

**From:** Wrestling Coaches Insider coach@coachesinsider.com  
**Subject:** Watch Austin DeVoe (Colorado School of Mines) - Give and Take in Sparring  
**Date:** March 25, 2020 at 6:03 AM  
**To:** lanny@wrestlingusa.com



March 25th, 2020



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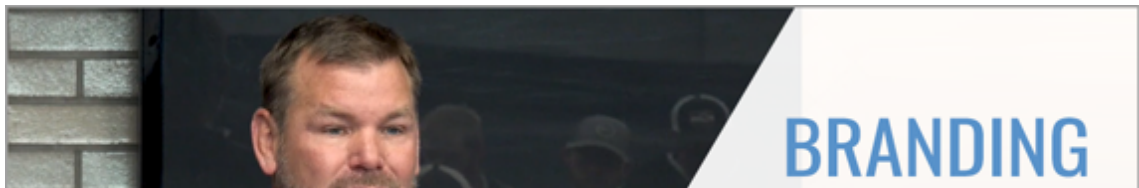


### Give and Take in Sparring

Austin DeVoe - Colorado School of Mines

Watch as Coach explains how to use give and take in sparring. This can be the hardest adjustment for high school wrestlers transitioning to college. Sparring...

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### Branding Your Practices

Mark Branch - Univ. of Wyoming

Watch as Coach explains that branding is not just for your program, but it should be for what you do in your training and practices. Create your team's identity on...

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### Four Tips to Stay Focused in the Postseason

Jeff Zannetti

As wrestling season enters its final weeks for most competitors it's important to keep the focus on the competition and not get distracted by everything else around...

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Wrestling Community News:

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- Eight Undefeated Wrestlers Named Hodge Trophy Finalists

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