

# CIA WRESTLING

## Fall Newsletter

### Sessions:

We will finish our leg riding offense and start our leg riding defense this month. Starting in September, we will begin to build a conditioning base to prepare for the upcoming season.

### Spring/Summer:

2010 was a great spring and summer for the guys who train with us. Cody Phillips is currently ranked #1 in the nation by Intermat. Mitch Sliga is the only cadet in the nation who won national triple crown. Mitch is the first wrestler in Indiana's history to win national triple crown at the cadet age level. Neil Molloy also won a USA Folkstyle National Title. Great job guys.

### Schedule Change:

Please check the schedule. The orange group's workouts on Mondays will move to 6:45-8:15 starting August 23<sup>rd</sup>.

### Howe Camp:

We're excited to have NCAA Champion and Indiana Native, Andrew Howe, coming to run our next camp on August 21<sup>st</sup>. This camp is only available to CIA members, so please let Coach P know if you're going to attend. We will limit the numbers.

### College Talk:

Coach Truitt and Coach P will have a meeting for all members on August 22<sup>nd</sup> at 6:30. Coach Truitt is a professor at the IU School of Medicine and has a great knowledge base of what colleges look for when selecting students for enrollment. Coach P will talk about what colleges look for when selecting college athletes and what level of college wrestling might be right for you.

### Gear:

We have some gear leftover from our last order. We have hoodies, sweat pants, t-shirts and hats. See Coach P if you'd like to get any of these.