

**St. Mary's High School Wrestling**  
**Wrestlers and Parents Information Packet**

## A Word from the Coach

Dear Parents,

First of all, I would like to thank you for approving your son to join the wrestling team. The wrestling program at St. Mary's has a rich tradition and is a result of the great legacy left by great people. Since 1969, we have produced 58 Far East champions and have won 11 Far East titles, 11 Kanto league titles, and 7 Kanto tournament titles. We have outstanding support from the alumni, parents, and the coaching staff. Please be proud of your son and yourself for your decision to join the program.

Wrestling is one the greatest and, unfortunately, also one of the most misunderstood sports. Due to the sophisticated nature of the sport and lack of media attention, wrestling comes with many misconceptions. I often hear misconstrued comments such as:

“It's violent and dangerous.”

“My son is not athletic or strong enough to be a wrestler.”

“It's unhealthy because wrestlers are not allowed to eat.”

“I want my son to join a team sport and wrestling is not.”

I played baseball through elementary school and played basketball in middle school. When my friends asked me to join the wrestling team, I refused with the reasons mentioned above. I began wrestling in high school by accident. Over 14 years, I have worked with outstanding coaches and wrestlers and I know for a fact that wrestling changes people's lives; especially youth. Wrestling is not just a sport; it is a way of life. It builds discipline, resilience, work ethic, compassion, respect, character, confidence, and humility that transcends into all aspects of the wrestler's life beyond the wrestling mat. Wrestlers cherish their memories of wrestling forever. It is nothing like any of the comments mentioned above. It is truly a special sport.

Coach Harlow, middle school coach, and I are doing our very best to promote the sport and to build a rich wrestling program at St. Mary's. However, this cannot be achieved without your support. Therefore, we ask for your help in creating a program that will leave your son and other wrestlers to come something special inside their hearts to take away from the experience.

I sincerely hope to share my passion and love for the sport with you and your son. And, I hope you can become an ambassador of the sport to help promote wrestling in the future.

Sincerely,

Shu Yabui  
High School Wrestling Coach  
St. Mary's International School

## **Supporting Athletes**

Elite athletes (e.g. professional, Olympic, world level) are not only trained by their coaches, but there are many experts from a variety of fields that support them. This is because athletes not only require the skills to win, but they also need to develop and maintain the best physical and mental condition. Only through a healthy body and brain can an athlete perform at their best. Some examples of such expertise to support athletes include:

- Coach
- Physical trainer
- Nutritionist
- Physical therapist
- Sport Psychologist
- Doctors
- Financial Supporters/Sponsors
- Manager

The idea for our wrestling team is to provide a similar support system for our boys with the cooperation from the faculty and school staff, parents, alumni, and outside resources.

## **Titans Wrestling Program Support for our Wrestlers**

Because it would be extremely difficult to provide the same level of support that elite athletes have, the wrestling program aims to provide as much similar support with our resources available. The table below shows the key persons and their roles in our support system:

Coach	<i>Coach Yabui, Coach Harlow, and others</i>
Physical Trainer	<i>Coaches</i>
Nutritionist	<i>Mrs. McCoy, Parents, Wrestlers</i>
Physical Therapist	<i>Mr. Matsuda, Mr. Igarashi</i>
Sports Psychologist	<i>Coaches</i>
Doctors	<i>Mrs. McCoy, local hospitals</i>
Financial Support/Sponsors	<i>Alumni, Parent Boosters, SMA</i>
Manager	<i>Coaches, Parents, Wrestlers, Mrs. McCoy</i>

## **Role of Coaches**

The main role of Coach Yabui, high school coach, and Coach Harlow, middle school coach, is of course coaching the wrestlers the skills and tactics to become a champion. We also try our best to provide effective physical training routines specific to enhancing wrestling performances and also prepare the wrestlers mentally for a match or endure hard practices.

### **Role of Nurse McCoy**

Mrs. Jennifer McCoy, or Nurse McCoy, is our school nurse. She will advise wrestlers and parents on proper nutrition, hydration, and other health related matters for the wrestlers to make their weight class in the most efficient, effective, and safe manner. She will also carry on her regular duty as the school nurse to deal with any injuries or emergencies that happen in school. Any severe injuries will be taken care of by the local hospital.

### **Role of Mr. Matsuda and Mr. Igarashi**

Mr. Matsuda is a certified chiropractor who owns a clinic in Mizonokuchi. Mr. Igarashi is a certified athletic trainer who owns a clinic in Komazawa. They are outside resources (non-affiliated with the school) who highly recommended by the coaches to take the role of a physical therapist for the wrestlers. Going to their clinic for treatment is recommended, but not mandatory. For physical maintenance to prevent injuries, please see Mr. Matsuda. When dealing with rehabilitation from injuries, please see Mr. Igarashi. Information on the clinic is provided in the appendix.

