

PACER WRESTLING NEWS - WEEK OF NOVEMBER 26

THANKSGIVING BREAK - DEC. 1

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.

There are several important events coming up. Please note the following schedule:

Thanksgiving Weekend:

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 Fri

2 - 6:45-8:30 AM Sat

3 - 2:45- 5:00 PM Sat (practice time when finished with cleanup until 5:00)

Weekend workouts

Wrestlers should maintain conditioning and fitness over Thanksgiving break. Suggested:

Thursday - take a walk after dinner

Friday - light conditioning / jog / elliptical / treadmill, etc.

Saturday - participate in session 3 or work out on own

Sunday - short, more intense workout - "madness" type exercises

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!

Week of Nov. 26

Monday - Practice 3:15-5:25 (start in weight room)

If more than one wrestler wants to wrestle in a given weight class, they will wrestle off this week.

Tuesday - **Skinfold test retake**

All wrestlers who have not completed the test (Nick D?) need to complete the test - drink lots of water beforehand. This has to be done before you legally compete!

Wednesday - Practice 3:15-5:00 (start in weight room)

Thursday - **our first wrestling meet** (See below for details)

Friday - Practice 3:15-4:45

Saturday - our first wrestling tournament (See below for details)

Thursday, November 29 - Home Dual Meet vs. Cudahy

Before school - check weight on stage to make sure you are not in danger of being over your weight class. The name of the weight class is the weight you have to be under to qualify.

(to wrestle at 126, you need to weigh 126.0 pounds or less)

Anyone can wrestle one weight class higher than the one they qualify for by weight.

If you weigh 125.8 pounds, you qualify for 126 - you may also wrestle in the 132 weight class

After school - check weight on stage - If you are in danger of not qualifying, let me know as soon as possible!

5:25 - Meet at gym entrance to set up for the meet - we will do this quickly!

6:00 - Weigh-ins begin in locker room

After weigh-ins, wrestlers are allowed to eat and drink.

I suggest packing a light, healthy snack/dinner for after weigh-ins.

7:00 - Meet begins

We will try to get as many matches as possible for non-varsity wrestlers before or after the varsity meet.

Equipment rules you should be aware of:

- When you report for weigh-ins, you must...

- be clean-shaven (if you have abrasive stubble, the ref will not let you wrestle until you shave)

- fingernails trimmed neatly

- Hair must be no longer than eyebrows in front, not below earlobes on the side, not below a shirt collar in the back

(If hair does not meet these qualifications, a wrestler may use a hair cover attached to the headgear to contain the hair)

- When you report to wrestle, you must...

- have your headgear on

- have your shoes tied with the shoelaces completely covered (many shoes have a built-in cover for laces; otherwise, laces must be taped.

- have a mouth guard if you have braces (both upper and/or lower). **We do not have special mouthguards for braces; be sure to purchase what you need beforehand.**

Saturday, December 1 - Tournament at Wisconsin Lutheran High School

Saturday, December 1 - Varsity & JV Tournament at Wisconsin Lutheran

Location: Wisconsin Lutheran High School 330 North Glenview Avenue Milwaukee, WI 53213

Load bus: 6:45 AM at SLHS - Weigh in: 7:45 AM - 9:30 AM Wrestle

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

All wrestlers are expected to participate and will be placed in a varsity or JV round-robin bracket.

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.**

This tournament is typically over in the mid-afternoon. We should arrive back at Shoreland in the late afternoon.

Note: Mats for the JV tournament will be in the Auxiliary Gym this year, a change from the past. The Auxiliary Gym gives us more room for spectators and athletes. Varsity matches remain in the Main Gym.