

Dear MDW families,

On our final Mad Dog Wrestling practice of the year, participants were asked to spend a few minutes reflecting back on their experience. A summary of their responses to six questions is below. We hope you enjoy reading them with your sons.

The coaches would like to once again thank all wrestlers and their families for your enthusiastic support throughout the year. We hope you return next fall...Better yet, bring a friend or two - and introduce them to the greatest sport in the world!

With appreciation,

The Mad Dog Coaches

RESPONSES TO QUESTION #1

A highlight of my wrestling season was:

getting my first medal in wrestling.

learning new moves.

live wrestling.

match-wrestling against my brother.

winning a match in a tournament.

when I learned sprawling and the half-nelson.

getting to learn the basics of wrestling and start getting to know the sport for next year.

wrestling my friends.

learning how to take down people.

doing a relay race and doing the power-nelson.

takedowns and live wrestling.

British Bulldog.

the last day of spring season because I won two good matches!

meeting new people.

RESPONSES TO QUESTION #2

A challenge I experienced was...

wrestling bigger kids was a challenge, but it helped me improve.

being one of the better kids.

sometimes having to face wrestlers that were better than me.

breakdowns. They were difficult for me from referee's position.

when I wrestled an opponent I thought I couldn't beat. But, in the end, we tied.

being in a scissors hold!

the practicing. The beginning of wrestling was hard because I was easy to take down.

facing Nate, because he was a really good wrestler.

when I had to wrestle people not my size and with more experience.

live wrestling.

trying to get better.

keeping on wrestling after my nose started bleeding because I could have given up and stopped the pain, but I kept on going.

RESPONSES TO QUESTION #3

In the future, coaches might consider...

giving us more time to practice our favorite moves in live wrestling.

making each practice longer.

maybe more British Bulldog.

being more harsh on kids and critique more.

wrestling more with some kids.

having more classes.

having more situps and push-ups (as a part of warm-ups and warm-downs.)

practicing common moves more.

working more on sprawling.

not as many games.

more helping out and instructing kids when live wrestling.

being tougher on us.

RESPONSES TO QUESTION #4

If I could restart my season I would...

work more on more cradles.

go in with a tougher mindset and as good an attitude as possible.

get good shape from the start.

try harder.

ask questions if I messed up the move.

work harder.

listen more.

work harder to watch the moves.

be more hard to take down.
try to wrestle more.
learn more moves.
try harder to get myself from getting pinned.
focus on basic fundamental moves.
talk to the coaches more often.
practice more.

RESPONSES TO QUESTION #5

A person who inspired or supported me was...

Amit, because when I was injured he told me what was going on.
a coach (unnamed), when he went over individual moves.
Brock, he gave me ideas on how to do better.
Brendan, without his encouragement I would not have tried wrestling.
the kid (unnamed) was really nice to me and helped me fit in.
Nate, because he helped me with moves.
my dad, because he always helped me.
Coach Randall...he just is.
my mom and family because they pick me up.
Jake; he was a good partner.
Benny, he kept beating me so I always worked harder to try to win.
Ben, he really inspired me and showed me how to get better.
Amit, because he always cheered me on even when he was against me.
Ito helped me become a better wrestler.
some teammates (unnamed) told me that I was good, which helped my confidence.
Brock was important because he was the only kid who wrestled me.

RESPONSES TO QUESTION #6

Why wrestling? A quality that makes the sport special for me is...

it's fun!
it helps with my conditioning.
it's fun and challenging.
I made friends.
it teaches discipline and toughness.
I now have passion for wrestling, it's one of, if not the toughest, thing I have ever done.

I'm good at it and it's fun.

it's put me in the best shape I've been in my life.

a good friend taught me and got me to where I am now in wrestling.

my brother did it and it inspired me to do it because it looked awesome.

because it gives you discipline and it's a great sport.

it makes me stronger.

it's fun and we can play hard without getting hurt.

my brother inspired me to do it.

it gives you mental toughness and strength.