Should wrestlers request a session with Mr. Matsuda, the wrestlers will visit him in groups of 3. Each wrestler will receive a 20 minute chiropractic massage session and 40 minute of stretching and massage with chiropractic equipment. In total, it will be a 60 minute session for 2000 yen per wrestler.

### **Role of Alumni and SMA**

Out wrestling alumni and the SMA provides part of the financial support through donations to fund equipment, uniforms and trips. There are many events planned for our former Titan wrestlers to participate in on and off the season.

### **Role of Parents and the Parent Booster**

The role of parents is threefold:

1. Supporting the dietary schedule of wrestlers (nutritionist)
2. Fund raising and helping with home meets (financial supporter)
3. Supporting the wrestler's schedule (academic, activities, etc...) (manager)

Also, parents may decide to join the Parent Booster Club lead by Mr. Matt Krcelic. The Parent Booster Club offers activities for parents and wrestlers both during and off season.

Above all, it is very important that the parents are supporters of the sport and their son by coming to support on meets and showing understanding of the sport.

Please follow Mrs. McCoy's advice on proper dietary plans to provide your son at home and school (for those that bring their lunch).

Fund raising is an important part of the program. Through fund raising, the team purchases new uniforms, training equipment, hold the end of the year award ceremony, and so on. There are two main fund raisers that the team does. One is through the sales of team apparel. And, the other is through concession sales during our home meets.

When the team apparel orders are ready, please make your best gesture to purchase the apparels for your son, for yourselves, and for friends and family. And, please wear them to cheer on the team during meets.

When the school hosts a home tournament, parents are asked to provide lunch for the referees and coaches and also to donate food and drinks to be sold at the concessions. Please follow the lead of the parent leaders designated.

Finally, please support and make sure that the wrestler is on top of his academics. Also, attending all practices becomes imperative in the success of your son in the sport. Please make your best effort to avoid traveling during season; especially the first week of Christmas break.

Please keep yourself posted with emails and the website for further instructions on how you can contribute to the program.

## **Season Schedule**

Practices are almost every weekday and Saturdays in November and December. We will have practices during holidays including the Christmas holidays. Practices during Christmas break are focused and intensive. Christmas holiday practices are not mandatory, but highly recommended to make a significant difference once season commences in January. There will be opportunities throughout the season for the wrestlers to practice with other Japanese high schools, universities, and clubs to enhance their wrestling experience. For more information on the practice schedule, please visit our website:

<http://www.titanswrestling.org/season-schedule-updates/practice-schedule/>

Below are scheduled tournaments for the season. Please keep in mind that most tournaments are a whole day affair. Wrestlers will leave the school (if away) around 6am and return in the evening. You are encouraged to come and cheer on the team for their tournament actions. If you wish to come to a tournament held on a military base, you will need to complete some forms in advance. Please visit our website for more details:

<http://www.titanswrestling.org/forms/>

For updates, please visit our website:

<http://www.titanswrestling.org/season-schedule-updates/schedule/>

## **Useful Resources**

Useful resources on cutting weight, where to buy wrestling items, rules of the sport, etc... can be found at <http://www.titanswrestling.org/resources/>

## **Appendix**

Mr. Matsuda's Clinic  
Mizonokuchi Chiropractic-in

044-299-9086

<http://www.mizonokuchi-chiro.com/>

Weekdays: 9:30am – 8:30pm

Weekends: 10:00am – 5:00pm

Closed: Tuesday

Kawasaki-shi Takatsu-ku Mizonokuchi 2-17-27

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Mr. Igarashi's Clinic  
A.B.S. Seikotsuin

03-3705-3388

<http://athletic-b-s.com/>

Weekdays: 9:00am – 12:00pm, 2:00pm – 7:30pm

Saturday: 9:00am-12:00pm, 2:00pm- 4:00pm

Sunday: 9:00am – 12:00pm

Setagaya-ku Fukasawa 5-5-17

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## Important Contacts to Note

Coach Yabui, High School Coach

[yabuis@smis.ac.jp](mailto:yabuis@smis.ac.jp)

Coach Harlow, Middle School Coach

[harlowi@smis.ac.jp](mailto:harlowi@smis.ac.jp)

Nurse McCoy, School Nurse

[mccoyj@smis.ac.jp](mailto:mccoyj@smis.ac.jp)

Tom Molina, Athletic Director

[molinat@smis.ac.jp](mailto:molinat@smis.ac.jp)

Titans Wrestling Website

(season calendar, announcements, results/news, important forms, etc...)

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

There will not be a phone chain in case of emergencies. Any emergencies regarding cancellation of practice or a meet will be announced on the website and/or via email.