



# WRESTLING SA

## Newsletter – Spring 2016

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Government of South Australia  
Office for Recreation and Sport



## From the Committee

It's more than halfway through spring and we are finally getting some nice spring weather! Although we could not have asked for better weather than we had on October 8<sup>th</sup>, when we hosted the National Youth Titles at Westminster School. By all accounts, the event was a great success. Congratulations to all the athletes that competed and made the club proud! And a big thanks to the numerous volunteers that gave their time, without which the event would not have been possible. Foremost among those is head coach Luba, who continues to motivate and inspire so many. A report on the event starts on page 4.

Four months into the new membership year, most people are up to date with their fees. However, there are still some people coming in for training that are without membership. If this is you, please do the right thing as soon as possible. Wrestling SA is not run for profit and a strong membership base is essential for its ongoing viability.



The 2016 SA youth team (minus Cooper), head referee Stefan, and coaches Luba, Adam and Jake.

As usual, contributions to this newsletter from club members are encouraged, whether they be articles, photos, suggestions, etc (email the editor).



# From the Committee

Earlier this year, the SA Office of Recreation and Sport (ORS), commissioned a survey to obtain feedback from Wrestling SA's membership and stakeholders. The ORS administers the Sport and Recreation Sustainability Program (SRSP), which has provided much-needed yearly funding grants to Wrestling SA.

The purpose of the survey was to:

- Understand member's and stakeholders experiences and relationships with Wrestling SA.
- Understand member's and stakeholders aspirations for the future of Wrestling SA.
- Measure Wrestling SA's performance in meeting member and stakeholder needs and expectations.
- Provide indications for how Wrestling SA can better meet these needs and expectations.

The results of this survey were encouraging, with an overall performance score of 5.9/7 and overall engagement of 6/7. While this was a big improvement over the last such survey in 2013, some areas for improvement were highlighted. Survey question responses obtaining an average of 5/7 or less were:

- Wrestling SA raises the profile of wrestling through effective promotion.
- Wrestling SA effectively uses social media.
- Wrestling SA's website contains resources that are useful to me.
- There are a range of wrestling programs and events to engage new and existing participants.
- Our club is given guidance on how to recruit, retain and support our volunteers.

Some of these matters are already being addressed and the committee will be formulating an action plan for further improvements in the near future.

# News and Results



## 2016 Youth National Titles, Adelaide

Friday, 7<sup>th</sup> of October saw school-age wrestlers from all over Australia converge on Westminister School in southern Adelaide, to weigh in for the 2016 Youth National Titles.

While we would liked to have seen more interstate competitors, joining the SA athletes were representatives from WA, QLD, VIC and a huge team from NSW.

As the excited competitors proceeded through the weigh in, all looked forward to a great competition the next day.





## News and Results

The next morning, competitors, supporters and officials began gathering early at the venue, keen to get the competition underway. After opening ceremonies and the National Anthem, it was on!



## News and Results

The most hotly contested division was 38kg males, aged 10-11, with 6 competitors. After some great contests, it came down to a gold medal bout between Rocco (SA) and Yakov (NSW). Both competitors gave their all, but Rocco prevailed with a convincing victory. In the same division, a tough bronze medal bout was contested by Cooper (SA) and Ryder (NSW), with the latter taking the win.

Other notable medal bouts included Aneka (SA) vs Harmony (NSW), Rocklyn (SA) vs Jorge (NSW) & Devan (WA), Rudraksh (SA) vs Jacob (VIC). There were also many exhibition matches, where athletes were able to go up against others from different divisions. All our athletes acquitted themselves very well and did the club proud.





## News and Results

The matches continued into the late afternoon, after which the medal presentations and farewells concluded a very successful event.

For full results of the competition, see the link at the bottom of the next page.

See also page 11 for a review of the event from head coach, Luba.



## News and Results

- **2016 Summer Olympics wrestling results:**  
<https://www.olympic.org/wrestling-freestyle>  
<https://www.olympic.org/wrestling-greco-roman>
- 2016 Australia Cup, 2<sup>nd</sup> July, Melbourne:  
[click for results](#)
- 2016 Downunder Competition, 15<sup>th</sup> -17<sup>th</sup> July, Gold Coast:  
[click for results](#)
- 2016 Australian Youth National Championships, 8<sup>th</sup> October, Adelaide.  
[click for results](#)





# News and Results

## United World Wrestling Coaching Course, Canberra.

Recently coaches Adam Collett and Jake Dornford travelled to the Australian Institute of Sport in Canberra for the first United World Wrestling (UWW) level one coaching course. The five day course gave an in-depth experience of what is involved in being a coach, delivering skills based testing with a strong focus on the safety of the participants. With most of the 8 hour program using a hands on approach, the coaches remained fully engaged throughout.

The program was led by Emma Randall, the current USA women's team wrestling coach. During the course, we were visited by world wrestling champion, Majid Torkan, and Olympic Gold Medallist, Hasan Rangras. The duo from Iran conducted high level skills sessions before and after the course, teaching valuable skills and lessons learned from their many years of experience.

The boys are excited about bringing back what they have learned to Wrestling Academy and passing it on to our future generations.



## Upcoming Events

- Senior Commonwealth Championships, Singapore, 3-7 November, 2016.  
<http://mdsfce.asia/wrestling/>
- South Australia Training Camp (boot camp), Noarlunga Leisure Centre, 2-7 January, 2017.





