



Alpha Wolf News

2016-2017 SEASON

Support the Vista Ridge High School Varsity Wrestling Team this Saturday, February 4th, at Sand Creek High School, as we dual both Falcon High School and Sand Creek High School for the 2017 "Battle of D49" wrestling trophy. Wrestling starts at 9:30 am!

The high school wrestling season is *practice* for the State Championships! To qualify for the state championships, each wrestler must place within the top 4 of their weight class at a Regionals Tournament. This season, Lewis-Palmer High School in Monument, Colorado will host our Regionals Tournament on February 10 & 11, 2017. The larger our wolf pack fan base is, the louder we can howl support for our competing Wolves!

The Colorado High School Athletic Association (CHSAA) hosts the State Championships for wrestling at the Pepsi Center in Denver, Colorado on February 16, 17 & 18, 2017. If we wish to coordinate a team ticket order, the deadline for CHSAA is February 6, 2017.

Please visit our team page for more information: vrhswolveswrestlin.wixsite.com/wolfden

OFF-SEASON PROGRAM

We keep our off season easy! Starting on Monday, February 27th, we will offer FREE practice to all Vista Ridge High School Student Athletes. All in-coming freshman are welcomed to attend our Summer Team Camp, details below, and then attend our off-season workouts throughout the Summer and Fall.

Our Off-Season Program will be offered Monday through Friday, 4:30 to 5:30 pm daily, until the start of the 2017-2018 Season. We will follow a wrestling specific weight lifting program on Mondays, Wednesdays and Fridays. On Tuesdays and Thursdays, we will follow a wrestling practice program designed to instill the "7 Basic Skills" that are the foundation to becoming a Champion in the sport of wrestling. You can read more about the "7 Basic Skills" at content.themat.com/CoachesCorner/7-Basic-Skills-Guide.pdf

SUMMER TEAM CAMP

We are encouraging the team to attend the Nebraska Wrestling Team Camp I scheduled for June 26-30, 2017. Cost is \$350 per wrestler, as a resident, and the registration deadline is June 2, 2017. Jordan Burroughs is one of the 2017 Camp Clinicians: 2012 Olympic Gold Medalist, 3x Freestyle Wrestling World Champion, 2x NCAA Champion, 3x NCAA All-American. If you are as excited as us coaches to attend, please let a coach know!

Additional details at <http://huskerwrestlingcamps.com/camp-information/team-camps/>

"BE COACHABLE"

"Being 'coachable' is giving another person permission to demand the very best of you."

-Kelly Sheffield, Head Coach Wisconsin Volleyball

A HOWL FOR HELP!

Any parent(s) interested in helping to start a "Wolf Pack Youth Wrestling Club" at Vista Ridge High School, please contact Troy Bonewell.

The club would likely start practices at 6:00 pm two days a week. This aligns with our off-season practice schedule, allows parents time to travel and the high school wrestlers can stay to assist with the coaching.


Feel free to ask questions and to offer ideas that will help us realize the wrestling program we envision for the Wolves.

COACHING STAFF

- Troy Bonewell, Head Coach
719-641-9013
- Eric Everard, Asst. Coach
719-290-8725
- Jason Lloyd, Asst. Coach
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SOCIAL MEDIA

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