

BVHS Wrestling Families,

Due to forces outside of our control our spring schedule will be dramatically altered. While these public health safety measures are extremely important, it will make it more difficult to train and focus on improvement. In our program we try to focus on controlling what we can control. What we can control is how we respond and use this time. Wrestling is a largely individual sport, and those individuals that stay committed to chasing greatness will thrive. Situations like this will allow the dedicated few to separate themselves from those who are not. Until we can return to our normal schedule (and even once we return) it is imperative to focus on ways to improve.

I have included a personal checklist for each wrestler to do a self-evaluation. Each of these areas are things that that can be focused on individually with no or little equipment needs.

In addition, I've included a letter I received from Nick Purler. Nick runs a wrestling training club and was an NCAA All-American at Oklahoma State. I feel his letter ties into what our response and focus should to be right now.

Once our lives return to normal, I will communicate out a revised spring schedule. Until then, stay healthy and focus on what you can control!
- Coach Mann

Personal Checklist:

Personal Life: Are You...

- Making good life decisions regarding Drugs/Alcohol?
- Sleeping enough (7-9 hours min) daily?
- Eating a Healthy Diet?
- Maintaining Healthy Personal Relationships?
- Focusing on Excelling Academically?

Physical Skills: Are you ...

- Flexible enough? Can you
 - Touch your toes?
 - Counter a shot in the splits?
- Strong Enough? Can you...
 - Do various core (ab) exercises?
 - Do pull-ups?
 - Do push-ups (explosive push-ups)
 - Do Jump Squats?
 - Do Single Leg Squats?
- Agile Enough? Can you do Tumbling skills, like...
 - Cart Wheels?
 - Forward Rolls (diving)?
 - Back Rolls- pushup to feet?
 - Round off?
 - Hand stands?
 - Walk on Hands?
 - Kip-ups?
 - Hand springs?
- Conditioned Enough? Can you
 - Run 2+ miles hard without stopping?
 - Sprint 400 m multiple times?
 - Run stairs for 15 minutes?

Individual Wrestling Skills: Are you ...

- Holding your stance?
- Shadow Wrestling?
- Doing footwork for 3 takedowns (1 to each leg & a double leg)?

Letter from Nick Purler

This is Why You May Never Make It

Going from 25% body fat down to 15% can be done in a matter of 4 weeks. However, going from 15% body fat down to 7% may take 2-3 years. Going from lifting 100 pounds to 175 pounds can be done in a matter of 7-8 months...for a new weight-lifter that is... but for him/her to go from lifting 175 pounds to 250 may take a few years, and require MORE effort and MORE effort doing the 'little things', vs just abiding by the 80-20 rule.

Wrestling:

Going from a good wrestler, to a great wrestler, can be done in 5-6 months for most of us (if you have a system in place, great coaches and partners, etc), while going from a Top 5% wrestler to a Top 1% wrestler can take years. Why?

1. MACRO-Training (think 80/20 rule) can do wonders for us, whenever we engage in a new sport or endeavor, and begin 'from scratch'.

2. However, when you are trying to become the BEST, or as we say, a Top 1% wrestler, it is the MICRO-Training efforts that are vital! This is because EVERYONE is doing the big important things, so join the club! Yes, you may work hard, but who cares...so are the other 600 wrestlers in the USA who are in direct competition with you for the \$50,000 college wrestling scholarship. It is time to get serious with some INDIVIDUAL TRAINING EFFORTS and SPECIALIZATION. Oh....and this is

something ONLY you can do and needs to be done on your own time, for the most part, outside of the traditional training session. EX – If your flexibility is costing you takedowns b/c you can't scramble and or stalemate well due to a tight body, the coach can't come to your house and stretch for you, or make you stretch for 30 minutes a night. No, you must do this.

3. Once you become a Top 5% athlete (etc), it's the LITTLE THINGS that make the difference. And...**hate to spoil it for you**...but the little things are not things that a coach, system, group of practice partners, etc, can do for you. See, in the beginning, you can show up to a great program (like Purler Wrestling) and give above average effort, and BOOM...you are hitting a new level each week! But, once you are trying to enter the Top 1%, **or even Top 1% of that Top 1%**(which is where you need to be if you want to be a big time NCAA Wrestler), then the amazing program, coaches, partners, etc, go from being 80% of the equation to a mere 20% of the equation. YOU are now responsible for doing the little things (they differ from athlete to athlete usually) and now your commitment goes from 2 hours a day, 2-3 days a week, to what seems like a 24/7 commitment on your part...or at least doing something at least 1 hour a day for your wrestling.

