



NEWS FROM THE DRAGON'S DEN

REMINDERS:

- **WHITE TEAM WRESTLERS** who are finished competing this season, should wash and return their uniforms to Coach Pat Bledsoe at the next practice.
- Not sure what to do with your weekends after Duals Season? Check [Track Wrestling](#) for local meets and ask around the wrestling room to see where other families are competing. There are instructions for navigating Track Wrestling in the Dragons Wrestling 101 manual posted on the DWC [home page](#).
- **Please save some time the weekend of February 3rd and 4th for another Home Meet!** Sign-up to contribute to the Hospitality Room [here](#). Volunteer opportunities will be announced shortly.

Please don't forget to perform routine skin checks on your wrestlers! Ringworm, warts, staph, cellulitis and other nasty infections are quite common during wrestling season, but can be caught and eliminated quickly if you remain diligent. When in doubt, seek a second opinion.

UPCOMING EVENTS:

IWL Finals at Beech Grove High School on 1/14

Tentative Schedule:

- 6:45am Doors Open
- 7:00am White Team Roll Call
- 7:45am White Team Parade of Champions
- 8:00am White Team Tournament Begins
- 12:00pm White Team Finals
Red Team Roll Call
- 1:00pm Red Team Parade of Champions
- 1:25pm Red Team Tournament Begins

PLEASE NOTE

Fans are required to stay behind the roped off area. Violations of this rule will result in points lost for the team.

Brackets will be posted on trackwrestling.com

ATHLETES OF THE WEEK:

Blake Dammann is in the 6th grade at NPE. He's currently wrapping up an amazing second year of wrestling after taking six years off. While on hiatus from the mat, he was playing football, baseball, and basketball for The Heat. Blake is an all-around athlete and his strength shows on the mat. Blake's goals this past dual season were to master the



basics of wrestling and win a few matches. He far exceeded those goals in the 75lb Varsity spot. Outside of sports, Blake enjoys making and editing films for his YouTube channel. His films which generally feature he and his friends shenanigans. Check them out at: <https://www.youtube.com/watch?v=k3w6mqBVVGo> Blake's hero is Bruce Lee. He is also working towards his second degree orange belt in Tae Kwon Do. Blake is truly a Dragon to watch!

Tyler Lavin is a 4th grade student at Sugar Creek Elementary school with an epic head of hair. Tyler has been wrestling for 5 years and especially enjoys the friendships he's made on the mat. Tyler's first athletic love is football, but he also plays soccer and cheering on the Michigan Wolverines. He plans to eventually cheer them on as a student! Besides sports, Tyler loves to read and is currently learning to scuba dive with his dad. Tyler's favorite television shows include Phineas and Ferb, Crashletes, and Dude Perfect, which he watches with his fur siblings Moon and Duke who are 2 year old Great Danes and his human sibling, Jackson, who is an 8 year human being. Tyler's personal hero is Tom Brady because he's an amazing football player who attended the University of Michigan.



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

J.R.R. Tolkien

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01/017 DUAL TEAM STATE RESULTS

Unless you've been hiding in a snowbank this past week, you've surely heard about the outstanding performance our Dragon Wrestling Team had at the Duals Team State Championship this past weekend. The brackets were kind and our wrestlers left absolutely everything on the mat. We earned ourselves a 4th place finish through a little luck, a little blood (more of theirs than ours), a whole lot of sweat, and a few tears. Congratulations DWC wrestlers and coaches! What an amazing finish to our season.

