) Hamilton Southeastern
- 11.) Cathedral
- 12.) Franklin Community
- 13.) Belmont
- 14.) Center Grove
- 15.) Jeffersonville
- 16.) New Palestine
- 17.) Warren Central
- 18.) Jennings County
- 19.) South Bend Clay
- 20.) Pendleton Heights

Other teams receiving votes:

Adams Central, Ben Davis, Bloomington South, Carmel, Castle, Columbus East, Delphi, Evansville Memorial, Fishers, Fort Wayne Carroll, Fort Wayne Snider, Floyd Central, Greenfield Central, Lawrence North, Noblesville, Westfield.

3A Wrestling Team Rankings

- 1.) Perry Meridian
- 2.) Crown Point
- 3.) Roncalli
- 4.) Merrillville
- 5.) Mishawaka
- 6.) Evansville Reitz
- 7.) Penn
- 8.) Hamilton Southeastern
- 9.) Cathedral
- 10.) Franklin Community

2A Wrestling Team Rankings

1. Yorktown
2. Belmont
3. Jimtown
4. Evansville Memorial
5. Hanover Central
5. Danville
7. Delphi
8. Culver Academies
9. Garrett
10. Southmont

HM: Beech Grove, Benton Central, Bishop Dwenger, Boonville, Fairfield, Griffith, Heritage Hills, Indian Creek, Jasper, Madison, Muncie South, North Montgomery, Peru, Washington

1A Wrestling Team Rankings

1. Evansville Mater Dei
2. South Adams
3. Fountain Central
4. Adams Central
5. Churubusco
6. Alexandria
7. Speedway
8. Southridge
9. Prairie Heights
10. Eastern

Others receiving votes: Lapel, North Miami, North Posey, Oak Hill, Paoli, Tri Central, Triton Central, Union County, West Central



Perry Meridian is ranked number 1 in both the overall rankings and the class 3A ranking.

Wrestler Jake Sinkovics Triumphs through adversity

Jake Sinkovics is a sophomore varsity wrestler at Mishawaka High School wrestling in the 106 pound weight class. He is a tremendous student-athlete. His work ethic and attitude are very impressive and exactly what we look for at Mishawaka. Jake's mom passed away unexpectedly 2 weeks ago. He missed an entire week of practice for obvious family reasons. Despite dealing with this terrible situation, Jake has gone 6-0 since his mother's passing.

High School Wrestling: In-Season Training

I know around the state there are mixed emotions about lifting during the season. I'm a big believer in maintaining strength during the 3 ½ to 4 months we have our athletes. My main concern is I don't want them to lose strength during the season. It works out nice for those athletes who do not lift because you see strength gains out of them. For those athletes who have been lifting regularly this is an opportunity for them to maintain their strength during season. Below is an article I read on **Elite fitness's website** a couple of years ago. It's a good read and has some great points about our sport from a certified strength coach.

High school wrestling is arguably one of the most physically and mentally demanding sports for the high school athlete. From the brutal conditioning to the intense practices and in-season meets, it's definitely a warrior's sport. With all the demands placed on the student athlete, it's vital that his strength and conditioning program is on point.

Student athlete

One thing we must keep in mind is we're talking about high school wrestlers who are student athletes. I remember the days of being a student athlete myself, and I know the stresses all too well. Various factors affect mood, sleep patterns, eating habits, and feelings. These factors combined with in-season wrestling can take a toll. Add a poorly designed strength and conditioning program to the mix and the athlete can become over trained and even injured very quickly. That's why it's very



important to make sure to communicate with your athlete.

Did he stay up late the night before because his girlfriend dumped him? Is he upset because he failed a big test? Did the coach add 20 minutes of conditioning to the end of a typical practice as punishment? How hard was practice? What all was done that day (skill, conditioning)? And the list goes on.

As a strength coach, you have to know what your athlete has been through each and every time he walks into your facility. These factors play a vital role in what changes will be made to his programming for the day. There is no question that you should have a program written for your athlete. At the same time, there isn't any reason why you can't make changes and modifications to it on the spot. Build a bond with the athlete. Ask questions when he comes in. Make changes to the program when needed.

Why in-season training?

