


Find Your
MOXIE



NEOSHO WRESTLING
Preseason Packet 2024

**“Preparing student-athletes for the path;
NOT the path for our student-athletes.”**

WINNING IS A MOMENTARY TRIUMPH, BUT BEING A **WINNER** IS A STATE OF MIND. IT'S NOT ABOUT THE MEDALS OR THE ACCOLADES, BUT ABOUT THE RELENTLESS PURSUIT OF EXCELLENCE, THE COURAGE TO FACE CHALLENGES, AND THE RESILIENCE TO RISE AFTER EVERY FALL. A TRUE **WINNER** IS DEFINED NOT BY THE VICTORIES, BUT BY THE SPIRIT THAT REFUSES TO BE DEFEATED.

Find Your
MOXIE 
NEOSHO WRESTLING

THE COURAGEOUS SPIRIT, DETERMINATION, & PERSEVERANCE; THE ATTITUDE OF BEING FEARLESS (OR HAVING FAITH BIGGER > THAN ANY FEAR) IN EVERY CIRCUMSTANCE... THAT IS **MOXIE**. LET'S FIND OUR **MOXIE** DAILY/CONSISTENTLY AS WE WORK, TRAIN, & PREPARE TO HUNT DOWN OUR GOALS ON & OFF THE MAT. THAT WINNING MINDSET IS WHERE THAT RELENTLESS PURSUIT STARTS, THE COURAGE IS FOUND, AND RESILIENCE IS BUILT AFTER YOU/WE GET KNOCKED DOWN.

“OUR GREATEST GLORY CONSISTS NOT IN NEVER FALLING,
BUT IN RISING EVERY TIME WE FALL.” ~ OLIVER GOLDSMITH

Find Your **MOXIE**

Coach's Goals for student-athletes for on and off the mat:

- 1) Learn to keep your faith and family close in all the things you do.
- 2) Accept personal accountability for your words, actions, and results - Ownership.
- 3) Live a healthy life that includes physical activity, good nutrition, relaxation, and spirituality.
- 4) Work to find, develop, and use passion for meaningful work - Find your Moxie.
- 5) Adjust and adapt to change, stress, adversity, and successes - understand the value of the right changes.
- 6) Demonstrate loyalty to people and a persistent commitment to interests and pursuits.
- 7) Learn to reflect deeply from experiences, and continuously improve oneself in all aspects of living.
- 8) Learn to control the factors of attitude and effort by being positive and hardworking despite uncontrollable circumstances and adversities.
- 9) Learn to set, pursue, and accomplish personal goals. Understand with this process how ownership, reflection, and change can and will allow your actions to be most efficient and effective.
- 10) Practice humility while developing pride in oneself, team, school, community, and country.

"There is no mat space for malcontent or dissenters. One must neither celebrate insanely when he wins nor sulk when he loses. He accepts victory professionally, humbly; he hates defeat, but makes no poor display of it. More enduringly than any other sport, wrestling teaches self-control and pride. Many have wrestled without great skill; none have wrestled without great pride."

Dan Gable 1972 Olympic Champion

Find Your **MOXIE**

Program Goals

Buy into the System and Believe "TRUST" in the process

Respect the decisions made by the staff - "TRUST" us

Embrace "CHANGE(s)" - ALL PEOPLE INVOLVED SHOULD BE PART OF THE EFFORTS FOR IMPROVEMENT

Take **PRIDE** in **OUR Program** and **OUR School**

Work to build the support and spirit of OUR Program

Have a **positive ATTITUDE** that reflects to others that WE have **class** at all times

Communicate concerns or issues appropriately and at the proper times

Support the ENTIRE Program - ALL four levels and ALL the KIDS

Inspire OUR young people to stay focused and have a long term vision

Recognize and reward extra efforts, desired attitudes, and even the smallest victories

Remain loyal and never lose sight of **OUR goals on and off the mat** with the choices that are made

Represent OUR program positively at ALL times – specifically WE need to do better in the classroom

Invest for the BEST We know what it takes to be at the top but we must work to get back there!

