

PACER WRESTLING NEWS - WEEK OF FEBRUARY 5, 2019

Thanks to everyone for making our Pacer Premier tournament a success! Our volunteers really made a difference in giving us a tournament that lots of our guests complimented us on.

Practice Schedule

Monday - 3:12-5:25

Tuesday - 3:12-5:00 **with study hall (3:10-3:45)**

Wednesday - **Home dual vs. St. Cat's (JV's will attend and wrestle)**

Film - 3:10-3:30

Begin Gym setup - 5:10 - Weigh in 6:00, wrestle 7:00

Thursday - 3:12-5:25

Friday - 9:00-11:15 AM Practice (A Night to Shine is setting up. This may change - watch for announcements.)

Saturday - **Regional Tournament at East Troy** - Load van 7:20 AM, weigh in 8:30, wrestle 10:00 AM

JV Wrestlers:

Most likely, Saturday was the last competition for our JV wrestlers. JV wrestlers should plan on coming to practice this week. They will have the opportunity to:

- Wrestle off for a varsity spot.
- Support our varsity wrestlers as they prepare for regionals.
- Continue to learn to become a better wrestler looking forward to next year.
- Participate in end-of-year evaluation activities to help prepare for our next season.
- Be prepared to step in in the event that a varsity wrestler cannot compete for unforeseen reasons.
- **JV wrestlers should turn in uniforms and warm-ups to managers this week.**

Note on weather conditions:

- Regional tournaments are usually not cancelled due to weather unless it is very extreme - they cannot really be made up. If I find out the morning of the tournament that it has been cancelled, I will send out an email to this list as soon as I can. We will do our best to make it to competition; but if parents judge it unsafe, may keep their children home. If that happens, please text me (262-417-6414).

Regionals

Location: East Troy High School - 3128 Graydon Ave, East Troy, WI 53120

Transportation: Load van at school 7:20 - Arrive by 7:15 AM --- Weigh in: 8:30 AM --- Wrestle: 10:00 AM

We do not have a bus driver, so we are taking a school van. One of the coaches may also drive if more room is needed. If anyone is planning on driving directly to East Troy, please let me know. They should plan to arrive there by 8:15 AM for the 8:30 weigh-in.

Upon arrival, please enter the school through the back door (number 10).

JV Wrestlers who want to come will have to pay a \$6 admission fee, so please be prepared.

This is the beginning of our post-season. The top two wrestlers from each weight class get to move on to sectionals. If they haven't wrestled yet, the 3rd place wrestler gets to challenge the 2nd place wrestler for the opportunity to move on to sectionals. The first place team also gets to move on to "team sectionals" and wrestle a dual meet against another regional champion.

Teams: Big Foot/Williams Bay, WISCO, Delavan-Darien, East Troy, Martin Luther, Shoreland Lutheran, Whitewater