

# SPORT \ WRESTLING

# TOP WRESTLING COACH FLIES IN TO ADVISE DERRY GRAPPLERS

**M**EMBERS of Waterside Sharks were treated to a masterclass in wrestling from one of England's most respected coaches.

Cary Depel, the New Chairman of the British Wrestling Association (BWA), visited the city this week and spent time advising clubs from all over the North West.

Depel also provided instruction to a few new recruits at the Evolve Wrestling Club as part of his visit.

A man with a very demanding schedule, Depel met with the Sports Development Department of Derry City Council before giving an important address to the Athletes Seminar of the North West Talent Project at the Whitehorse Hotel, Campsie.

Martin McLaughlin, one of the city's most experienced freestyle wrestling coaches was delighted to host such a prestigious coach.

"It was no coincidence that Cary Depel, the new Chairman of the British Wrestling Association has chosen the North West to come and make his first official visit to



Waterside Sharks were delighted to host BWA chairman Cary Depel.



Local wrestlers get to grips with one another.



Cary Depel puts the club through their paces.



any area within his remit," he explained.

"The sport of wrestling has become re-energised of late with the Northern Ireland Wrestling Association working ever more closely with a number of gyms in the city.

"On top of that, the Waterside Sharks are co-locating with Team Torres in their premises at Bay Road and young athletes can now train on a regular basis at facilities which suit their needs.

"The momentum is now well and truly building as completion of the NIWA Wrestling

Academy, Waterside approaches in early in 2015."

Clearly, Cary (an American lawyer working in the City of London) understands his chosen sport very well and high levels of activity coupled with ever improving results at a national level from North West Talent Project funded athletes have caught his attention.

When approached he said, "The progress here has been remarkable.

"My hope is that I have convinced them that the best days for the North West and British

Wrestling are still ahead of us and that with courage, ambition, discipline and a dynamic approach we will win medals at the XX Commonwealth Games in Glasgow and become what we are meant to be - champions on the mat and in life."

Michael Cooke from Sport NI explained, "The focus of the athlete seminar was to ensure that positive, inspirational messages are transferred to the parents, athletes and coaches in attendance.

"In addition it will offer ath-

letes important learning on what it takes to excel to the next level of their development pathway.

"The speakers will provide presentations on a wide range of topical issues.

"Many of our speakers are North West natives and have done the region proud by excelling at various levels in their chosen sports."

"Now in its third year, the NW Talent project has provided many talented young performers with support, guidance and extra coaching

which they would not have received otherwise.

"Our vision is to ensure that we have a very strong talent pool and ensure that athletes from the region are supported to take that next step into performance sport."

Freestyle Wrestling is an Olympic and Commonwealth sport, with well defined pathways for young people with talent to make progress to national squads through training camps and tournaments.

Indeed, in the blue ribbon event, the British Junior

Championship 2014, three local athletes (Jason Kerr, Chloe Wilson and Ben Pollin) took the top prize of a Gold medal and title at the Roe Valley Leisure Centre, Limavady.

Aspiring wrestlers can join the classes every Tuesday and Thursday evening at the Team Torres gym, Unit 10, Bay Road, Derry, BT48 7SE.

More information about Olympic Freestyle Wrestling can be obtained from the website [www.niwwrestling.org](http://www.niwwrestling.org)



British Wrestling Association chairman, Cary Depei, seen pictured with members of the Waterside Sharks.