#### **JANUARY 1, 2018**

#### THE WOLF MOON ISSUE

# **ALPHA WOLF NEWS**

VISTA RIDGE WOLVES WRESTLING, COLORADO SPRINGS, COLORADO

**The Wolfpack Battle Rhythm** 

Follow the Wolfpack on

With only 47 calendar days

and 25 practices left in the

performance in February.

Season, we refocus our efforts to balance intensity with peak

@crywolfwrstling



The first full moon of each year is called the Wolf Moon, which happens to be a Super Moon occurring tonight, January 1st. This month also includes the first Blue Moon Total Lunar Eclipse in 150 years on January 31st. These once in a "blue moon" astrological events will serve as start and end dates for our next evolution, which focuses on developing mental toughness.

Each wrestling season has about 100 calendar days. The first half focuses on building trust and gaining buy-in from the wrestlers to be "coachable." The second half of the season will focus on developing the mental toughness necessary to achieve goals. The 90-minute practice outline below, combined with 30-minutes of morning conditioning, is our Wolfpack Battle Rhythm.





**Wolfpack Medal** is awarded after a Wolf completes their first full season



**Team T-Shirt** is also the Werewolf Medal design, that's earned by finishing off-season checklist



**Fight Shorts** and compression shirts will be our uniform for the 2018-2019 Season

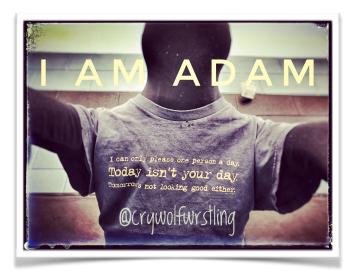
#### The Wolf Moon Issue December 31, 2017

## **Callusing Your Mind**

"For the Greeks, wrestling was a science and divine art, and it represented the most important training for young men."

https://unitedworldwrestling.org/organisation/history-wrestling

Adapting to change and coping with adversity are invaluable life lessons. Our wrestlers will experience multiple opportunities to practice these skills. We refer to the first week of January as "Hell Week," after Navy SEAL Training, because we start a new evolution of intensity to ultimately peak our competition performance. This is a very difficult time for wrestlers, because of the shock they experience mentally and physically after taking a break. Our 3 Practice Rules will serve as mental resources to help quiet their mind throughout stressful events and to keep things in perspective: 1. Practice will end, 2. You can always do one more, and 3. You will pass out before you die. Wrestlers are expected to either bring or develop a competitive "Werewolf Attitude" throughout each day of January.



## "To score, you have to put your opponent where you want them before you go." - Dan Gable

The science of wrestling has been documented since the Sumerians, 5000 years ago. "The *Art of War*" by Sun Tzu, published in the 5th century, discusses warfare, strategy and tactics. Sun Tzu provides insights that parallel the Art of Wrestling. Training your mind to be comfortable with being uncomfortable is required for growth and developing the coping skills to remain calm during stressful life events.

### **OUR COACHING PHILOSOPHY**

is to inspire a competitive style that is aggressively efficient and continuously relentless through calculated risks. From the neutral position, aggressively take your opponent down and continuously counter your opponent's scoring attempts. From the advantage position, efficiently flow and adjust your position towards the fall. If your opponent escapes or gains the advantage, relentlessly improve your position and take calculated risks to score more points. Please visit our website at http://vrhswolveswrestlin.wixsite.com/wolfden.