Strength, power, and conditioning are very important skills for wrestling performance. During the off-season, many wrestlers develop these qualities. Once the season begins, they stop their strength training all together. To maintain performance through the season, the wrestler must maintain his strength and power as much as possible. If you take two evenly skilled wrestlers in the same weight class at the high school level, the stronger of the two will win. By not maintaining strength and power through the season, the wrestler could be setting himself up for a losing record.

What not to do

The three things my wrestlers don't do when training in-season with me are:

- Direct abdominal work
- Conditioning
- Neck work

All wrestling programs are different so again communication is the key. At our school, the wrestlers perform countless crunches and various abdominal movements at each and every practice. They also condition a ton, which is obviously very common with wrestling. Their necks are also taking a beating from practices, matches, and extra neck work performed at practice. Because the coaches seem to have these bases covered, doing additional work will most definitely have a negative effect.

Strength training

The purpose of the in-season program is to maintain strength, power, and muscle mass. The number of workouts is dependent on wrestling meets and practice schedules, but wrestlers are in the gym no more than twice a week and sometimes only once. Occasionally, I'll give them a full week off if it's been an intense week of practices and meets or they're feeling beat up from a meet.

You'll notice that I give a few options for exercises. These are exercises that I believe have the most carry over and bang for your buck for in-season training. Within a wrestler's actual program, there is very little variation in exercise selection in-season. This is by design because I prefer to keep using exercises that the athlete is accustomed. By doing this, it helps to prevent soreness during the season.

We keep the volume very low because we're focusing on strength and power while maintaining muscle mass. We aren't trying to build muscle during the season because of weight class restrictions. We also want to minimize the stresses placed on the body.

A typical in-season workout for my wrestlers is structured like this:

1. Power movement
2. Quad/hip dominant movement
- 3A. Horizontal or vertical push
- 3B. Horizontal or vertical pull

Exercise toolbox

Power

- Box jump
- One-arm hang snatch

- Hang clean

Quad dominant

- Front squat
- Bulgarian split squat*

Hip dominant

- Deadlift
- Romanian deadlift*
- Glute ham raise*

Horizontal or vertical push

- Incline bench
- Push-ups
- Push press (also power)**

Horizontal or vertical pull

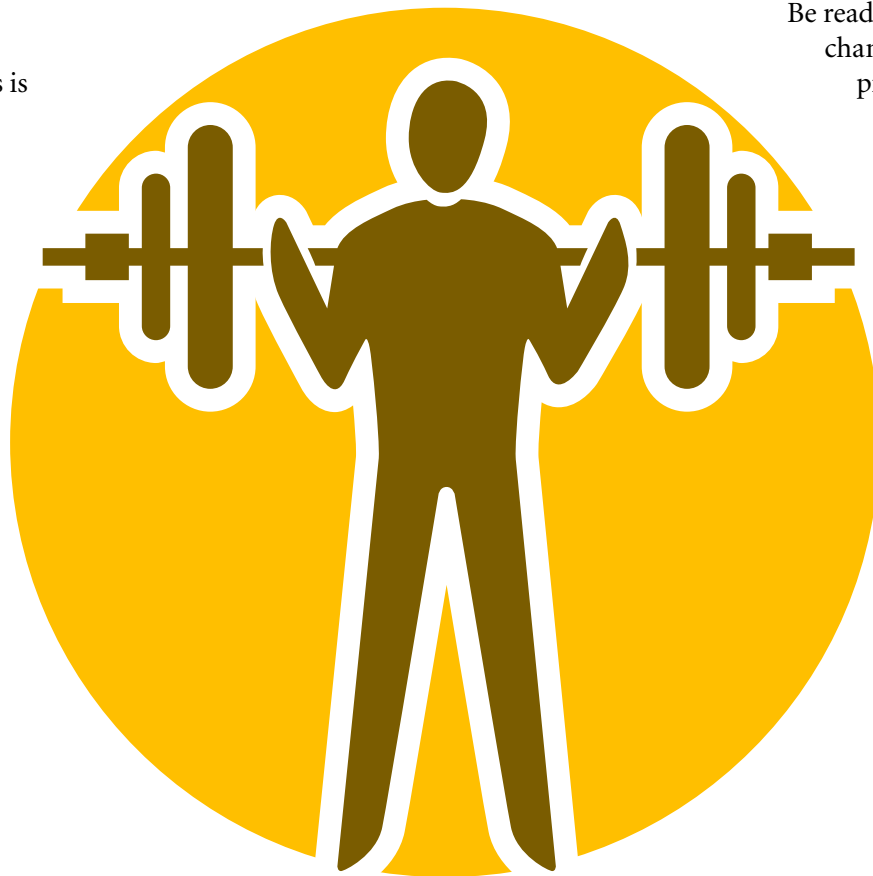
- Chin-ups
- Inverted rows
- Blast strap rows