It is a whole lot easier to get somewhere if you know where you are going

**Goals below are from Coach Phillips. We must have the coaches, students, and parental buy-in & loyalty - So we will allow our teams to discuss and determine their goals for the season as individuals and a team.*

Suggested High School Team Goals

Undefeated Dual Team

Tournament Champions: Neosho & MO Duals

Top 10 at KC Stampede

Team hardware from Winnetonka

Central Ozark Conference Tournament Champions

District Champions, 12 State Qualifiers

8 State Medalist, 5 Academic All-State

4 State Finalist, 3 State Champions

State Runner-up - as we climb back to the TOP Champions

5 National Medalist

Suggested Junior High Team Goals

Undefeated Dual Team

Tournament Champions: Columbus

Top 3 at JH Boys West Central Ozark Conference

Suggested Youth Team Goals

30 State Qualifiers - Boys and Girls

20 State Medalist - Boys and Girls

8 State Finalist, 4 State Champions - Boys and Girls

Top 10 State Team

25+ National Medalist

KEYS to reaching our goals is for ALL of us to understand & help in the efforts of being UNITED and energy focused on FIGHTING with and for each other...

FINDING OUR MOXIE TOGETHER

Stay TOGETHER - Trust TOGETHER - CHANGE TOGETHER - Find our MOXIE TOGETHER

"People **ACTING TOGETHER** as a group can accomplish things which no individual acting alone could ever hope to bring about!" FDR

NEOSHO WRESTLING

One Program – Four Levels ALL for ONE, ONE for ALL (Youth, Junior High, High School, Collegiate)

“Building Champions on & off the mat.” High School State Champions 2010, 11, 13, 14, 15, 16, 17, 19, 20

Philosophy of Neosho Wrestling Program

Mission Statement: “The Mission of Neosho Wrestling is to build CHAMPIONS on and off the mat.” Champions are defined by our character, not particularly gold medals. **Our vision** for the program is to teach each wrestler a solid foundation of fundamentals in all three aspects of training (technical, physical, & mental) while emphasizing understanding and development of our core values (faith, team/FAMILY, work, persistence, loyalty, learning from loss, & humility). With the help of parents and wrestlers trusting in this process we will accomplish our mission and vision. With mutual respect and a commitment from all those involved we can and will be prepared for overcoming challenges, accomplishing goals, and finding success in all pursuits throughout the journey of life.

“Greatness is not where WE stand but in what direction WE are moving. WE must sail sometimes with the wind and sometimes against it – But sail WE must and not drift, nor lie at anchor.” Oliver Wendell Holmes

The System and Coaching Staff

My Belief – you get out of something truly what you put into it. *You harvest what you plant and WE will reap what WE sow.* Everything has a price, even success and it must be paid daily. A critical key for me is to sell “Our System ” in a way that has all wrestlers and parents believe in the process, buy-in, and invest with their time/efforts. It is crucial to our program’s success that everyone is committed and works together. The parental support is a vital component for our wrestlers and OUR program.

“People acting TOGETHER as a group can accomplish things in which no individual acting alone could ever hope to bring about.” Franklin D. Roosevelt

Neosho Wrestling is one PROGRAM consisting of four different levels (Youth, Jr. High, High School, and Collegiate). Each level is coached on the same philosophy, principals, and core values. Our mentality is All for One – One for All. Using the strengths of each member we will work hard to maintain a tradition of excellence founded in “OUR roots” – those core values for us are found in the following: Faith, family, work ethic, persistence, loyalty, learning, and humility - All of which, I believe, to be keys in our success. With a focus on these throughout our training and development I believe, we can maximize the potential we have as individuals but most importantly as a team/program. This is done in a systematic and progressive approach to meeting the kids where they are at and using the experience of our advanced wrestlers/coaches to lay a strong foundation in fundamentals which we then build upon gradually. Our training is based on high percentage fundamentals and understanding pressure and body position more than anything; not fancy, flashy moves.

We will have high expectations as we train at each level and with all student/athletes from 5 to 18 years of age, boy or girl. We work hard to gain an edge on our opposition in one, if not all three, aspects of our training triangle - technical, physical, and mental. Each is important but understanding the power of the mind in developing the other two aspects is critical. Without discipline and focus of the mind our technique will suffer. Without mental fortitude/toughness our physical development will not be maximized. Preparing with a “three birds one stone” approach is something we want our young people to understand - meaning as a wrestler works on the technical side often times they can work at a pace that improves their strength/endurance and with the right mental focus/toughness we build the correct habits and grit to be adequately prepared in all three sides to the training triangle. This is after a step by step approach is taken for techniques so that all the details are done correctly. Slow and right is always going to be better than fast and wrong. We have developed many drills that allow us to work on basic techniques, positions, and pressure that helps us get needed repetitions to develop muscle memory and eventually reaction time/speed. We are creatures of habit and **practice DOES NOT make perfect**, it makes permanent.

