

WAYNE WRESTLING PRE-SEASON **SCHEDULE**

***WE WILL BE SETTING UP FOR OUR TOURNAMENT AT A TIME TO BE ANNOUNCED – ALLW RESTLERS ARE EXPECTED TO FULFILL THEIR COMMITMENT TO THE TEAM BY SETTING UP, WORKING FOR THE WHOLE TOURNAMENT, AND HELPING OUT AFTERWARDS.**

Nov.

2 – WAYNE PRE-SEASON TOURNAMENT

3 – TRAINING SESSION AT MIDDLE SCHOOL 3:00 – 5:30

5 – TRAINING SESSION “ “

8 – BINGHAMTON UNIVERSITY CLINIC AT VICTOR HS (WAYNE GRAD MIKE PATTERSON WORKING CLINIC)

9 – OHIO STATE CLINIC AT SUNY BROCKPORT

10 – FIRST OFFICIAL PRACTICE 3:30 (Be at the MS early enough to get a locker, bring your own lock, change, set up mats, etc)

***DETAILS WILL BE ANNOUNCED – BE PREPARED TO RUN OUTSIDE/WRESTLE/WEIGHT TRAIN; THIS IS OPEN TRAINING FOR ANY 7TH – 12TH GRADER WITH WRESTLING EXPERIENCE!**

THE WEIGHT ROOM IS OPEN EVERY MONDAY, WEDNESDAY, AND FRIDAY AT 2:15 – IF YOU ARE SERIOUS ABOUT YOUR PREPARATION YOU WILL BE THERE; IF YOU AREN'T SERIOUS ABOUT YOUR PREPARATION FIND SOMETHING ELSE TO DO THIS WINTER BECAUSE WE ARE ONLY INTERESTED IN WORKING WITH COMMITTED ATHLETES!

GET AN APPROVAL FORM ASAP! YOU CAN NOT PRACTICE WITHOUT ONE!

“MEET THE COACHES NIGHT” – 11/10
(MONDAY) TELL YOUR PARENTS !!!!!