

Practice Start Next Monday/Tuesday

Turman, Paul

Sent: Friday, December 09, 2011 5:07 PM

Good evening,

As the first week of practice gets closer I just wanted to send along an email with a few details for new and returning members.

Practice Times & Location

Group 1 – Monday & Tuesday from 6:15-7:10 at the Georgia Morse Middle School.

Group 2 – Monday & Tuesday from 7:10-8:20 at the Georgia Morse Middle School.

Group 3 – Tuesday & Thursday from 5:45-7:00 at the High School Wrestling Room.

Arriving for Practice

Group 1 and 2 parents you will find that Middle School basketball practices will be occurring prior to the start of your practices. The middle school wrestling space is in the main gym to the left of the large green curtain. It is important that we stay on that side of the curtain at all times when organized middle school activities are occurring. Last year we asked parents to get ready outside in the hall, place all belongings in a bag, and then enter the gym. This seemed to work out well throughout the season last year. Traditionally, they do not allow clubs to practice prior to 6:30, and if we are to be allowed to continue to practice earlier for the younger kids it is important that we stay off the main court as much as possible.

Group 3 parents, please make sure that you enter the high school room from the front entrance. During the winter months entering from the back parking lot increases the chance of tracking in dirt/debris and can adversely affect the mats.

Practice Attire

We encourage wrestlers to simply wear shorts and a tight t-shirt for practices. Please do not wear jeans or jean shorts as the zippers and buttons can injure wrestling partners and cause the mats to tear. Wrestling shoes are often worn, but they are not required. Clean gym shoes work just fine as well, but we do encourage kids to wear more than just socks as you will find traction to be important once live wrestling begins.

Arrival Time & Parent Participation

You will find that Caleb, Jammie and I each will provide the overall guidance for practice by getting kids organized, teaching techniques and drills, as well as running live wrestling sessions. While we only need one other coach/assistant to teach techniques to the group, much of the learning occurs when wrestlers break off and work with their partners individually. Additional assistants/parents are strongly encourage to make this learning time more valuable and productive for the kids. We encourage any parent who is interested to attend practices prepared to come out on the mat and assist during these situations. Bring cloths that will allow you to do so.

You will also note that we try to intermix games into each of the practices. Over the past few years we have had a number of the best coaches in the state put on camps over the summer and we have learned a number of games that are very productive at teaching wrestling skills and techniques to the younger wrestlers. Especially at the start of the season we have found that

these activities are the best at demonstrating in a positive environment what is required for kids to be successful in competition. To keep things organized while kids are arriving at practice we try to get started with games sometime right around 6:05. If you come in after this time don't be concerned that you are late for practice. The formal practice session will begin at 6:15 with jogging and stretching. After the first week I'll send out an email to the group trying to highlight what we are trying to accomplish with each of these activities.

That's all that I can think of at this point. Have a great weekend and looking forward to getting the season underway.

Paul D. Turman, Ph.D.
Associate Vice President for Academic Affairs
South Dakota Board of Regents
306 East Capital Avenue, Suite 200
Pierre, SD 57501
605-773-3455