Aristotle said, “We are what we repeatedly do. Excellence, then, is not a singular act, but a habit.”

I am confident we can get our program battling again to be one of the top HS teams in the country. We have an amazing coaching staff (listed above). *If you ever have a problem or concern please see the coach(es) first. We do not want confrontation so be respectful and communicate appropriately so we can resolve issues adequately. We are not perfect but I assure you we will work hard to build a positive relationship with all our wrestlers and keep a “what is best for our kids/program” mindset as we make decisions and train our wrestlers to be their very best.*

NEOSHO WRESTLING

Dear Wrestling Parents:

Welcome to the sport of WRESTLING; a sport like no other. I believe it is one of the greatest sports ever because of the ways it helps young men/women shape their character, develop self-esteem, improve discipline, and strengthen their will to succeed. It is a very intense, demanding, and physical sport. Our practices are designed to prepare us technically, physically, and mentally. They are never necessarily fun but rather a necessity to develop the habits and toughness that allows each wrestler to compete at their very best and move closer to obtaining their/our goals. Goal setting and understanding the ingredients necessary to reach goals that are set is one of many things I think is important to our progression as a program. One of many valuable lessons for our staff is making sure our wrestlers learn the value of our attitude and effort - the only two factors that we always control. I am confident that if one learns to have a positive attitude, a growth mindset, and learns how powerful it is to give their very best, we will not only be prepared for our toughest competitors, but also the toughest circumstances we face in our life's journey.

I ask that you support and encourage your child by helping them "believe in the process." This means helping them understand OUR factors to success, which are in my opinion - a strong work ethic, loyalty, persistence, and learning from failure. I want each of them to know what they do today matters for tomorrow, failure is not fatal but necessary for growth, giving up is never an option, and being a person that people can count on and trust is priceless. Practicing humility, understanding we are family, and keeping the faith when things are tough are also key for us. These core values will be emphasized daily and that is one reason why I believe you will see many positives come from your child's participation in our wrestling program. Welcome to the Wildcat Wrestling Family!

This year's motto: "Find your MOXIE"

This motto came to fruition at the end of last season when I was thinking about what we needed to be at our best going into the postseason and specifically the state tournament. I had thought about and researched ideas and words and I kept coming back to GRIT & MOXIE. Grit is a word that Maryville uses as their mantra and puts on their shirts and so I didn't think I wanted to go that direction but I also wasn't sold on Moxie. Fast forward a couple of weeks. I was standing against the wall at our district tournament and reflecting on the day in my mind, and then I began visiting with an official that had worked the Class 3 district tournament. He told me about a senior who had broken his arm and had it in a cast but his doctor was allowing him to finish his senior season. They cut his cast off, taped and braced it, and he competed. The official said to me "that is some Moxie!" That's when I knew that was it. I was sold on that word. The more I studied the meaning the more I liked it. That young man who had his cast cut off and went to battle despite the adversity went on to be a state runner-up the following week. I was very impressed and knew then I wanted to help our young people understand this frame of mind and help them find their MOXIE. **By definition:**

[mok-see] **Moxie** - *courageous spirit and determination; perseverance. synonyms: backbone, grit, gumption, guts, fortitude. Strength of mind that enables one to endure adversity with courage.*

I believe it is important to help our student-athletes understand that finding our moxie cannot be a special occasion thing. We don't wait until our arm is broken or the post season is in front of us. We must work to find it daily as we train to maximize our potential and effectively bring our best to our toughest battles even in preparation. We must continue to help our students learn that winning is a momentary triumph, but being a winner is a state of mind. It's not about the medals or the accolades, but about the relentless pursuit of excellence, the courage to face challenges, and the resilience to rise after every fall. A true winner is defined not by the victories, but by the spirit that refuses to be defeated.

