

Rocket Wrestling Report

Vol. II

July 2, 2008

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 high school wrestlers have been busy this summer. The team has been lifting and running, along with attending area camps in preparation for next year.

We kicked off our first fundraising effort as a K-12 organization by setting up and tearing down mats for The Clash wrestling camp held at RCTC. A big thank you goes out to those who helped set up and move mats.

The Rocket coaching staff has also been busy recruiting future wrestlers. If you signed up for youth football earlier this month, you most likely saw a Rocket wrestling coach and got some preliminary information on this upcoming wrestling season. There are other fundraiser ideas in the works and volunteers to help recruit are greatly appreciated! (See below for details on volunteering)

UW-L Team Camp

The John Marshall wrestling team attended the University of Wisconsin-Lacrosse team camp from June 14-17th. The wrestlers who attended did very well and all gained some valuable experience from the camp. As a team, JM went 3-4 for the tournament and competed well in all of their duals.

Taylor Giordano was named the team's "Outstanding Wrestler" for winning all of his dual meet matches. Cole Swanson had an excellent camp with only 2 losses against some tough competition. Alex Evan was JM's only individual tournament champion. Evan went 3-0 to claim the title in his weight class.

Summer Ice Cream Social

The Rocket Wrestling Association will be hosting a summer ice cream social. All wrestlers, managers, parents and supporters are welcome to attend the social.

When: 6:00PM, Sunday, July 27th

Where: Allendale Park (across from John Adams Middle School, west of 18th ave.)

What to bring: A lawn chair and an ice cream topping (candy, sauces, fruit)

The ice cream, plates, silverware, and napkins will be provided.

Board of Directors

The Rocket Wrestling Association is currently looking for people interested in serving on its board of directors. We are looking for motivated people who love the sport of wrestling and want to help support the wrestlers in youth through high school. You can send any inquiries to info@rocketwrestling.org, or you can contact Brian Parlin for details.

The first Rocket Wrestling board meeting will be held directly following the summer ice cream social at Allendale Park on Sunday, July 27th. All board meetings are open for anyone to attend.

Recruiting Team

Coach Tom Giordano is forming a "recruiting team". This group will focus on K-8 wrestlers joining and continuing with the sport of wrestling. We realize that we need to grow our current small numbers and we need additional help to make that happen! We have already coordinated and held a couple of recruiting activities: RYFA Registration and John Adams Middle School. We need to continue to generate new ideas and follow through on them. We are looking for at least 6 people to represent the various K-6 grades as well as the various JM & all NW Rochester elementary schools (Catholic and other private schools). The meetings will be minimal and the recruiting events should be short. By the way, we have a new lead recruiter at Lourdes HS for 2008-2009 school year!! Contact Tom at tomgio@rocketwrestling.org if you are interested in helping out. We'd like to have a short meeting by the end of July.

Area Wrestling Camps

It's not too late to sign up for some local wrestling camps. RCTC, Dodge Center, Dover/Eyota, and Lakeville South are all holding camps in the area. If you have any questions, please feel free to email Coach Parlin at brianparlin@rocketwrestling.org

The Pine Island wrestling club will be hosting the first annual "On Your Feet" takedown tournament on Sunday, July 20th for wrestlers in K-8 grade. For more information, visit the following link: http://www.theguillotine.com/youth/0708/opens/pi_onyourfeet.html

Open Practice

Open practices will be held each Sunday starting July 13th through August 10th. Practices are optional for all wrestlers going into 7-12 grades. Practice will start at 6PM in the John Marshall wrestling room and will last an hour to an hour and a half. Wrestlers should bring their wrestling gear and running shoes. Practice will be held at 5PM on July 27th before the summer ice cream social.

New High School Warm Ups

The JMHS wrestling team will be getting new warm ups for the upcoming season! The John Marshall athletic department is currently working with the coaching staff in ordering the new warm ups. Be sure to attend one of our 5 home meets this winter to see the final product!

Cell Phone Collecting

The JM wrestling team wants your old cell phones! The wrestling team has been collecting old cell phones for the past year and has been sending them into a recycling company in exchange for a donation. If you have any old cell phones lying around, we'll take them no matter how damaged or old they are. Help the environment and the JM wrestling team at the same time by donating your old cell phone(s)! You can drop off any phones at the JM athletic office or you can deliver them directly to Tom Giordano.

Please feel free to share any fundraising ideas you might have with the JM coaching staff.

Website

You can visit our new website at:

www.rocketwrestling.org

The website is currently a work in progress, but we plan to make it as informational as possible. Please feel free to share your thoughts, questions or ideas by emailing info@rocketwrestling.org

Contact Information

Please feel free to 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@schwickerets.com

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

Ricky Ties – 507-398-6775

“Gold medals aren’t really made of gold. They’re made of sweat, determination, and a hard-to-find alloy called guts.”

Dan Gable

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