**For stronger wrestlers, it's best to use quad/hip dominant movements that aren't as demanding on the central nervous system in-season. Younger and/or weaker wrestlers can handle the more intensive movements. A kid who front squats 135 lbs for 5 reps will be able to handle more than a kid who front squats 255 lbs for 5 reps.*

***When implementing the push press, I use it as the push movement for that day and for power.*

Putting it all together

Here's an actual in-season program that I used this year for a junior year wrestler wrestling in the 135-lb class. Each session was preceded by foam rolling and a dynamic warm up with mobility drills and some face pulls.



Workout A

1. Box Jump, 3 X 3
2. Front squat, 3 X 3–5 reps
- 3A. Incline bench press, 3 X 3–6 reps
- 3B. Rowing movement, 3 X 10–15 reps

Workout B

1. Push press, 3 X 3–5 reps
2. Deadlift, 3 X 3–5 reps
3. Chin-ups 3 X 10

Note: The first two sets on each lift are relatively light (starting at around 55–60 percent of a 1RM) in comparison to the final set. Each set is slowly ramped up in weight to the heaviest final set. On days when a wrestler is feeling fresh and strong, we push to set PRs and focus on continually getting stronger during the season. If he isn't feeling "it," we back off a little and get the necessary work in.

Hopefully, you picked up some things on how I view training in-season wrestlers. Remember, the most important thing you can do with your in-season wrestlers is to communicate with them about how they're feeling.

Be ready to make any necessary changes/modifications to the program or even have the wrestler take a week off from strength training when needed. Do this while focusing your job on maintaining strength, power, and muscle mass throughout the season, and your wrestler will most definitely be a beast on the mat.

**Article provided by Brett Clark, from Elite fitness web site, www.elitefitness.com
Delta High School
Head Coach**

Milestones in Coaching

Below is a list of Coaches whom we have information on, and the level they have attained in terms of Dual Meet Victories. We know that there are many names that should be on this list that are not here. That is meant as a slight to no one. It is just that we only had information for about the last 5-6 years to go on in building this list. We would like to add to this list and make it as accurate as possible. If you are a retired Coach and your name is not here please contact one of the Officer so they can put your name on this page. If you are a current coach please access the link on this page and send a "Milestones in Coaching" form to Trent Staggs at his email address.

100 + DUAL VICTORIES

JOHN BENNETT	FW DWENGER
BOB BRENNAN	ZIONSVILLE
ROBERT FREIJE	MACONAQUAH
JIM MAGLIS	PRINCETON
DUSTY MARCHAND	BOONVILLE
MURRAY MILLER	S.B. WASHINGTON
TERRY O'NEILL	WESTFIELD
BRIAN SELTZER	ELKHART MEMORIAL
DUSTIN WILKE	BOONVILLE
BOB WILLHITE	LEBANON
ROB WILLMAN	FLOYD CENTRAL

150 + DUAL VICTORIES

DR. JOHN BARNETT	GIBSON SOUTHERN
SCOTT FERGUSON	EVANSVILLE REITZ
LOUIS KUZDAS	LAPORTE
DAVE MAYSE	EVANSVILLE HARRISON
PAUL NICODEMUS	PLAINFIELD
RON STATELER	SOUTH VERMILLION

200 + DUAL VICTORIES

STEVE BALASH	HOBART
TOM COOK	SEEGER
RUSS HESLER	GREENCASTLE
J.D. MINCH	NORTH MONTGOMERY
JIM PICKARD	GOSHEN
SCOTT ROUCH	LEWIS CASS
RUSS SCHENK	CULVER
CRAIG STANDISH	EASTERN
TRAVIS WALLS	GRIFFITH
TYSON SKINNER	MADISON

