



Bobby D: It s Not the Destination, It s the Journey. Ready? Wrestle! (Hardback)

By Coach Darrah

Outskirts Press, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Coach Bob Darrah never wrestled in high school or college, but in coaching over 30 years of high school wrestling his teams won 95 of their matches. Coach Darrah s teams compiled a dual meet record of 340-17-2. That career winning percentage is the best for Iowa high school wrestling coaches. Few coaches in any sport can claim this level of success over three decades and at three different high schools. After coaching at Morning Sun, Urbandale, and Dowling high schools, Darrah was recruited to the collegiate level by the administration and boosters of Simpson College in Indianola, Iowa. At Simpson, he coached men s wrestling, and eventually women s golf. Coach Darrah was infamous for running intense practices in wrestling rooms. He was also known for punctuating his critiques with what he calls four letter words. Many were surprised that he could make the transition from that aggressive environment to one that would allow him to facilitate the development of the quiet confidence required of tournament-winning golfers. Yet his skill in developing champions moved easily between sports and genders, as under his guidance...



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