

MAPLE VALLEY WRESTLING

OCTOBER 2009

NEWSLETTER #4

"If a man does his best, what else is there?"

Utilizing Technology to Improve Your Wrestling Skills

Technology today presents wrestlers with an unbelievable amount of resources to help better themselves. Websites like www.flowrestling.org allow wrestlers to visually learn technique from some of the best wrestlers in the country. Another great resource is www.youtube.com. Chose a great wrestler from the past and study their various



matches. Two of my favorite wrestlers are Cary Kolat and Lincoln Mcilravy. Take time this week to watch some of their old wrestling matches.



Alumni Night

Tahoma Wrestling's 3rd Annual Alumni Night will be held on Friday, December 11th. Prior to the wrestling match against Auburn High School, we will be honoring three past members of Tahoma Wrestling. The following wrestlers will be honored: Lee Reichert 1969, Jeff Hall 1973, Rich Palmer 1973. We hope to pack the house for this exciting event.

Help to Document Our Wrestling History

Coach Boomer has been working on compiling Tahoma Wrestling history on our team website. The goal is to have pictures of all state champions and state placers. Currently we are missing pictures of two state champions and many individual state placers. How can you help??? Contact Coach Boomer at: dburnham@tahomasd.us with pictures and help us to maintain our history. The team website can be found at the following link: www.leaguelineup.com/bigbearwrestling

Mike Reichert — Senior, 1st in Sub - District, 1st in District, 1st in State. Rick Jennings — 2nd in Sub - District, 2nd in District.



Wrestler of the Week



This weeks wrestler of the week is Jordan Jolley. Jordan spent 28 days of his summer training at the University of Minnesota at the J. Robinson intensive wrestling camp. Jordan will be utilizing his preparation at the Preseason National tournament, in Cedar Falls, Iowa at the end of this month. Follow his progress at: www.trackwrestling.com



Are you a facebook user?? If so, add Bear Claw as a friend!

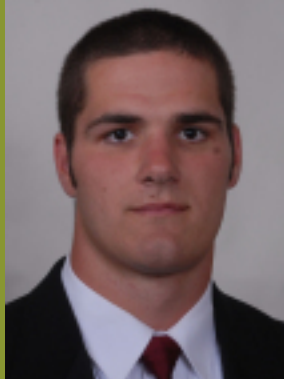
Community Contributors

The Maple Valley food bank is currently looking for volunteers. You must be over the age of 16. If you are interested go to <http://maplevalleyfoodbank.org>

Alumni Update

Former 2-Time Tahoma State Champion Kevin Kooyman is currently playing Division I football for the Washington State Cougars. He is a management operations major with a minor in marketing. Look for number 93 during the Coug football games.

<http://wsucougars.cstv.com>



High School Season Is Just Around the Corner

With high school season just a few weeks away, it is time to start ensuring your readiness. Our team goal this year is to win a state championship. In order to accomplish this goal everyone must focus and come in to the season prepared. Two important factors that everyone should be focusing on now is your fitness level and healthy eating habits. A suggestion from the coaching staff would be to make sure that you are getting in plenty of road work. We would suggest that if you are not participating in a sport that you are running around 10-15 miles per week with a focus on interval training. If you have weight or nutrition goals a good website you may want to try using is: <http://www.nutrimirror.com/>

Follow Coach Feist's Blog at: <http://headlockhero.blogspot.com/>