



"the mark of champions"

레슬링하는 용암



TESTIMONIALS

Updated as of 8/14/2011

The testimonials that you will read below have been taken from various e-mails sent to the Kolat Wrestling Club coaching staff over the last two year. We don't need to prove that we are the best wrestling club in the state of Maryland or Mid-Atlantic, you the parent, wrestler, and coach proves so in these testimonials. Since 2004, Olympian Cary Kolat started building a reputation for developing champions. They have been tested time and time again. Now coaches Jay LaValley, Danny Whitenak, Adam Murray, and Nick Bertucci is carrying on the tradition, as the proof is in the results and in the testimonials...

- ****** is learning a ton this week and feeling the most confidence in the sport than he ever has....u r doing a great job! He is tired but loving it. Thanks!*
- *...and finally, I just wanted to say a big Thank you!!! I have seen so much improvement with **** wrestling! We will continue to train with you during the summer as long as there is a training class he can attend. Again, I cannot thank you enough!*
- *You're doing a great job with the kids!*
- *...with your help and with this year round plan, he should be able to put himself on the map in the State and National wise sometime soon. Thanks for all of your help. I really appreciate it. ***** says that the workouts are tough but I can tell he doesn't completely hate it and he is learning a lot.*
- *We just got back from MAWA in Salisbury, Md and saw a couple things that the boys could use some more work on, if its good for you. I'd like you to continue to work with them on there feet, they both have been working the underhook that you went over with them last time. By the way, **** took 1st in the Adv. Div. 130.*
- *Thanks for coaching ***** and taking the time to travel with Team Maryland. You did a great job keeping the losses in proper perspective and made the trip fun for the boys and the parents.*
- *Thanks for everything ,***** had a great time at the Nationals.*
- *We are 100% in and have no complaints. We are happy to be in the club and looking forward to helping the club grow while ***** improves.*
- *I think we finally have a learning point to grow from. Thanks for working with him and we will get back with you in a couple of weeks to go back to Folkstyle and see if we can get off to a great fall season.*
- *He felt you had the most impact on him this year. Although he may not say it to you directly, he was always complementing me on your advice and help. He read cover to cover the book you recommended him on how to improve athletically. He is convinced your advice to do yoga greatly improved his flexibility. He looks forward to another 2 years with you. Thanks for all your efforts.*
- *To all 2010 Md National Team coaches, The 2010 team achieved 9 All-Americans, the fourth best total in Md National team history. The junior freestyle team out-scored PA, DE and VA in team standings. (Wrestlers who earned 10 additional All-American spots from last year did not return this year even though they were eligible.) The 65 man team earned over 170 victories at Fargo. We had 2 finalists and 2 double AA's. This could not have been achieved without your tremendous support. The task of preparing these teams is enormous. The efforts of our coaches this year was monumental. Thanks go out to all of you for the time and effort put in to help Md wrestling continue to move forward. Your support and total cooperation was fantastic. This was a great year not only for the wrestlers but also for the commitment, effort and cooperation that all of the coaches contributed. Thanks for all of your help!*
- *Thanks. We appreciate your help. Keep pushing him. You have really helped him improve his wrestling. The boys respect you.*

- *He feels good about his performance and thinks he will improve with these lessons.*
- *He was sufficiently tired out yesterday. Almost too tired to eat. It was a great clinic. Thanks for being such a good coach to ******
- *My kid was there both days. Great workout, outstanding partners, intense environment. Nice break from football. Heh. Thanks for a great clinic and a real value.*
- ***** really enjoys your teaching and he has learned a lot. You are great teacher, patience but firm.*
- *Thank you! I really appreciate all that you do for ****. We are lucky to have you!*

- *I thought wrestling might be a sport he could stay with for a very long time and one that he would enjoy. **** really enjoys wrestling and wants to show us all the new moves, yesterday he did one in the middle of a store!! I think this will be very good for him; both challenging and rewarding. I could tell how much you enjoy what you do, which is really terrific. Many thanks.*
- *Word of mouth is the best referral system....you guys are obviously doing a great job and it shows. I guess everyone has the same idea...prepare for the best. Pretty exciting!*