"Our greatest glory is not in never falling, but in rising every time we fall." Confucius

Find Your **MOXIE**

One Program – Four Levels

ALL for ONE, ONE for ALL (Youth, Junior High, High School, Collegiate)

“Building Champions on & off the mat.” High School State Champions 2010, 11, 13, 14, 15, 16, 17, 19, 20

Coaching Staff

HS Boys & JH Head Coach

Coordinator of Youth Program

Jeremy Phillips

HS & JH Assistant Coaches

Joel Schofield

Cayden Auch

Jokiem Crawford

Clayton Swadley

Austin Hailey (HS volunteer)

Cody Crocker (HS volunteer)

Christian Lopez (HS volunteer)

Haven Pennington (JH volunteer)

Youth Coaches

Carter Boatright

Cayden Auch

Clayton Swadley

Jacob Fry

Youth Girls Coaches

Aubree Saporito

Katie Simpson

Haven Pennington

Structure of Youth Practices

3 Levels - Novice, Intermediate, & Advance

The schedule will change a few times and this is why - the first few weeks we will use our experienced wrestlers to help and guide our novice within the practices. Next set of times will be due to the limited time we have available in the gym and once JH concludes we will modify it again to make it most ideal for training each level most effectively.

Phase one: All wrestlers each night with Novice finishing a little earlier at 7:15 pm.

Dates: 11/18, 11/19, 11/21, 11/25, 11/26, 12/2, 12/3, 12/5. (3 levels determined)

Phase two - starting 12/9:

Mondays - Intermediate & Adv. 6:00-7:30 pm

Wednesdays - ALL girls only practice 5:30-6:30 pm (optional & extra)

Tue & Thu - Novice 6:00-7:00 pm; Int & Adv 6:30-7:45 pm

Phase three - starting 1/6:

Mondays - Intermediate & Adv. 6:00-7:15 pm

Wednesdays - ALL girls only practice 5:30-6:30 pm (optional & extra)

Tue & Thu - Novice 6:00-7:00 pm; Intermediate 6:00-7:15 pm; Advanced 3:45-5 pm

Find Your MOXIE

2024-2025 Neosho Youth Wrestling Schedule

Date	Event	Location	Start	Team Warm-up
October	Sign-ups	Online	10/1	
November 12	Parent Meeting	Carver Cafeteria	6 pm	
November 18	First Practice	Wrestling Rm	TBA	
December 2	Fundraising Due	Wrestling Rm	Start of Practice	
December 5	Pictures	Wrestling Rm	Start of Practice	
December 20	Set-up for Tny	Neosho HS	TBA	N/A
December 21	Neosho Youth OPEN Tny	Neosho HS	8:30am & 2 pm	TBA
December 22	Neosho Novice Tny	Neosho HS	9 am	8 am
December 28	McDonald County Tny	McD HS	9 am	8 am
January 4	CJ OPEN Tny	CJ HS	9 am	8 am
January 5	CJ Novice Tny	CJ HS	9 am	8 am
January 11	Joplin Tny	Joplin HS	9 am	8 am
January 18	Rookie State	Ozark Empire Fairground	9 am	8 am
January 19	6U State	Ozark Empire Fairground	9 am	8 am
January 25	Webb City Tny	Webb City	9 am	8 am
February 15	MO Nationals OPEN Tny	Lebanon	9 am	8 am
February 16	MO Nationals Novice Tny	Lebanon	9 am	8 am
February 22	Diamond Tny	Diamond HS	9 am	8 am
March 1	Set-up for District Tny	Neosho HS	TBA	TBA
March 2	District Tournament	Neosho HS	9 am	8 am
March 8	State Wrestling Tny	Ozark Empire Fairground	TBA	TBA