○ **“Wrestling... to learn it, you must live it.”**

1. #2 is the ‘breaking point’ for many as they say things like: **“Why am I not succeeding...who is to blame! Someone needs to fix this...now...I am not getting to the very top! I am being victimized!!”** Then, we coaches say things like:

- You play in the weight room when you should be attacking the weight room...I peaked my head in there last night and you were dancing to the loud music and showing off for the cute cheerleaders.
- You take 3-5 minutes rest between sets in the weight room and chat with the guys. I told you to wear a stopwatch around your neck and take no more than 90 seconds rest. You can get 5-10% stronger if you do this....but you don't. You take 20 minutes just to accomplish 3 sets on the squat rack.
- You need better flexibility, please stretch 30 minutes a night, 7 days a week, for the next 8 months.
- You need to slim down from 15% body fat to 8%, so do that work. Then, in 3-4 months, you will be able to win these close matches. Your opponents are all around 6-8%, and you are not.
- Are you partying on the weekends with the other high school kids? If so, stop it!
- Your footwork seems to be lagging, do 10 minutes of stance and motion EVERY NIGHT for the next 12 months, it'll change your game!
- Your buddies are pulling you off course, your teachers emailed me about it, get new friends. Don't hang out with losers.
- You seem to engage in negative thoughts, read these 4 books and high-light them, then take those notes and type of a mind-ready-manual for yourself, then study that. Within 8-10 months of daily effort, you can rewire your thinking...so do that. This will take HOURS of your time, but need to be done.
- A – B & C are you best set ups and finishes to your #1 leg attack, hit 2,000 reps of each of these before the State Championships. I know those are just 5 weeks away, but you need to improve, or you won't win.
- You seem to lack some tumbling skills / abilities. Hit 1,000 one-handed cartwheels, and learn to do a back handspring and walk on your hands the length of the wrestling room and back. Sure , this may take 20 minutes a day and eat up the fun

after practice time, but dude, you need some agility! So, do it! Once you get more acrobatic skills, you will win more close matches.

- You are still growing and maturing, so no, you can't stay up till midnight every night. Kids your age need 9+ hours of sleep a night. So, you need to give up your video game group.
- Eat better! Recovery is must, especially now that you are putting in the time that the 1%'ers are putting in. Sure, before it didn't matter much, but now your diet and eating habits take on more importance, so study this website and take their advice, and clean up your diet.
 - The bad news is **MORE IS REQUIRED FROM YOU**, and there is **LESS** you can blame on the coach (or teachers). Sure, in the beginning the 'little things' didn't matter much because you were trying to climb into the Top 10%, but **now that you are trying to climb into the top 1% or the Top 1% OF the Top 1% (where the big results are), it becomes a LIFESTYLE.**
 - The above bullet-point is where the rubber-meets-the-road, and when so many cry 'foul play!' or look for someone to point fingers at. I see HS parents blame teachers and coaches, I have even engaged in this some myself as a kid...until my **DAD SET ME STRAIGHT!!!!** This, for Purler Wrestling, is also where we have parents enter 'panic-mode' and begin searching for a new magic 'workout-partner roomS', etc. When I began to get very good, I hit the Top guys in the USA and got destroyed in high school by Keith Ketchum and Dan Vidlak. Keith went to Iowa, then OU, and I was able to beat him a few times in college, while Dan went on to OREGON, and also on to win the Goodwill Games, and I was never able to defeat him in college, even after getting lead on him twice. Needless to say, my dad (a tough Iron Worker who grew up rough and in the 'tough times' simply told me: "When you get tired of getting your head beat in, you'll do something about it. These guys are too powerful for you, I told you for years to hit the weights, but I look in the basement and the weights are dusty. You will either figure it out, or you won't." He was right, and we attacked those weights and got VERY strong! We even developed a Greco-Roman weight-lifting plan for the off-season, and absolutely **ATTACKED** this side of it. We then got full rides (they don't exist much these days) to Oklahoma State University. Some other parents, in an attempt to look outside of their kids' lack of effort and lack of **MICRO TRAINING** (individual weakness training) would have blamed the coaches, or the lack of partners, etc...but my dad diagnosed the issue, and held us accountable! He even said: "I worked 8 hours on a hot roof today welding in the hot sun, if you think for **ONE SECOND** that I am going to come home and lift weights with you, you are greatly mistaken! **On my recruiting trip to OSU, Bruce Burnett drove me to see one of my idols, Kenny Monday's, home. He said: "We don't see Kenny much, he just trains and locks himself away...he's training to make the Olympic Team so has shut himself out from the rest of the World."** I was **MESMERIZED**. Later, at OSU, they walked us Freshmen around and showed us the Wall of Fame and said: "We have Olympic Champions, Medalists, NCAA Champs and All-Americans, Goodwill Games Champs, World Cup medalists, and over 30 NCAA Team Titles....*If you guys don't accomplish ALL of your goals here, then look in the mirror and blame yourself.*" Truth!

Any success I have had as an athlete, coach, or businessman, has come from these lessons that my dad and OSU threw in my face...and being able to sit back and watch true warriors at OSU...like: Kenny Monday, John Smith, Joe Seay, Chris Barnes, Randy Couture, Tony Purler, Kendall Cross, Eddie Woodburn, Cory Baze, Glen Lanham, Pat Smith, Alan Fried, Hardell

Moore, Mike Farrell, Johnnie Martin, Tom Erickson, and many others, was invaluable. I urge you to take responsibility for your success, and understand that the further up the mountain you climb, the less anyone can help you, the less room there is, the less margin for error, and the meaner and uglier the enemy becomes, and the more INDIVIDUAL EFFORT required! **And for the parents who have athletes who are striving for success, get them WHAT THEY NEED, then turn them to the mirror and say: "There is the one who makes it possible."**

- My favorite quote: "There is nothing outside of yourself that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within. Everything exists.

Seek nothing outside of yourself." -- Miyamoto Musashi

Best Wishes,
Nick Purler
Purler Wrestling (.com)