



Photo by NSU University Relations



Metro Wrestling Academy Philosophy

As the saying goes, extracurricular activities are an extension of the classroom. We don't believe they are an extension of the classroom; it is our philosophy that our mats, courts, gyms, fields, tracks, and stages ARE classrooms. It is with this in mind that we must treat all student/athletes with the respect and dignity they expect and deserve in any other traditional classroom setting. The Metro Wrestling Academy is an education-based athletic setting and we are first and foremost, educators. The lessons we teach in practice and competitions will last a lifetime, so let's make sure we teach them well.

Practices need to be planned out in advance, goals need to be set for every practice session, and a practice plan needs to be developed to achieve the practice goals. Goals are different for every practice and can even change during the course of a practice, but practice cannot begin without a blueprint on what will happen during

that session. We certainly wouldn't consider going in to a game without a plan to defeat our opponent, nor should we enter any practice session without a plan on how to achieve our goals.

Our Metro Academy Coaches need to be actively engaged with the kids during practice sessions and need to have a clear set of expectations from the head coach. The head coach is a mentor for the assistants and should be developing the assistant for the next level of coaching.

We believe building a young man's character is as important as winning a state title. We will prepare your son to be the best wrestler and person we possibly can.

Sportsmanship, perseverance, physical and mental toughness, and the burning desire to keep getting better no matter what you're doing is what we strive for.

We will demand hard work, discipline, a good attitude, and yes, fun. We will also demand each wrestler to be dedicated to their home school wrestling program.

That means having a commitment to being a good person, giving 100%, and winning. A lot of times winning is all that we look at. We love winning just as much as the next person, but everybody will take a defeat at sometime in his wrestling career. That is when true characteristics come out in an individual. We demand our wrestlers to win and lose with honor to themselves, coaches, opponents, parents, and community. Nothing gives you more insight to a person's character than watching them face defeat. It is truly a great person who can face defeat with his head up ready to learn, mouth shut, and ears ready to listen. This a lot of times is not easy, but with constant reminders and the right attitude we will achieve this.

Wrestling is a very physically and mentally demanding sport. We will prepare the wrestlers to the best of our ability for that kind of sport through a healthy dose of high level conditioning, intense practices, and similar situations modeled in the practice room.

We understand we are dealing with young minds that are learning very important lessons which they will carry with them throughout their lives. We will prepare them to the best of our knowledge and ability. Understanding we all are imperfect, if we have a slip up we will **learn** from our mistakes.

Finally, we love seeing former student-athletes have success in life after wrestling, and we believe wrestling is one of three main reasons they are having success: Faith, Family, and Wrestling.

Go Metro!

Coach Bryant

Burkett began his coaching career at Rochester High School in Rochester, Indiana. Rocky coached three Zebras to the IHSAA State Tournament, with two place winners. His experience goes far beyond the high school and collegiate ranks, with a laundry list of camp experiences. Since 2006, Burkett has worked at the Northern State University, Dakota Wesleyan University, and most notably the J Robinson (University of Minnesota) wrestling camps, while organizing and running the Aberdeen Central camps.

As a collegiate wrestler at Manchester College in North Manchester, Indiana, Rocky earned two Mid-States Wrestling Conference Championships (2002 and 2003), two

NCAA Division III Academic All-American nods (2003 and 2004), and appeared in the 2003 NCAA Division III National Tournament. Burkett earned his Bachelor's degree in Elementary Education with a Middle School Social Studies Endorsement from Manchester College in 2005. He then went on to receive his Master's degree in Health, Physical Education, and Coaching from NSU in 2007, while serving as a graduate assistant coach.

Rocky and his wife, Jennifer, reside in Aberdeen with their children Ryder and Becca.

When:

K-3 May 23rd, 24th, and 25th
6:30-8:30pm

4th – 12th grade June 21st, 22nd, and 23rd
1:00-3:30pm

Where: Harrisburg High School

Register:

www.metrowrestlingacademy.com

**Bring payment the first day of camp.

**Camp pricing is listed on the website.

Questions: Toby Bryant 605-380-4476