



NEWS FROM THE DRAGON'S DEN

REMINDERS:

- Sign up for text notifications from Dragon Wrestling Club. Instructions can be found [here](#).
- DWC wrestlers earn their spots on the red team every single week. Interested in pursuing a spot on the team? Talk to Coach DeLois about participating in a wrestle off for your weight class before the next meet.
- Please save some time on the weekend of 12/15-12/17 to help run our wrestling meets. Contact Pat Bledsoe to ask about volunteer opportunities today.
- One of the biggest perks to hosting a home meet is the ability to eat and relax in our Hospitality Room. Please help us fill the room with healthy food and drinks. Sign up to contribute [here](#) and/or contact Leah Vandygriff to help volunteer in the room.

UPCOMING EVENTS:

- Overnight Sleepover and Beginner's Team Dual** on 12/1
- Bloomington South Dual** Red Team on 12/3
- Westfield High School Open** White Team on 12/3
- Perry Meridian Dual** Red Team on 12/10
- Zionsville Beginners Open** White Team on 12/10

Click [here](#) to find more information about these and other events.

11/19 RESULTS

On Nov. 19th, the Red and White competed in the Beech Grove Invitational along with eight other teams. Almost every wrestler on the team finished the day with a winning record and many walked away with multiple pins. The team finished 5th in spite of giving up 30-42 points each match to forfeits. Imagine what we'll do when we have a full squad in the coming weeks. A special shout out to the White Team wrestlers like Connor Shatz, who stepped up to fill vacant spots on the Red Team and to those who wrestled up a weight class like Cohen Wuethrich who filled the 60lb spot and finished 5-0. Another huge shout out to Paxton Babcock for winning gold at his very first wrestling meet! What an amazing debut performance.

Below are the wrestlers who won their matches with a pin:

- 4 pins:** Carter Sanford
- 3 pins:** Gunner Butt, Damon Miak & Connor Maddox
- 2 pins:** Warren Sanford, Tyler Lavin & Cohen Wuethrich
- 1 pin:** Connor Shatz, David Pack and Bryce Buckley

The coaches would also like to recognize Brantley Munchin for an absolutely outstanding effort last week. Congratulations team! What a great start.

DWC recently spent a long Sunday in a strange white bubble working off their Thanksgiving feast. The team wrestled 5 tough matches and wound up winning two of them. Several wrestlers finished the day undefeated and many walked away with losses they made sure their opponents had to *earn*!

11/26 RESULTS

Highlights from the day included:

- Every single one of Warren Sanford's matches because of his megawatt smile.
- Watching Carter Sanford execute his signature double chicken wing pin over and over again.
- Conner Maddox absolute dominance on the mat. He finished 5-0 on the day.
- Gunner Butt's beautiful spladle. Way to impress the fans, Gunner!
- Damon Mink's hip tosses.
- Blake Dammann stepping up to fill in for an injured teammate and **winning** at 75lbs after only one wrestling practice in his career!

The team continues to grow in strength and skill and our DWC parents continue to be an amazing source of support and encouragement. Thanks for a fantastic first two weeks of the season!

"It simply isn't an adventure worth telling if there aren't any dragons."

J.R.R. Tolkien

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COACH'S CORNER:

6 Tips For Parents to Make the Most Out of Youth Wrestling:

By Dan Seidenberg

If you are a parent new to the sport of wrestling you're probably starting to get an idea of how competitive and exciting it can be. However, it is very easy to get caught up in the intensity of the sport (which can be a great thing), but when it comes to youth wrestling you can't jump the gun too early or your child will most likely have a short lived career. With that being said here are some tips to make sure your kid doesn't go from undefeated at age 8 to depleted by 18.

6. Don't over train them. They don't need to be a world champion at 5 years old.
5. Weekend wrestling trips may not exactly be a Disney vacation, but you can still make them fun.
4. Keep your composure; a bad match is not the end of the world...even though it will most definitely feel that way.
3. Again relax, it's a youth wrestling match; nobody paid off the ref.
2. It's okay if they want to miss a tournament; don't disown your child for wanting to be a child.
1. Cutting weight...just no.

For more from this article, click [here](#)

ATHLETE OF THE WEEK:

If you've spent any time at elementary aged athletic events in New Palestine, you've most certainly noticed a little powerhouse with a megawatt smile who never backs down. The Dragon Wrestling Club couldn't be more excited to welcome Ava Lantz to her first year of wrestling.



Ava (l) and Sydney DeLois after practice in the Den.

Ava is leader both on and off the many teams she is a part of and her spirit fills any room she's in. Ava is in the 6th grade at SCE. She plays many sports, but is most competitive in cheerleading. In her spare time, Ava and her brothers enjoy watching Cake Wars and playing with their 2 year old red poodle named Chloe. Ava's hero is her Mom, because she is smart and pretty. Welcome Ava!

TEAM ROSTERS:

Weight	Red Team Wrestler	White Team Wrestlers
40	Warren Sanford	
45	Connor Maddox	
50	Carter Sanford	Ryan Cain
55	Cohen Wuethrich	Jackson Lavin, Emmit Abernathy, Ryan Cain
60	Charlie May	Morgan Hutchinson, Aiden Olson
65	Gunner Butt	
70	Cole Vandygriff	
75	Blake Dammann	
80	Tyler Lavin	Nathan Hartinger,
85	Connor Shatz	Zeke Jefford
90	David Pack	
95		
105	Sydney DeLois	
115	Gavin Wilcher	
130		
150	Damon Mink	
175	Bryce Buckley	

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