Individual Results from the day include:

Warren Sanford (2-3)
Connor Maddox (5-0)
Carter Sanford (4-1)
Cohen Wuethrich (1-3) Ryan Cain (1-0)
Charlie May (2-3)
Gunner Butt (3-2)
Cole Vandygriff (3-2)
Blake Dammann (3-2)
Connor Shatz (1-4)
David Pack (1-4)
Sydney DeLois (3-2)
Gavin Wilcher (1-4)
Brayden Rorick (5-0)
Damon Mink (4-1)

Team Results:

Round 1: DWC 44 Penn 37
Round 2: DWC 60 Plainfield 24
Round 3: 63 Rebel WC 27
Semi Finals: Avon 71 DWC 18
Finals: Southside 57 DWC 22



Front: Ryan Cain, Carter Sanford, Connor Maddox, Warren Sanford
Middle: Charlie May, Gunner Butt, Cole Vandygriff, Blake Dammann
Emmit Abernathy, Cohen Wuethrich, Coach DeLois
Back: Coach Abernathy, Gavin Wilcher, Brayden Rorick,
Coach Bledsoe, Damon Mink, Sydney DeLois, David Pack,
and Connor Shatz

Several wrestlers put up their best efforts of the season against opponents they've been unable to beat. Wrestling isn't a short term sport, and although that can be difficult to remember immediately after a defeat, it's so incredibly exciting to see how much our team is growing each and every week. The future of New Palestine Wrestling is looking very, very bright!

01/07 CASCADE OPEN

On the other side of town, Joey Dawson and Paxton Babcock were making waves at the Cascade Beginner's Folkstyle Open Tournament. Joey has a little wrestling in his DNA, and it showed! He walked away with first place in the Bantam 53-55 lb. bracket. Congratulations Joey!

Paxton Babcock continues to impress us all with his week over week growth and dedication to the sport. He had another strong showing and walked away with the second place medal in the 44-47lb bracket. Congratulations Pax! You are so much fun to watch.



Joey celebrates a win.

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COACH'S CORNER: Team Player vs. Individual Competitor - Defining a Win

With the end of Duals season comes a bit of a change in the way we approach our wrestling meets. We are no longer competing as a team. This doesn't mean we won't coach, cheer and support each other every Sunday, it just means that the results of your meet rest solely on your own shoulders. This shift can be very challenging for some athletes – especially those who struggle with pressure. Here are a few things to keep in mind as you make the transition away from a team member to an individual competitor:

1. A wrestling match is three minutes of your life. That isn't even 1% of your entire day! Don't let a bad 3 minutes ruin the other 99.9999% of your day. Shake it off and move on.
2. Elementary school wrestling meets are a time for *learning*. There are no college scouts in the stands, and there is no Olympic Medal ceremony at the end of the meet. If you leave the match having learned something, **you win.**
3. Wrestling is for you! It's not for your parents or your coaches or your friends. If you've grown stronger, learned how to work towards a goal, learned how to handle victory or defeat, or become a better person in *any* way as a result of wrestling, **you are winning.**

Our goal was to place within the Top 5 at Dual Team State. Thanks to your hard work, we achieved that goal last weekend. We are very proud of each and every one of you and want you to continue to grow as wrestlers, as students, and as people. Please take a few minutes this week to set some goals for yourself for the Individual Season. Bring them to practice and we will do what we can to help you reach them.

*Goal Writing Worksheets can be found in the [12/10 DWC Newsletter](#)

TEAM ROSTERS:

Weight	Red Team Wrestler	White Team Wrestlers
40	Warren Sanford	Cooper Price
45	Connor Maddox	Paxton Babcock
50	Carter Sanford	Jordan Lebron, Logan Soskre
55	Cohen Wuethrich	Jackson Lavin, Ryan Cain, Morgan Hutchinson, Joey Dawson, Tucker Halpert
60	Charlie May	Emmit Abernathy, Ryker Yonts
65	Gunner Butt	Aiden Olson, Colt Pratt, Brysen Wood
70	Cole Vandygriff	Tyler Lavin
75	Blake Dammann	Brantley Minchin, Preston Boyd, Brad Tully
80	Daysen Wood	Nathan Hartinger, Jack Kessinger
85	Conor Schatz	Zeke Jefford
90	David Pack	
95		
105	Sydney DeLois	Anthony Clevenger
115	Gavin Wilcher	Carter Simpson
130		
150	Damon Mink	
HWT		

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www.dragonwrestlingclub.com

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