



WRESTLING

2017-2018

IMPORTANT DATES AND INFO

1. **LIFTING** – Has already started! We lift Tuesday, Wednesday and Friday at 2:55 in our weight room until the start of our season on Monday, November 13! **If you are not playing a fall sport you are EXPECTED to attend! (You will be given a strength-training program in the weight room. It was written specifically for wrestling. Please follow it!) Please note – the wrestling room is CLOSED on Tuesday, Wednesday and Friday! You should be lifting!**
2. **CONDITIONING/OPEN ROOM SESSIONS**- Has already started! Conditioning practices run every Monday and Thursday at 2:55 PM until the start of our season. This is held in our Wrestling Room or outside. This is a way to get into top condition. **If you are not playing a fall sport you are EXPECTED to attend these sessions!**
3. **FORMS** - A. Physical form (not needed if you played a fall sport)
B. Insurance verification – (not needed if you played a fall sport)
Note: These 2 forms must be turned in before the first practice!
4. **WRESTLING CLINIC**
Friday, November 10th – 10:00AM–2:00 PM - All-American –Jim Akerly
“Leg Rules and top clinic (There is No school this day)
At UHS wrestling room. FREE! **All wrestlers should attend!**
5. **BAGS (\$45), TRAVEL SUITS (\$70). CREW SWEATSHIRTS (\$32)**
6. **RUDIS GEAR** – (\$80) Includes Fight shorts, ¼ zip top and T-shirt (See sheet)
7. **WORK CONCESSION STAND – This Friday, Sept 1** - Wrestling does concession stand at UHS football game on this date. This is a requirement from the boosters! We will need a lot of help this night!
8. **YOUTH CLINIC** – Sunday, September 10, 2:00 PM – 5:00 PM – **Wrestlers should be there to help with the clinic!**
9. **OPENING MEETING WITH YOU AND YOUR PARENTS**- Sunday, November 12th at 6:00 P.M. in the UHS Distance learning lab (**Bring forms to turn in**).
10. **FIRST PRACTICE**-Monday, November 13 - **WILL YOU BE READY?**