250 + DUAL VICTORIES

ANDY HOBBS	PERU
RICK ROOT	UNION CITY
DANNY STRUCK	JEFFERSONVILLE

300 + DUAL VICTORIES

TONY BOLEY	WARSAW
BILL CAMPBELL	NORTHFIELD
BOB HARMON	CASTLE
KEN HOUSTO	TWIN LAKES
TOM KNOTTS	TIPTON
LARRY MATTINGLY	EVANSVILLE MEM.
WALT PROCHNO	KANKAKEE VALLEY
SCOTT SCHWARZ	EAST CENTRAL
RICK STENFTENAGEL	JASPER
SCOTT VLINK	CROWN POINT

350 + DUAL VICTORIES

AL HARTMAN	SB CLAY
JIM TONTE	PERRY MERIDIAN

400 + DUAL VICTORIES

STEVE VANDERAA	WINAMAC
HENRY WILK	PENN

450 + DUAL VICTORIES

BARRY HUMBLE	NEW HAVEN
TOM MILLER	LAFAYETTE JEFF

500 + DUAL VICTORIES

MIKE GOEBEL	EVANSVILLE MATER DEI
BOB HASSEMAN	FRANKLIN COMMUNITY
PHIL THRASHER	NEW ALBANY

800 + DUAL VICTORIES

REX PECKINPAUGH	NEW CASTLE
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Academic Allstate requirements

Criteria for Nomination: 1. Must be a junior/senior. 2. Must have an overall 3.25 GPA. This is on a 4.0 scale. Please convert to a 4.0 scale when nominating. 3. Must be an INDIVIDUAL REGIONAL QUALIFIER. 4. Must be nominated by a member of the IHSWCA. Nomination form is found at IHSWCA.com.

MILESTONES IN COACHING FORM

The IHSWCA will present a certificate to coaches who have attained milestones in their coaching careers such as: 100+ 150+ 200+ 250+ & etc. Dual Meet Victories.

The certificates will be presented at the annual IHSWCA Hall of Fame banquet which is held the Sunday following the Individual State Wrestling Tournament.

If you qualify in one of these categories, please fill out the application below and mail, or FAX, the information to:

Trent R. Staggs - IHSWCA Secretary
Martinsville High School
1360 East Gray St.
Martinsville, IN. 46151
staggt@msdmail.net

Name _____ School _____

School(s) _____ Record _____

School _____ Record _____

School _____ Record _____

School _____ Record _____

Years Coaching _____ Career Dual Meet Record _____

I.H.S.W.C.A. JOIN NOW!

MEMBERSHIP (ONLY) FORM

YOU DO NOT HAVE TO SEND THIS FORM WITH CLINIC

REGISTRATION

NAME _____

SCHOOL NAME _____

HOME

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL ADDRESS

PHONE(_____) _____ CELL(_____) _____

FAX (_____) _____

Coaching Level Head Coach _____ Assist _____ Jr. High _____ Official _____ Other _____

CHECK THE MEMBERSHIPS THAT YOU WISH TO PURCHASE

IHSWCA - \$25.00 _____ Associate/Retired - \$20.00 _____

NWCA - \$30.00 _____

TOTAL AMOUNT ENCLOSED FOR THIS COACH \$ _____

Make all checks payable to I.H.S.W.C.A and send to:

Trent R. Staggs – IHSWCA Secretary

Martinsville High School

1360 East Gray Street

Martinsville, IN 46151

staggt@msdmail.net

IHSWCA STANDING COMMITTEES AND CHAIRMEN

Open committee positions are available for any IHSWCA member. Contact information is on page 2.

Membership Committee

Chairman: Trent Staggs (IHSWCA Secretary/Treasurer)
Committee rep #1: Bronson Curtis (Northeastern HS)
Committee rep #2: Mike Day (Centerville HS)

IHSWCA Hall of Fame Banquet Committee

Chairman: Scott Schwarz (sschwarz@sunmandearborn.k12.in.us)
Committee rep #1: Ed Fox

Fall and Spring Clinic Planning Committee

Chairman: Danny Struck (Vice- President)
Committee rep #1: Greg Gastineau (Hamilton SE)
Committee rep #2: Brett Clark (Delta)
Committee rep #3: Trent Staggs (IHSWCA Sec/Treasurer)

