

Interview with [Doug Klein \(Head Coach ICJA\)](#)

**What team do you coach?**

[Ida Crown Jewish Academy](#)

**Who are the team captains this year?**

[Stanley Dayan, Zach Goldberg, Jacob Lewis](#)

**How long have you been coaching there?**

[17 years](#)

**How large is your program?**

[We have about 43 guys on the team, not counting managers & injured reserve.](#)

**How many days does your team train and compete?**

[We practice Sunday mornings, Tuesday evenings, and Thursday evenings. By school rule, we are limited to three sessions a week. So if we have a match, then we lose a practice.](#)

**When did you start practices? When do you end (at Wittenberg?)?**

[We started conditioning after Labor Day. We got on the mats at the beginning of October. We don't have regular practices after Wittenberg, though we did have open mats one evening a week throughout the spring and summer for whomever was in town and available.](#)

**What is your typical practice like?**

[On weekdays, before practice, we have to take down the chairs and tables in the lunchroom, & then move mats from the gym to the lunchroom. School ends at 5:39 PM. On Sundays, we daven Shacharis at 7:30 AM, & then practice in the gym. We run laps first, then stretching. We will then do about 10-15 minutes of free drill time. Currently, we have the team divided between rookies and veterans for instructional & drilling purposes. This portion of practice lasts about an hour. Then we do live wrestling, followed by conditionings. Then we have to move the mats & re-set-up the lunch room. On weeknights, we then daven maariv & weigh-in. We go to 8 PM on weeknights & 10:20 AM on Sundays.](#)

**What excites you most about the upcoming wrestling season?**

[Two things. First, the addition of another assistant coach, Bill Porter. Like Matt Goldstein, Bill was also a NCAA Division I national qualifier \(Goldstein from Lehigh; Porter from Missouri\). He's a very solid technician with great coaching skills. Between the two of them, it's like have a continual wrestling camp at practice.](#)

Second, the addition of a few more topnotch schools to the schedule. In particular, we will wrestling Wheeling H.S. in a dual at the end of December. They had a couple wrestlers ranked nationally in recent years.

**Do you have any specific wrestlers that really impress you?**

Stanley Dayan.

**What are your teams' challenges this year?**

Scheduling is always the biggest issue. Between our long school day, Shabbos, and geography, finding schools with both quality and quantity is very difficult. Last year, we were in two tournaments during the December holiday. This year, however, the one the varsity attended is being held on Saturday and Sunday. As for the other, a freshman tournament at a Catholic school, only the fact that the school's assistant athletic director is an observant Jew, who lobbied with us in mind, kept the tournament on a weekday. Most the schools in our classification--and all of the top ranked ones--are located far from the north side of Chicago. Therefore, they are difficult to schedule on a school night. As such, it is difficult to get notariety in the state if one cannot wrestle ranked teams and individuals.

The other challenge will be to get sufficient matches for all the wrestlers on the team, given the number of guys on the squad. This is compounded by the fact that we a loaded with four or more wrestlers in a few weight classes, but very thin in a few others.

**If you could change one thing about your program what would it be?**

I would like to have a dedicated wrestling room. That would be awesome.