

Rocket Wrestling Report

Vol. IV

May 4, 2009

Greetings from the John Marshall Rockets wrestling program. You are receiving this newsletter because you have a child (K-12) in the program, are a wrestler for JM, wrestling alumni of JM, or you are a supporter of the program.

The school year is coming to an end and the last freestyle practice was held at John Marshall last week. The wrestling season started in late October with our K-6 Community Ed program and finished in late April with the freestyle season coming to an end. That's a good 6 months of practice for our K-12 wrestlers!

We are very excited about what our program has to offer at the youth, middle school, and high school levels. As you read through this, take note of the many things going on within our program. We are always more than happy to accept volunteers. Contact a Rocket Wrestling coach if you would like to help with anything or if you have any questions.

2008-09 Recognition

Congratulations to all of JM's high school graduating seniors: Josh Anderson, Kyle Frazier, Ryan Galvan, Taylor Giordano, Paul Johnson, Tyler Lande, Pen Maclin, Ian Naatz, Luke Robison, Jared Schuster, and Garrett Steiger. Good luck this fall, and we hope to see around next year supporting the program. Don't forget that you are all welcome to attend the "Alumni Night" dual next year!

Garrett Steiger and Pen Maclin had the honor of competing in the state wrestling tournament. Steiger competed in his third state tournament, and Maclin took home the 3rd place medal while competing in his first state tournament.

Congratulations to NYWA State Qualifiers: Justin Higgins, Conner Higgins, and Kenny Maclin. Jaycees State place winners: Sam O'Connor, Alex O'Connor, and Judd O'Connor. MN/USA Folkstyle State Qualifier: Logan Saltou

Fundraising

Mike O'Connor is chairing a new Rocket Wrestling Club fundraising drive. We hope to raise funds to cover additional singlets and some warm-up tops for the K-8 wrestlers. There are also some long-term items we'd like to fundraise for as well. If you have any ideas, contacts, input, or would like to help volunteer, please contact Mike at MikeOConnor@RocketWrestling.org

Here are two current fundraising efforts we need your help with.

Go Green – Turn in your old cell phone! Tom Giordano is continuing to collect your old cell phones. If you recently updated to a new phone and are looking to get rid of any of your old/used cell phones, he'll take them! It does not matter how old or what condition they're in.

Tom ships the cell phones into a recycling company that pays us a small amount of money for each phone donated. To date, this program has help raise hundreds of dollars for our wrestling club. You can drop the cell phones off at Tom's house or the John Marshall Athletic Office.

Clash Camp Mat Moving: Once again our club will be moving and setting up mats for the Clash Camp. Volunteers are needed at these dates and times:

Friday, May 15th – 1:30PM to 2:30PM at RCTC

Friday, May 15th – 3:00PM to 5:00PM at Kasson Elementary School (604 16th St NE, Kasson)

Sunday, May 17th – 5:00PM to 6:00PM at Kasson Elementary School

Sunday, May 17th – 6:30PM to 7:30PM at RCTC

Please contact Brian Parlin or Tom Giordano if you are able to help with the mat moving.

Summer Camp Opportunities

There is variety of summer camp opportunities available to wrestlers of all ages. Summer camps are a good way to get some extra mat time, and learn different techniques from some excellent camp clinicians.

The RWC coaches strongly recommend the Clash Camp. This is a very inexpensive camp with some the best clinicians in the United States. Space is limited, so sign up online today! Here is the link to the camp info and registration

<http://www.clashmn.org/camp/>

You can also find a large variety of camps listed on The Guillotine camps section.

<http://www.theguillotine.com/youth/camps.html>

Summer Tournaments

Pine Island K-8 On Your Feet Take Tournament

<http://www.theguillotine.com/youth/0809/opens/pineislandoyf.html>

PEM Summer Open grades 7-12

<http://www.theguillotine.com/youth/0809/opens/plainviewsummer.html>

Summer Slam – Lake Ripley Beach – Litchfield, MN

<http://www.theguillotine.com/youth/0809/opens/summerslam.html>

Summer Weightlifting at JM Grades 7-12

All 7-12 wrestlers are encouraged to enhance their strength and agility in the off-season. This will help prepare you for the winter season as well as your other sports. Get together with a few friends and lift and run on a regular basis. Contact Coach Parlin if you would like information on specific workout plans. You can lift at home, private clubs (YMCA, RAC, WOW, Northgate, etc) or at JM. If you would like to lift at JM, view the following link for the form and fee.

http://www.rocketwrestling.org/jm_forms.htm

New Board Members

Recently, Tim Higgins (TimHiggins@RocketWrestling.org) and Travis Magle (TravisMagle@RocketWrestling.org) joined the RWC board. Welcome aboard! Send any suggestions or feedback to any of the [board members](#).

RWC Website

You can visit our website at www.rocketwrestling.org.

Thanks to Colin Williamson for keeping our website updated.

Visit the website and send any feedback to Colin at webmaster@rocketwrestling.org

Summer Social

We will again be having a K-12 wrestling social this summer. Stay tuned for more details on when and where it will be held. We are open to any new suggestions/locations, so please contact a board member with any ideas or suggestions.

Contact Information

Contact the JM coaching staff with any questions, input, or concerns.

Brian Parlin – 507-358-6530 - brianparlin@rocketwrestling.org

Tom Giordano – 507-358-0573 - tomgio@rocketwrestling.org

Rick Robison – 507-251-4337 - robison.rick@mayo.edu

Kent Kaupa – 507-251-1853 - kkaupa@schwickerts.com

Mike Woltman – 507-254-0162 - mwoltman@charter.net

Ricky Ties – 507-398-6775

Through wrestling, through the hard work and the sweat, through the victories and the defeats, we learn a great deal about ourselves. Wrestling shows you your limits, your weaknesses, your strengths and, ultimately, you grow because of what it shows you.

- J Robinson, University of MN Head Wrestling Coach

If you would like to be taken off of this distribution list please reply to brianparlin@rocketwrestling.org