Scholastic Duals Planning Committee

Chairman: Tom Miller (Lafayette Jeff)
Committee rep #1: Aaron Moss (Ben Davis)
Committee rep #2: Maurice Swain (North Montgomery)
Contact: Jeff Schaefer (Castle Regional)
Contact: John Cook (NWCA)

Marketing and Promotions Committee (includes Newsletter)

Chairman: Trent Staggs (Sec/Treas)
Committee rep #1: Sam Riesen (Churubusco HS)
Committee rep #2: Tyson Skinner (Madison HS)

Academic All-State Planning Committee

Chairman: Greg Gastineau (Hamilton SE)
Committee rep #1: Nate Andrews (Lapel HS)

Regional "Coaches of the Year" Planning Committee

Chairman: Trent McCormick (President)
Committee rep #1: Joel Pippenger (Westview HS)

IHSWCA Middle School State Planning Committee

Chairman: Rex Peckinpaugh (New Castle)
Committee rep #1: Nick Hull (Arsenal Tech)

IN/IL All-Star Duals Planning Committee

Chairman: Trent McCormick (Yorktown)
Committee rep #1: Al Hartman (SB Clay)

Junior Academic All-State Planning Committee

Chairman: Joe Willmann (Lowell)
Committee rep #1: Al Hartman (SB Clay)

Coaches Mentoring Committee

Chairman: Steve Livingston (Cloverdale)
Committee rep #1: Danny Struck (Jeffersonville)
Committee rep #2: Tyson Skinner (Madison)

IHSWCA Classed Team State Duals Selection Committee

Chairman: Darrick Snyder (Mishawaka HS)
Committee rep: Sam Riesen (Churubusco HS)
Committee rep: Zach Harper (Jeffersonville HS)
Committee rep: Mike Day (Centerville HS)
Committee rep: Jim Tonte (Perry Meridian HS)

ACKNOWLEDGEMENTS

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Sam Riesen, Trent McCormick, Danny Struck, Lawrence Kuznar, Darrick Snyder, Aarron Moss, Brett Clark, Clint Gard, Tyson Skinner, Jim Tonte, Rex Peckinpaugh, Mike Day, Tom Miller, Zack Harper, Joe Willmann, Al Hartman, Nate Andrews, Cale Hoover, and JD Minch... Sorry to anyone we forgot.

ON THE COVER

Churubusco High School's Eric Kuznar picks up a big win at the NECC duals. Eric has helped lead the Eagles to a 10-3 start to the season, and a perfect 7-0 record in NECC competition.)

INDIANA HIGH SCHOOL WRESTLING COACHES ASSOCIATION

DEDICATED TO AMATEUR WRESTLING

INDIANA HIGH SCHOOL WRESTLING COACHES ASSOCIATION HALL OF FAME NOMINATION FORM

NAME OF NOMINEE: _____

ADDRESS OF NOMINEE: _____

PHONE: _____

FOR WHAT CRITERIA: _____

LIST CRITERIA: _____

NAME OF PERSON MAKING NOMINATION: _____

SEND ALL NOMINATION FORM TO THE FOLLOWING ADDRESS:

ED FOX
366 SW SANTEE DR.
GREENSBURG, IN 47240

I.H.S.W.C.A.

ASSISTANT COACH OF THE YEAR NOMINATION FORM

A plaque will be presented to the selected coach at the annual Hall of Fame Banquet on the Sunday following the Individual State Wrestling Tournament

Criteria for Nomination:

1. Currently an assistant coach in your wrestling program.
2. Nominated by a current member of the IHSWCA.

Name of Nominee: _____

School: _____

Name of Nominator: _____

Reasoning for Nomination:

Mail or Email completed form to: Trent Staggs - IHSWCA Secretary
Martinsville High School
1360 East Gray St.
Martinsville, Indiana 47933
staggt@msdmail.net

