

# **PACER WRESTLING NEWS - WEEK OF NOVEMBER 20**

**Thanks for the great start to the year.** The energy and enthusiasm from all the wrestlers has been great to see! It's awesome to have a good number of new wrestlers joining us this year. **It's not too late to encourage a friend to join.** Welcome!

**Email list** A few people still need to fill out the survey. This weekly update goes out to all parents (including managers), wrestlers and coaches. If you notice someone else who should be on the list, please let me know.

## **Skinfold Test Monday**

Anyone who has not completed the skinfold test will make it up next week - the day could be subject to change, so watch your email. **Make sure you drink plenty of water so you qualify to take the test.** Those who need to take the test should report to our trainer Milan's office by the gym right after the closing prayer at the end of the school day. All other wrestlers may go directly to the stage.

## **Practice Schedule:**

Monday: 3:12 - 5:25

Tuesday: 3:15 - 5:25 (including study hall)

Wednesday: 3:12 - 4:30

## **Service Project - Craft Fair**

All wrestlers who are available should participate in session 1 OR 2 **as well as** session 3.

### **Session 1: 3:30-7**

**2 - 6:45-8:30 AM**

**3 - 2:45- 5:00 PM**

Following session 3, there will be practice as time allows until 5:00 PM.

**Anyone not listed above should email me** at [brugp@slhs.us](mailto:brugp@slhs.us) to let me know which they will be attending.

## **Weight classes**

I will also be sharing a wrestling roster with everyone. Here there are three columns for weight class. The first column lists about what weight class the wrestler is in now, though that may not be totally current or accurate - names may move. The "min weight" column shows what weight class the wrestler is at 7% body fat, and is the normal minimum weight class. The "min weight with parental permission" shows what weight class the wrestler is at 5% body fat. The wrestler may only wrestle this weight class if parents fill out a permission form. If this applies to your son, you may ask me about whether it is a good idea or not.

For more communication and interesting updates, remember to like us on Facebook and follow us on Twitter. Thanks for your help and support to Pacer Wrestling!