



# Redmond High School

*Sustaining a school culture of respect that honors all aspects of student success*

Dear Panther Wrestlers and Families,

May, 2010

While wrestling season is still a few months off, the simple adage “Summer Wrestling makes Winter Champions,” suggests that the time for preparation is near. I realize the summer months provide family activity and vacation time, and by this letter I hope to answer any questions concerning wrestling opportunities with respect to summer competitions, skill development/open mats, wrestling camp, and weight lifting that in turn will affect you, their families.

**June 5<sup>th</sup>-6<sup>th</sup>**, we will be hosting a **Cobra Wrestling Systems Mini-Camp** at Redmond High School. This is a very exciting opportunity for the program. Coach Sprague is a Hall of Fame wrestling coach with almost 40 years of experience training the best wrestlers in Oregon and around the country. He will be covering his proven championship system to our wrestlers and we are really encouraging all of our wrestlers to make their best effort to be there. The cost of camp is \$99, and runs from 9:00 am to 4:30 pm on Saturday and Sunday.

**June 23-24** and **July 9-10** are the dates for our **Summer Scrimmage Nights**. Schools from Idaho, Washington and California are planning on competing at RHS for summer folkstyle wrestling. This is a major fundraiser, plus we won't have to spend any money in order to travel. The wrestling room will be open on Tuesdays and Thursdays from 6:00-7:30 pm for those wanting to practice beginning June 1st. Open mat nights provide some personal time with me or another coach to work specifically on some aspect of your wrestling. We can work on specific techniques, teach new series or just in increasing proficiency with a particular position. We will work out at the **Obsidian or Hartman** once school is out due to the construction going on at RHS.

**June 25<sup>th</sup>-28<sup>th</sup>** we will be taking a team to the **Whitewater Wrestling Camp** in Maupin, OR. The camp will include whitewater rafting, team building activities, camping, technique, and an organized series of live competitions. Cost for RHS wrestlers is \$150, but you must get your registration to Coach Stanley by May 28<sup>th</sup>. I have enclosed a flyer with this letter for your information.

The **Weight Room** will be open Mondays, Wednesdays and Fridays for athletes wanting to get bigger faster and stronger. Dates are TBA at this point but look to be 7pm on Mon and Wed and 11am on Fri.

Don't forget the basis of our program philosophy: **HARD WORK MAKES DREAMS COME TRUE**. I am looking forward to meeting the challenges of the upcoming season. I believe with the right preparation and commitment, that we will have a very successful 2010-2011 campaign. What we can accomplish as a team will largely be determined by the work we put in this summer.

Sincerely,

Nathan Stanley  
Head Wrestling Coach

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