

“Back Points”

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Volume II #2

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WWCA Clinic

The Wisconsin Wrestling Coaches Association once again put on an outstanding coaches clinic in Green Bay. John Stockowitz and everyone involved must put in a ton of work to get that organized and I'm sure it's no easy task. Nonetheless, it's always a great event and leaves everyone in attendance excited about the upcoming season. Thanks to the WWCA for all the work they do in supporting and enhancing Wisconsin wrestling!

Olympic Training Center

I recently spent four days out in Colorado Springs at the Olympic Training Center. This was a great opportunity to improve as a coach, as I was able to spend time learning from Terry Brands, Kevin Jackson, Doc Bennett, Ike Anderson, and Steve Fraser. I was able to pick up some great drills and technique that I plan to implement at Developmental Clinics this year and with our National Teams. A note to our athletes out there...if you qualify for funded access (room and board) to the O.T.C. you should take advantage of it. The opportunity to learn from these coaches and train with other motivated talented athletes is one that cannot be passed up. Here is information for Cadet/Junior Qualification for Funded Access.

- * ASICS/Vaughan Junior Nationals – Top six athletes in each of the 15 weight classes
- * NHSCA Senior High School Nationals – Top two athletes in each of the 14 weight classes
- * FILA Cadet Nationals – Top four athletes in each of the 10 weight classes
- * ASICS/Vaughan Cadet Nationals – Top four athletes in each of the 17 weight classes

I know Coach Kevin Black keeps all of the Wisconsin Women informed of this, but in case you missed it, here are the women's criteria for funded access as well.

- * Body Bar FILA Junior Nationals – Top four athletes in each of the eight weight classes
- * USGWA High School Nationals – Top six athletes in each of the 14 weight classes
- * ASICS/Vaughan Junior Nationals – Top four athletes in each of the 11 weight classes
- * Body Bar FILA Cadet Nationals – Top four athletes in each of the 11 weight classes

WIAA Season Begins!

After talking to many high school coaches at the WWCA Clinic, it appears there is a lot to be excited about heading into the new season. This is always such a great time of year and it's nice to hear such optimism from coaches and wrestlers alike. I have put together a sample periodization plan for high school coaches to consider when planning out their season this year. There are four phases to the plan, which is geared toward getting the most out of your team at the end of the season, when it counts. They include the Conditioning Phase (November/early December) Preparation Phase (December), Competition Phase (January/early February), and Peaking Phase (February). Please take a few minutes to look this over and if you have any questions contact me.

In my next edition of “Back points”, I'll include a few sample practice plans that coaches might find useful in implementing this peaking plan. I hope you find it helpful, and again, please do not hesitate to contact me with questions or ideas. Best of luck to all you in your quest to achieve great things this season.

See you on the mats!
Mike DeRoehn