INDIANA HIGH SCHOOL WRESTLING COACHES ASSOCIATION
2011-12 IMPORTANT DATES CALENDAR

WK	DAY	DATE	EVENT	LOCATION
15	MON	OCT. 10, 2011	IHSAA WR. OFF. TESTS	ONLINE - IHSAA.ORG
15	THUR/FRI	OCT. 13/14, 2011	IHSWCA FALL CLINIC	WARREN CENTRAL H.S.
17	MON	OCT. 24, 2011	IHSAA WR. RULES MT. BEGIN ON-LINE 10-24 --- 11-14, 2011	The only face to face rules mt. will be at the state clinic
18	MON	Oct. 31, 2011	1ST AUTH. PRACT. DATE	
18	MON	Oct. 31, 2011	MAY BEGIN TO SUBMIT IHSAA SKINFOLD DATA	IHSAA OFFICE
19	SUN	Nov. 13, 2011	IHSWCA REG. REP. MEETING ANY MEMB. MAY ATTEND	G.T. South's - 5711 E 71st St Castleton 3:00 PM - INDY TIME
20	MON	NOV. 14, 2011	1ST AUTH CONTEST DATE	
23	SUN	DEC. 4, 2011	IHSWCA REG. REP. MEETING ANY MEMB. MAY ATTEND	G.T. South's - 5711 E 71st St Castleton 1:00 PM - INDY TIME
26	Fri	DEC. 30, 2011	LAST DAY FOR PARENT PERM -7% LAST DAY FOR PHYSICIAN'S CLEARANCE FOR WRESTLER NATURALLY UNDER 7%	IHSAA OFFICE
28	Mon	2-Jan-12	2 lbs. GROWTH ALLOWANCE	
28	SUN	JAN. 8, 2012	IHSWCA REG. REP. MEETING ANY MEMB. MAY ATTEND	G.T. South's - 5711 E 71st St Castleton 1:00 PM - INDY TIME
29	TUE	JAN. 17, 2012	IHSAA SECT. ENTRY DUE	IHSAA OFFICE
29	THUR	JAN. 19, 2012	TEAM STATE TEAM DRAW	
30	MON	JAN. 23, 2012	IHSAA SECT SEED MT.	SECTIONAL SITE
30	SAT	JAN. 28, 2012	IHSAA SECTIONALS	32 SITES
31	WED	FEB. 1, 2012	IHSAA TEAM REGIONALS	8 SITES
31	SAT	FEB. 4, 2012	IHSAA IND. REGIONALS	16 SITES
32	MON	FEB. 6, 2012	IHSWCA ACADEMIC ALL-STATE NOMINATION FORMS DUE	GREG GASTINEAU HAMILTON SOUTHEASTERN HS
32	SAT	FEB. 11, 2012	IHSAA IND. SEMI-STATE	4 SITES
33	SUN	FEB. 12, 2012	IHSWCA MIDDLE SCHOOL STATE - NATIONAL DUAL QUALIFIER	NEW CASTLE HS
33	FRI-SAT	FEB. 17/18, 2011	IHSAA IND. STATE FINALS	CONSECO F.H. - INDPLS.
34	SUN	FEB. 19, 2012	IHSWCA HALL OF FAME BANQUET	J.BYRD'S - GR'WOOD
34	SAT	FEB. 25, 2012	IHSAA TEAM STATE FINALS	CENTER GROVE H.S.
35	FRI-SUN	MAR. 2/4, 2012	BIG 10 TOURNAMENT	Purdue University
37	SUN	TBA	IHSWCA IN/IL ALL-STAR MEET	IL
37	TH-SAT	MAR. 15-17, 2012	NCAA DIVISION 1 NATIONALS	St. Louis, MO
38	TUE-SUN	MARCH 20-25, 2012	NHSCA - SOPH/JR/SR. NATIONALS	VIRGINIA BEACH, VA.
40	FRI-SAT	APR. 12/13/14, 2012	USWA National Scholastic Duals IHSWCA HOST ORGANIZATION	CRAWFORDSVILLE, IN WABASH COLLEGE
42	FRI	APR. 20, 2012	IHSWCA SPRING CLINIC	TBA - INDPLS.
42	FRI	APR. 20, 2012	IHSWCA HOF NOMINATIONS DUE	TBA -WATCH WEBSITES
44	WED	MAY. 2, 2012	IHSWCA ASST COACH OF THE YEAR NOMINATIONS DUE	Danny Struck Jeffersonville
50	SUN	JUN. 10, 2012	IHSWCA HALL OF FAME SELECTION MEETING	G.T. South's - 5711 E 71st St Castleton