

From: Wrestling Coaches Insider coach@coachesinsider.com
Subject: Featured Video :: Stand-Up from a Sit Out with Damion Hahn - South Dakota St. Univ.
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To: lanny@wrestlingusa.com



September 11th, 2019



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This Week's New Content Below!



Stand-Up from a Sit Out

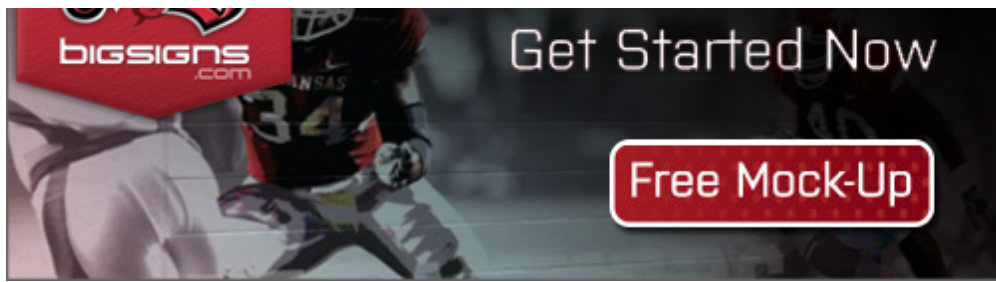
Damion Hahn - South Dakota St. Univ.

Watch as Coach Damion Hahn explains that you can get to a stand-up position from a sit out if you are covering all your bases and sealing off. Coach explains...

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Accountability Is a Three-Way Street: Coach, Athlete, and Parent

Steve Garland - University of Virginia

Watch as Coach Steve Garland discusses the relationships between coaches, athletes, and parents in dealing with accountability.

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Pete Jacobson

If only someone had told me earlier in my career! Raise your hand if you have big plans to improve your program this school year. I know I go into every...

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