

GLENN



Wrestling

TAKE DOWN

ROCKET WRESTLERS EXCEL ON AND OFF THE MAT!

This year several of the "Rocket Wrestlers" showed they have what it takes to succeed on and off the mat. For the first time in 17 years, Glenn Wrestling had a State Champion, Anthony Pavlich, who clinched the title in an overtime victory in the 130 pound weight class. Anthony also set season records winning 95% of his matches, 56% of which were by pin. Anthony also secured 304 points for his team on the season. His career records are just as impressive securing wins in 84% of his matches, 52% of which were by pin.

Dustin Gajowiak was also a force to be reckoned with, leading the team with 39 pins on the season and putting himself on top of the career records with 57% of his victories being by pin. Dustin was also the leader in team points, securing 308 points this season and won 77% of his matches during his career.

Joshua Austin mastered the takedown and led the team with 218, nearly double the number of any of his teammates. Joshua's career takedown record puts him in second with 607, averaging 3.01 takedowns per match.

As the end of season approached, the team defeated Romulus and Wayne Memorial to become District Champions. The Regional meet, however, proved more challenging and the Rocket Wrestlers took it down to the wire, but came away victorious against Monroe and followed up by defeating Southgate Anderson to reign as Regional Champions. Being an Elite Eight team and qualifying for the State Finals in Battle Creek was an experience not to soon be forgotten.

Individually, Rocket Wrestlers sent five to the State Finals, Joshua Austin-119; Anthony Pavlich-130, Travis Mann-140; Mike Johnson-145; and Dustin Gajowiak-285. Joshua placed 5th, Anthony is a 3x state placer, achieving 3rd, 8th and 1st places. Travis is the second 9th grader in John Glenn history to qualify for the state finals, Mike finished his career as a state qualifier and Dustin is a 2x state placer, finishing in 5th and 4th places.

Rocket Wrestlers also know how to get the job done off the mat as well. Joshua Austin, Zach Redden and Steven Shak received the Kensington Lakes Association Scholar Athlete Award. The Michigan Wrestling Association recognized the Glenn Wrestling team with the All-State Team Academic Award with average g.p.a. of 3.52. Joshua Austin and Zach Redden were also recognized by the Michigan Wrestling Association with All-State Individual Academic awards for their excellence in the classroom.

The Wayne Westland School Board recognized the Rocket Wrestlers for their accomplishments on and off the mat during the April 26th school board meeting. Also recognized were Anthony Pavlich for his State Championship as well as Joshua Austin and Zach Redden for their All-State Academic awards.

Special points of interest:

- *Wrestling Is Training for Life*
- *Coach's Corner*
- *Olivet Team Camp*
- *Road Rockets*
- *Point System*
- *Rocket Camp*

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COACHES CORNER

Coming to "GRIPS" with Wrestling Terms

Every sport seems to have its own terminology: Football has nickel package, chop block, hail Mary pass, etc. Basketball has air ball, brick, take it to the paint. Baseball has southpaw, ducks on the pond, around the horn; you get the picture. Wrestling has its own terms, phrases and slangs as well. Part of our jobs as coaches is to explain these things to our squad, especially the newest members, so that good communication can be facilitated. Unfortunately, we sometimes take for granted that our young minions already know what we are talking about and that's not always so.



Take, for example, the lad who recently showed up one Saturday at 12:50 PM after he was told the day before that practice would be "ten to one". Another new wrestler once was looking at his bracket before a tournament. He asked an upper classman about his opponent named "Bye". "Oh, my gosh!" exclaimed the veteran, "You've got one of the Bye brothers. They're all tough!" If the novice had looked at the other brackets, he might have wondered how such a family had so many kids in the tournament and what school they were from.

Not long ago, I was coaching a first year wrestler in a match where he had a half nelson on his opponent. Most of you know a half nelson is where the person with the advantage has the head of his opponent encircled over the top in a pinning situation. Sometimes, to improve his position, the top wrestler can change his arm to encircling the head from underneath, thus, a reverse half. When I yelled, "REVERSE HALF", my young protégé' swung his body a complete 180 degrees to the other side of his opponent and put in the same original half nelson. I guess, if you think about it, he did exactly what I asked.

Somewhat unique to wrestling is that some moves, holds, and positions are labeled differently, depending on what part of the country you're from. Other terms have evolved over many years. When I wrestled, the top wrestler put in "legs." When I first met Coach Polk and Coach Harris, they referred to the same move as "putting boots in". Lots of other wrestling terms are named after famous wrestlers who had mastered the particular hold or move. Some may have even invented them. There's the Gazzoni, the Peterson Roll, the Taylor, and the Granby (named after a school).

I never met Mr. Nelson, (if there was such a person) but I'd guess he was long before my time because the full Nelson, $\frac{3}{4}$ Nelson, $\frac{1}{2}$ Nelson, and $\frac{1}{4}$ Nelson have been around since the sport started I believe. Then, again, there may have been four Ison brothers who all perfected a particular "Nelson" hold. My coach never really told me.



GOLF OUTING

Glenn Wrestling will host their 13th Annual Golf Outing. This fundraiser has been a huge success in past years and we are looking forward to another successful endeavor.

If you would like to golf in the outing or are interested in making a donation, please contact us at and we will provide further information.

GLENN WRESTLING 13th ANNUAL GOLF OUTING

WARREN VALLEY
GOLF COURSE
26116 WARREN ROAD
DEARBORN HEIGHTS



**SATURDAY
AUGUST 28, 2010**



FOR
DUMMIES

The Official

The official uses his hands to signal control and wears wristbands, one green and one red, that correspond to the color of the starting lines of the home and visiting teams. He raises the arm with the appropriate wristband and puts one to five fingers up to indicate the number of points that a wrestler receives as control changes.

Officials also govern action during the match to ensure a fair and safe competition. Immediately following any infraction, the official stops competition, indicates the type of infraction, and takes the appropriate actions before restarting the match. Officials most commonly enforce penalties against the competitors for illegal holds, technical violations, stalling, unnecessary roughness, unsportsmanlike conduct, and improper equipment.



OLIVET COLLEGE
TEAM CAMP



June 20 – 24, 2010

Registration form with \$100 deposit is due May 4th. More information and registration form can be found on the website at glennwrestling.com

Questions can be directed to Coach Polk at rocketwrestling@gmail.com



CRESTWOOD DUALS

Summer Wrestling League

June 15, 22, 29 and July 12, 20, 27

Further information on times and location can be found by visiting the forms link at glennwrestling.com

ROCKET CAMP

July 19 – 23, 2010



**High School Camp
10:00 a.m. – 1:00 p.m.**

**Youth Camp
1:30 p.m. – 3:00 p.m.**

ROAD ROCKET'S WRESTLING CLUB
MONDAY & THURSDAY
3:30 P.M. – 5:00 P.M.
JOHN GLENN - GYM 4

ROAD ROCKET POINT SYSTEM

100 points – Receive a custom "Rocket Trained" T-Shirt
200 points - Receive a custom "Road Rocket" Singlet
Must attend Crestwood Duals, Olivet Team Camp, and Rocket Camp
Visit glennwrestling.com to learn how to earn points



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For further information about the Glenn Wrestling Program
contact Coach Polk at rocketwrestling@gmail.com