Find Your **MOXIE**

2024-2025 **Junior High Wrestling Schedule** Boys/Girls 7th & 8th Grade

Date	Event	Location	Start	Bus Time
October 23	Informative Meeting	JH Gym	2:50 pm	N/A
October 28	First Practice	Wrestling Rm	3:30	N/A
November 9	Wrestle offs/Parent Meeting	Wrestling Rm	9:00 am	N/A
<i>November 12</i>	<i>Youth Club Parent Meeting</i>	<i>Carver Elementary</i>	<i>6:00 (An opportunity after JH)</i>	
November 14	Joplin	Joplin North MS	5:30	4:00
November 16	Columbus Tourney	<i>Pittsburg MS Gym</i>	9:00 am	7:00 am WR
November 19	McDld Co./Nevada	McDonald Co.	5:30	4:15
November 21	Ozark/Cherokee	Neosho JH	5:30	N/A
November 22	<i>Individual/Team Pictures</i>	Wrestling Rm	3:30	N/A
November 25	Willard/Lebanon	Willard JH	5:30	3:00
December 2	Webb City/Republic	Republic MS	5:00	3:00
<i>December 7</i>	<i>Neosho HS Tourney</i>	<i>Neosho HS</i>	<i>8:30 am JH support</i>	
December 9	Carl Junction	Neosho JH	5:30	4:00
December 13	COC All Girls Tourney	Nixa	TBA	TBA
December 14	COC West Boys Tourney	Neosho HS	8:30 am	(7 am WU, 7:30 am Weigh-in)
December TBA	Start practice with Neosho Youth - neoshojuwrestling.org if interested (excellent opportunity)			
December 17	Gear check-in, Pizza, Award (wrestlers' season in review) 3:30 – 4:30			

*418 Fairground Road is our wrestling facility address: where students will be picked up after practices & our two tournaments

*Bus pick up for **duals** will be from the JH School

***Columbus Tournament** bus will be from the Wrestling Room

*Class dismissal is 15 min prior to the leave time listed above from JH School

Find Your MOXIE

2024-2025 High School Wrestling Master Schedule Boys & Girls - JV & Varsity

Date	Event	Team	Location	Start	Bus Time/Sp. Event
November 16	Weight Certification	Girls			N/A
November 22	Individual/Team Pictures	HS Boys/JH	Wrestling Rm	TBA	N/A
November 22/23	Weight Certification	Boys	Wrestling Rm	TBA	N/A
November 26	Black & Gold Wrestle Offs	JV/V	NHS Aux Gym	5:30 pm	Parent Meeting 5:00
November 23	Trojan Women's Tournament	Girls	Troy	7:30	TBA Leave 11/22
November 26	Versailles Girls Tournament	Girls	Versailles HS	TBA	TBA
December 7	Neosho Tournament	V/a few JV	Neosho HS	8:30 am	Blackout
December 7	Tussle for the Tiara	Girls	North KC	TBA	TBA Leave 12/6
December 11	JV Tournament Night	JV	Nixa	5:30	3:00*
December 13-14	Missouri Duals Tournament	V	Jeff City	TBA	9:30* am
December 16	Nixa Girls Tournament	Girls	Nixa	4:00	12:30*
December 20-21	KC Stampede Tournament	V	KC/Bartle Hall	TBA	TBA Leave 12/19
December 21-22	<i>Neosho Youth Tourney</i>	<i>JV & Girls</i>	<i>HS Gym TBA</i>	<i>8:00 am</i>	<i>Work Tables</i>
January 2	North South Duals	V/a few JV	Carthage	10:00 am	7:00 am
January 7	Carthage/Joplin	ALL	Neosho HS	5:00	All-American Night
January 9	JV Tournament Night	JV	Neosho HS	5:00	(Aurora, Branson, LR, Nixa, Willard, & Ozark)
January 10	Monett Girls Tourney	Girls	Monett	TBA	TBA
January 14	Republic/Logan Rogersville	ALL	Logan Rogersville	5:00	2:15*
January 16	Webb City/McDonald Co.	ALL	Neosho	5:00	Youth/Senior Night
January 21	Ozark	ALL	Neosho HS	6:00	Homecoming
January 24	Clinton Tournament	Girls	Clinton	4:00	12:15*
January 24-25	Winnetonka Tournament	V	Winnetonka HS	TBA	TBA
January 28	Carl Junction/Marshfield	ALL	CJ	5:00	3:00*
January 31	Girls' COC Tournament	Girls	TBA	TBA	TBA
February 1	Boys' COC Tournament	V	Joplin	TBA	TBA
February 5	JV Tournament Night	JV	Ozark	6:00	3:00*
February 9-10	Girls Districts	V Girls	TBA	TBA	TBA
February 21-22	Boys Districts	V Boys	TBA	TBA	TBA
Feb 28 - March 1	Boys/Girls State	SQs	Mizzou Arena	TBA	Leave on 27th 9*am

*Class dismissal 15 min prior