

# **PACER WRESTLING NEWS - WEEK OF NOVEMBER 30, 2015**

## **Practice Schedule:**

Monday: 3:12 - 5:25 - Practice

Tuesday: 3:12 - 5:25 Practice (including study hall)

Wednesday: 3:12 - 4:30 Practice (*practice is shortened so families can attend Advent services*)

Thursday - **Wear shirt & tie - dual meet vs. Christian Life**

Friday: 3:12 - 5:00 Practice **Wear wrestling t-shirts, etc. to school.**

## **Craft Fair Thank You**

Thanks to all the wrestlers who helped with the craft fair. The organizers were very thankful for our help and said they couldn't pull it off without us. I also received a lot of compliments about the wrestlers' friendliness and helpfulness. Thanks for your help!

## **Pizza Orders Due**

Reminder - Emil's pizza orders are due by Friday, December 11. To order, go to

<http://goo.gl/forms/tkn3O03UQs> . Funds raised by the pizzas go toward items like awards and equipment for our wrestlers.

## **First Dual Meet - Christian Life, Thursday, December 3**

Location: Home

Study Hall: 3:00-4:00 Report to stage for setup: 5:20 - Weigh in: 6:00 - Wrestle: 7:00

There is a good chance that most of our wrestlers, varsity and JV, will have the opportunity to wrestle.

Wrestlers are allowed to eat after weigh-in time and are encouraged to bring food along. Obviously, junk food would probably not be the best fuel for wrestling - plan accordingly.

## **Tournament (JV & Varsity) - at Wisco, Saturday, December 5**

Location: Wisconsin Lutheran HS, 330 N Glenview Ave, Milwaukee, WI

Load bus: 6:50 AM - Weigh in: 8:00 AM - 9:30 AM Wrestle

*(Note that tournament start times are an estimate based on how long it takes to prepare tournament brackets.)*

This year's tournament includes; Catholic Memorial, Milwaukee Lutheran, Brookfield Central, New Berlin and Wisco. Wrestlers will wrestle a round robin tournament.

The tournament is usually over by mid-afternoon (3:00 or so.) Wrestlers may leave with parents if they are finished, but must check out on the sign-out sheet if that is the case.

Awards: 1st and 2nd place medals and team trophies.

As in most tournaments, concessions will be available. Wrestlers are encouraged to bring their own food and/or money as well to eat after weigh ins and during the lunch break. **Healthier snacks make better wrestling fuel.**

Questions? [brugp@slhs.us](mailto:brugp@slhs.us)