

HIGH-TECH COACHING:

www.wrestlingassistant.com

By Greg De Marco



The website www.wrestlingassistant.com seeks to promote amateur wrestling by helping wrestling coaches become more effective and efficient. The site is maintained by wrestling coaches for wrestling coaches. It does not report results, create rankings nor select All-Star teams as there are many great websites and publications that already provide those services. The site is about posting technique, promotional ideas, practice tips, fundraising activities, etc. - anything that might make the job of wrestling coaches easier. Rather than "reinvent the wheel" every time a coach has a specific need, it is our intention that he'll find the solution at this website. This site will be effective only if coaches of all levels CONTRIBUTE ideas and articles. So please: USE it ... and ... ADD to it!!

Currently the site contains over 100 articles of interest to wrestling coaches. The site is constantly being expanded so that next week or next month it will contain even more information. The homepage of the site permits you to select from several options. The two most widely used are:

Alphabetical Index - This section provides you with a quick overview of all the articles arranged in alphabetical order by subject.

Sioux City, IA - Terrance Almond scores a takedown on his way to a victory by fall over Campbellsville University's Kyle Norred at the 2006 NAIA National Tournament. Photo by Richard Fergola.



This is useful for coaches who are seeking a solution to a particular problem.

Chronological Index - The articles here are arranged in chronological order with the newest articles added to the website at the top. There is also a brief description of each article. Those coaches who are frequent visitors to the site can quickly access the latest additions.

Let's take a look at some of the features that can be found in either index:

Motivational Sayings - This section is a sizable list of motivational sayings that can be accessed by category such as Attitude, Adversity, Character, etc. Click on the category of interest and you'll immediately get a list of related sayings. After you select a saying by dragging across it, simply **Copy** and **Paste** it into a new word-processed document. Now you can alter its size, font and orientation (landscape verses portrait) as well as add graphics or photos as are appropriate to your needs.

Team Book - It is important that your athletes know the national, state, school district and team rules and regulations by which they must abide. A team book given out at a meeting just prior to the first practice can be of great help in this regard. However, this book can contain much more! The book can provide challenges when it contains individual and team records. It can instill a belief

and faith in the program when it includes articles and stories about former, successful team members. It can create and foster competitive attitudes when it includes instances of wrestlers achieving come-from-behind victories and upsets. The Team Book section of the website is divided into three categories: the first contains pages that require no alteration, the second are pages that require some modification and the third contains pages that are in need of major modification.

Promotion - It's critical for every coach to promote not just his own team, but the sport of wrestling in general. This section includes features and articles about developing programs, examples of letters to parents and wrestlers, team posters and other promotional aids.

History of Wrestling - Interested in ancient Greek or Egyptian wrestling, famous wrestlers, or wrestling around the world? Would you like to take a quiz to test your knowledge of wrestling and its history? This section of the website has that and much more.

This website is just beginning. It is our hope that over time it will provide information on nearly every problem and situation that a coach can encounter. This will happen only if two things occur: First, active coaches must contribute material. In doing so, you'll improve our sport and assist coaches all across the country. Second, retired coaches need to contribute so that the sport of wrestling can continue to improve long after they have departed the field of battle. Milt Sherman who recently retired from D.H. Conley High School in Greenville, NC has contributed over twenty articles to date! According to Milt, "This site is like attending a wrestling clinic. I wish it had been around when I was a young coach. Contributing articles has been a means of giving back to the sport which has given me so much."

Visit the site if you want to improve your team or program. Contribute articles and ideas if you want to improve amateur wrestling. After all, we're in this together to enhance and promote our sport!

Editors note: Greg DeMarco recently retired from coaching and teaching in Old Bridge, NJ and now lives in Chocowinity, NC. If you have any questions, he can be contacted at egorduh@adl.com.