

# Rocket Wrestling Report

Vol. III

October 8th, 2008

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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 leaves are starting to change and the weather is getting cooler. That means the wrestling season is right around the corner. Coaches for the K-12 Rocket Wrestling program have been busy preparing for the upcoming season.

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.

## **Wrestling Mats for Sale**

The John Marshall wrestling team will be selling used wrestling mats. If your family is interested in purchasing a wrestling mat for your home, contact Brian Parlin at [brianparlin@rocketwrestling.org](mailto:brianparlin@rocketwrestling.org)

Price of the mat will be determined by size and the condition it is in.

## **K-6 Community Education Wrestling**

Community Education will be hosting a K-6 wrestling program for wrestlers of all skill levels. Practices will be held in the John Marshall wrestling room on Monday and Wednesday nights. This is a 3 week program that starts on October 20<sup>th</sup> and runs through November 5<sup>th</sup>.

To view the registration form, please visit [www.rocketwrestling.org](http://www.rocketwrestling.org) and click on the "Youth" link on the left of the page.

If you have any questions regarding the Community Education program, please feel free to contact a Rocket Wrestling Club coach. We are encouraging all of our K-6 wrestlers to sign up for the program. This is a great program for beginning wrestlers, and it's also an excellent "warm up" program for our experienced wrestlers.

## **Rocket Wrestling Club K-8 Program**

The Rocket Wrestling Club is excited to begin our first year of serving K-8 wrestlers. Registration for RWC will be in the John Marshall wrestling room on **Wednesday, October 29<sup>th</sup> and Monday, November 3<sup>rd</sup> from 6:45PM-8:00PM.**

Visit [www.rocketwrestling.org](http://www.rocketwrestling.org) "Youth" section to view the RWC registration form. The registration form can also be mailed to us if you can not make the sign up dates.

Practices will be on in the John Marshall wrestling room on Tuesdays and Thursdays starting December 2nd. K-2 wrestlers will practice from 6:00-6:45PM and grades 3-8 will practice from 7:00-8:15PM.

We could use everyone's help in building this program. Please get the word out to any potential wrestlers within the John Marshall school district. Feel free to print out the form and hand it out to neighbors, sports teams, coaches, PE teachers, of anyone you think might enjoy wrestling. Have your child bring a friend to registration! There are no late fees, so it's never too late to sign up!

## **John Adams Middle School Wrestling**

John Adams middle school will again be hosting a Community Education middle school wrestling program for grades 6-8. You can visit the [RWC website](#) to view the middle school registration form.

It's a 6 week program that starts on November 10<sup>th</sup> and runs through December 17<sup>th</sup>. Practices will be on Mondays and Wednesdays from 2:30-4:30PM.

Please contact a RWC coach if you have any questions regarding this program.

## **High School Update**

The high school wrestling season starts on Monday, November 24<sup>th</sup>. Registration will be held on Wednesday, November 5<sup>th</sup> and Thursday, November 6<sup>th</sup>. Each high school wrestler needs an updated physical on file. Check with the JM athletic office to see if your physical is up to date.

We are still in the process of ordering new warm ups. Another sample has been ordered, so we are close to placing the entire order.

The high school schedule for 2008-09 has now been finalized. Visit the high school portion of our website to view the schedule. Highlights of the schedule include 5 home meets against Winona, Mankato East, Mankato West, Owatonna, and Albert Lea. New on the schedule this year is the Northfield Duals.

### **RWC Board Meeting**

The next Rocket Wrestling Club board meeting will be held at Buffalo Wild Wings on Sunday, November 2nd at 6:00PM. Board meetings are open to anyone who would like to attend.

### **Wrestling Clinic**

2008 Olympic gold medalist Henry Cejudo will be putting on a wrestling clinic at Bloomington Kennedy High School. Cole Konrad, Jayson Ness, Manuel Rivera, and Zach Sanders will also be featured clinicians at the clinic. For more information [CLICK HERE](#) for details.

### **GOPHER WRESTLING in ROCHESTER**

The University of Minnesota Golden Gopher wrestling team will be coming to Rochester on Saturday, November 29th. The Gophers will wrestle Northern Colorado, North Dakota State, and Portland State. This event is dubbed the “Northern Quad” and will be held at the University Center Rochester field house. We will plan on attending the duals together as a K-12 organization. Stay tuned for more information as this event nears.

### **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](http://www.rocketwrestling.org)

The website is currently a work in progress, but we plan to make it as informational as possible. Share your thoughts, questions or ideas by emailing [info@rocketwrestling.org](mailto:info@rocketwrestling.org)

## **Contact Information**

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

Brian Parlin – 507-358-6530 - [brianparlin@rocketwrestling.org](mailto:brianparlin@rocketwrestling.org)

Tom Giordano – 507-358-0573 - [tomgio@rocketwrestling.org](mailto:tomgio@rocketwrestling.org)

Rick Robison – 507-251-4337 - [robison.rick@mayo.edu](mailto:robison.rick@mayo.edu)

Kent Kaupa – 507-251-1853 - [kkaupa@schwickerts.com](mailto:kkaupa@schwickerts.com)

Mike Woltman – 507-254-0162 - [mwoltman@charter.net](mailto:mwoltman@charter.net)

Ricky Ties – 507-398-6775

**“It’s not the will to win that matters – everyone has that. It’s the will to prepare to win that matters.”**

**Paul “Bear” Bryant**

If you would like to be taken off of this distribution list please reply to [brianparlin@rocketwrestling.org](mailto:brianparlin@rocketwrestling.org)