**GDWOA Minutes – 12/18/2017**

Meeting at Centerville High School was called to order by Chaz at 7:15 after chasing all the little kids out of the wrestling room. There were 26 people in attendance at this meeting.

**Secretaries Report** – none

**Treasurer’s Report** - $553.72 in the account with 2 checks to be deposited.

**Old Business**

As of these minutes; no emails have been received indicating a preference for meeting site for next season.

Pictures of you in action on the mat should be sent to Matt so he can post them on our always improving website.

Our ad for the Holiday Tournament is set.

Coaches have indicated their pleasure at our association joining theirs.

On Feb. 21st, there will be a meeting prior to end-of-year tournaments. This will be at Centerville High School, in the wrestling room. All associations in southwest Ohio are invited to attend this very important and informative meeting. Does not matter if you have or have not received a post season assignment.

**New Business** – Tonight’s Topic . . . Stalling. Chaz and Jeff Simons, accompanied by Shea McAfee

Important points from the presentation. Make the athletes aware during your pre-meet conversation of your philosophy on stalling. Recognize it – Call it – Be Consistent. Ask yourself; what is he doing with this move, how did we get into this position? Be aware of repetition of actions. Recognize the differences in technique between Light & Heavyweights.

5 second rule on holding the “heal to the butt”. Riding the hips. Use of the spiral ride. Bottom man is “balling up” or spreading out. Legs in by the top man with no effect . . . stalemate once, maybe twice . . . third time stalling. Look for progress by the top man with legs in situation.

Lots of lively discussion on the topic of stalling. Excellent presentation. Thanks to Jeff Simon for being with us and giving of his time and knowledge. Thanks to Shea for allowing himself to be victimized for our benefit.

Next meeting is January 8th at Stebbins High School at 7pm. Matt Turton and Brian Samborsky will present on Nearfalls & Falls.

Respectfully submitted . . .

Tony Trent