

Apple Valley Wrestling

“I will study/prepare and get ready
and maybe my chance will come.”

Abraham Lincoln

Apple Valley Wrestling

2010 & 2011 National Champions

71 Individual State Champions

19 Team State Championships (12 out of the last 13)

6 Team State Runners-up

989-95-14 Dual Meet Record (AVHS opened in 1976)

Creating a Culture of Success

- Getting your athletes to train year around.
- Start with a few & it will grow.
- It is about results.
- Success breeds success.
- Bring in other coaches.
- Incentive to train year around (improvement).

Apple Valley Wrestling

IT'S ABOUT...

- Hard Work
- Academics
- Learning
- Improving
- Giving
- Perseverance
- Family
- Excellence
- Thoughtful Preparation
- Winning
- Listening
- Sacrifice

We are here to work!

- In-season & out-of-season training.
- Drilling & more drilling.
- Live wrestling.
- Bungees
- Endless Ropes
- Climbing ropes with weighted vests.
- Sprints & more sprints with weighted vests.

Words to live by...

“Learn to Listen.....Listen to Learn”

“We are what we give of ourselves and
– What we make of ourselves”

“When you work hard good/great things happen”

“Score early, score often & score last”

Apple Valley Club Team

- Club Team-Head Coach Rudy James
 - *K-8- Nov. 1st-July 25th
 - *Practice @ AVHS Wrestling Room M-T-Thurs 6:30-8 PM
 - *Tournaments (optional)
 - *Three Sessions...
 - *Session One Tues. Nov. 1st-Friday Dec. 30th/Folkstyle
 - *Session Two Mon. Jan. 2nd-Sat. March 17th/Folkstyle
 - *Session Three Mon. March 26th-July 25th/Freestyle

Youth In-House Program

- Grades K-6
- High School wrestlers serves as coaches.
- For the beginning wrestlers.
- Practice two evenings a week.
- Dual Meets on Saturday

Middle School Program

- November 1st – December 21st
- In-District Dual Meets
- End of season individual tournament.
- Optional tournaments on Saturday utilizing parent volunteers.
- Encourage all wrestlers to continue training.

Freshmen Team

- Practice schedule.
 - Technique practice.
 - Mandatory study hall.
 - Create team unity.
- Ninth Grade & Under League.
 - Dual meet schedule.
 - Dual Meet State Championship.
 - Individual Section and State Championship.

Junior Varsity

- JV is extremely important.
- Compete in some varsity tournaments.
- No Seniors...there are exceptions.
- Dress some JV wrestlers for varsity meets.
- Look at your future line-ups.

Varsity

- Coaching Staff
 - Surround yourself with:
 - great people
 - people who are better than you
 - people who's strengths are your weaknesses
 - Diversify your staff.
 - Football coaches.
 - Check your ego...it is about the kids.

Inclusion

- Get everyone involved in your program.
 - Youth program coaches and families.
 - Middle School, Freshman, Varsity and JV coaches.
 - Volunteers
 - Parents
 - Teachers
 - Administrators and Athletic Directors
 - Custodians
 - Alumni ([Trevor Laws](#))

Apple Valley's Technique "Our Playbook"

- Every team needs a playbook.
- Importance of a scope and sequence.
- Utilizing common terminology.
- Athletes must know your "Playbook".
- Establish a progression with technique.

Practice

- Warm-ups:
 - Jogging
 - Some Stretching
 - Get-in your reps. (light drilling)
- Half speed drilling.
- Technique of the day.
- Review.
- Controlled and structured drilling.
- Live situations (use a script).
- Live goes/score points.

Philosophy

- *At Apple Valley High School we believe that success in wrestling, as in life, comes through thoughtful preparation and a sincere commitment to improvement through learning. Opportunities in life are at best difficult to anticipate, but preparation can be a constant achievable goal. By working to learn, we work to succeed. By growing as people we place ourselves in a position to seize opportunities and achieve personal goals. There is no pretense in such a philosophy. We are what we give of ourselves and what we make of ourselves.*

The Advantage

- There is no doubt living in a metro area gives Apple Valley & other suburban schools an advantage.
- Open Enrollment/Move Ins/Transfers
- More resources for coaches
- Alumni
- Volunteers

The Apple Valley's Creed

- We are here to work
 - Please, thank-you & excuse me
 - Attitude controls your life, have a positive
 - Win with class & lose with dignity
 - Learn time management
 - Educate yourself on nutrition
 - Be on time
 - No hazing, bulling or harassing
 - Care about others
 - Thoughtful preparation
 - Dress appropriate
 - Character is how you act when no one is watching
 - "National Anthem" Stand proud, hats, headgear off & hoods down. Arms behind you back or hand on heart, looking at USA Flag.
- * Do the right thing
 - * Respect everyone
 - * Thank your family, friends, teammates
 - * Lead by example
 - * Improve yourself improves the team
 - * Believe in yourself, teammates & coaches
 - * Be a gentlemen
 - * Pick-up after yourself/bus/bench/lockerroom
 - * Be committed
 - * Take care of your academics
 - * Out work your competition

Administration

- Work with....instead of against it.
 - Bottom line we need them on our side.
 - Took me along time to figure this out.
 - Very hard at times.
 - Share cost of projects.

End Of Season Evaluation

- Evaluate yourself
- Evaluate your staff
- Evaluate every level of your program K-12
- “Perfect your strengths work on your weaknesses”

The Nature of Leadership

*You will find true success in those efforts
that captivate your heart and soul.*

Belief fuels passion and passion rarely fails.

Fund Raising

- Run Tournaments
- Golf Outing
 - Apple Valley Golf Classic
- Fall Rake & Clean Up
- Concessions
- Pancake Breakfast with Applebee's
- Maintenance Fee

At the end of the day.....

We want our kids to be productive citizens!

I want be able to stand here and tell you how proud I am of the accomplishments of our boys....and share stories that last a life time.

Trevor Laws/Five Doctors/Army Ranger/Navy/Air Force/

Cloud Athletics.....

Andy Rein: NCAA National Champion, Big Ten
and NCAA Rookie Coach of The Year

Listen to Andy explain what The Video Library is
all about.....

<http://www.youtube.com/watch?v=8k-gCja0T4k>