## From the Coach

On the weekend of 7-8<sup>th</sup> of October was the national championships, held in Adelaide. SA had a team of 12 athletes, from age 6 to 18. These athletes won 7 gold medals, 3 silver, and 1 bronze. Our athletes made us very proud as they are training very hard and it showed at the competition. Congratulations to all of them.

We have three new champions in Connor, Harry and Al'ora. Some of our athletes are multiple Champions: Brandon 6<sup>th</sup> time, Jack R 4<sup>th</sup> time, Harlan 4<sup>th</sup> time and Rocco 2<sup>nd</sup>. Silver medallists were Aneka and Rudraksh and bronze medallist was Rocklyn.

Credit for the success of our athletes must also go to all coaching staff for their great work with the athletes. Also to the parents, who make a great commitment to bring their children to training 2 or 3 times or more each week. And also all our volunteers, because without them Wrestling SA will not be able to run. You guys are priceless -thanks to you all.

Two of our athletes deserve special mention. Brandon is now a 6 time national champion and in these 6 years he did not lose a single match in his division. This is a fantastic achievement - congratulations to Brandon. Also Rocco is now 2 time national champion and he also did not lose a single match. For his outstanding performance in the 2016 championships, where he was victorious in a division of 6 competitors, he was awarded best male wrestler of the championships. This is a fantastic achievement in such a short time - congratulations to Rocco.

There is a lesson to be learned: If you put hard work into any endeavour you take on, there is no limit to what you can achieve. So keep dreaming big and chase your dreams.

Coach Luba.



# From the Referee

With the changes a couple of years ago back to a system of passivity, the dynamics of matches has changed. Previously, matches could be drawn out and stalled by wrestlers that gained only a single point, then held off their opponent until the end of the round. This would be repeated in the second round, and make for entirely boring and uninteresting wrestling to watch.

Passivity is the absence of scoring. That's not to say there is no action, but the system of passivity is to ensure points are regularly scored, making the pace of the match faster and more exciting.

With passivity, a referee **MUST** make a decision if there are no points on the board. Referees look from the very first second of the match to who they may need to reward or penalise before the mandatory passivity period. Referees look for:

- who is the more active wrestler
  - who has attempted more attacks
  - who is more aggressive
- but finally
- who is more exciting to watch.

If you are the more aggressive wrestler, you can be confident of not being the wrestler penalised for passivity, and you have a better chance of winning the match.

Referee, Stefan Rudevics.





# 2016 Officials and Committee Members

## State level

sa@wrestling.com.au

- President: Drayson D
- Vice president: Lubo H
- Secretary: Karen D
- Treasurer: Martin S
- Webmaster: Martin S
- Additional Committee:
  - Graciela H
  - Adam C
  - Shane C
  - Jake D
  - Nico V W
  - Hayley K
  - Ben K
  - Kaye O

## Club level

academysa@wrestling.com.au

- President: Stefan R
- Vice president: Jake D
- Secretary: Hailey K
- Treasurer: Nico V W & Adam C
- Webmaster: Adam C & Elisa
- State delegates: Karen D & Graciela H
- Additional Committee:
  - Drayson D
  - Lubo H
  - Ben K

- Member protection officers:
  - Stefan Rudevics  
rude0002@yahoo.com.au
  - Kaye Ortis  
kayeortis@yahoo.com.au
- Head coach:
  - Lubo Hofr
- Assistant coach:
  - Adam C
  - Stefan R
- Complaints handler:
  - Kaye Ortis
- Facebook admin:
  - Hayley K & Casey S
- Public officer: Stefan S
- Newsletter editor: Shane C  
vtwin1000@gmail.com

## 2016/17 FEES

### Membership fees:

- Individual membership:  
\$65 per person
- Family membership:  
3 people \$150  
4 people \$170  
5 people \$190  
6 people \$210
- Membership fees for continuing members are due by July 31<sup>st</sup>.

### Training fees

- Single session: \$5
- 1 week unlimited: \$15 (Monday to Saturday only)
- 3 months unlimited: \$160
- 6 months unlimited: \$300
- 12 months unlimited: \$550

**NOTE 1: Training fees MUST be paid before stepping onto the mat!**

**NOTE 2: Regardless of how training fee is paid, anyone stepping on the mat MUST write their name in the attendance book.**



# Training Session Timetable

Monday:

5 – 6pm | Kids Wrestling Class (Aged 5+)

6 – 8pm | Wrestling Class

6 – 7pm | Fitness Class

Tuesday:

5:30 – 7pm | Advanced Wrestling Class

Wednesday:

6 – 8pm | Wrestling Class

6 – 7pm | Fitness Class

Thursday:

6 – 7:30pm | Conditioning Class

Saturday:

9 – 10am | Conditioning Run

10 – 11am | Wrestling Class



Please arrive 10 minutes prior to session commencement time.  
Wear fitted clothing that is comfortable and flexible, that you can move freely in.



# Wrestling Links

## Wrestling information / news / results:

Wrestling Australia (national wrestling body): <http://www.wrestling.com.au/>

United World Wrestling (world wrestling body): <https://unitedworldwrestling.org/>

FLO Wrestling (wrestling news, analysis, features, interviews & more):

<http://www.flowrestling.org/>

## Wrestling equipment:

Eastbay:

<http://www.eastbay.com/>

