Louisburg High School Wildcats Wrestling 2018 – 19

COACHES HANDBOOK

OUR VISION:

The vision of the Louisburg High School wrestling program is to inspire student-athlete commitment to a being a part of a "can do" wrestling program. We seek to promote the good in our wrestlers and their daily situations, decisions, and habits. We expect the best out of ourselves and others, regardless of the outside forces hindering or influencing us. We believe that we can make a difference in our wrestlers' lives and that our wrestlers can make a difference beyond the mat.

WILDCAT STYLE:

Believing Competing Doing 1 More



COACHES HANDBOOK AND GUIDELINES

TEAM HISTORY:

Season	Dual Record	League Finish	State Finish	State Qualifiers	State Placers
2011-12	6-12	6^{th}	20 th , 31 pts.	3	1
2012-13	3-9	5 th	64 th , 0 pts.	0	0
2013-14	10-7	$5^{ m th}$	64 th , 0 pts.	0	0
2014-15	12-5	$3^{\rm rd}$	31 st , 16 pts.	5	0
2015-16	17-3	1 st	14th, 45 pts.	5	2
2016-17	20-1	1 st	29 th , 22 pts.	8	1
2017-18	18-6	2^{nd}	26 th , 23.5 pts.	6	1

TEAM GOALS:

Team GPA above a 3.2
Show good sportsmanship at all times

9 state qualifiers
4 Frontier League champions
Everybody makes weight every time
Run on and off the mat every match
Wrestle in the center of the mat, run to center
Win 100% of overtime matches
Get twice as many pins as we give up
Team reaches 500 takedowns
Keep teams from scoring 30+ in duals
League Champions

THE MISSION OF THE WILDCAT WRESTLING COACHES:

- To inspire commitment to a "can do" wrestling program
- To promote the good in our wrestlers and their daily situations
 - To expect the best out of ourselves and others
 - To believe that we can make a difference
 - To be enthusiastic about our roles as coaches and teachers

- "WILDCAT STYLE": The idea of "Wildcat Style" is derived from University of Missouri head wrestling coach Brian Smith and his "Tiger Style" philosophy. Here at Louisburg, we have three pillars that comprise the philosophy of "Wildcat Style":
 - 1) <u>Believing</u>. You've got to believe in something you can't see. That means living with purpose. It's a c culture, a lifestyle, where you believe that if you do this and this and this, then you're going to get <u>that</u>. Have a vision, something you can believe in. Having a goal, write it down, and believe in the people who support you. Believe in the whole process.
 - 2) <u>Competing</u>. With our program, everything is a competition, whether it's a zipper, a push-up contest, or your grades in the classroom. It means doing your best and being great at everything you do. Make yourself *uncommon*, because no one wants to be common.
 - 3) <u>Doing 1 more</u>. This starts with doing 1 more sprint, 1 more bench press, or 1 more drill. If everybody in the program does 1 more every day, imagine the reach we would have! It means helping each other and reaching out to each other. The idea is to end the day with a <u>positive</u> by doing 1 more.

TRANSFORMATIONAL PURPOSE STATEMENT:

"To empower and inspire student athletes to become citizens who will lead, persevere, and remain loyal to faith and family."

The LHS Wrestling coaching staff is encouraged to pursue avenues of continuing education. One outstanding resource is the 3-Dimensional Coaching program (https://3dinstitute.com/). In this extensive program, coaches learn about the three dimensions of successful coaching:

- 1) Fundamentals, the body, physicality
- 2) Psychology, the mind, dualism
- 3) Heart, the spirit, holism

IMPACT OF COACHES:

I have come to a frightening conclusion.

I am the decisive element in the gym or on the field.

It is my personal approach that creates the climate.

It is my daily mood that makes the weather.

As a coach, I possess tremendous power to make an athlete's life miserable or joyous.

I can be the tool of torture or an instrument of inspiration.

I can humiliate or humor, hurt or heal.

In all situations, it is my response that decides whether a crisis will be escalated or diminished and an athlete humanized or dehumanized.

—An adaptation of Haim Ginott

PRESSLER'S 7 RULES OF GREAT LEADERSHIP

- 1. **Build a strong foundation.** From day one, you must instill these core values: effort, respect, and loyalty. If you try to do it once a crisis hits, it's too late.
- 2. **Define winning.** Winning habits are more important than wins. You can play well and lose, and that's okay. And you can play lousy and win, and that's not. When we break the huddle, the team says, "All in!" as a reminder to give all we have, all together.
- 3. *Create an environment of trust.* The best way to earn trust is to give it.
- 4. *Tell the truth.* Not just when it's convenient or when it makes you look good. Sugarcoating doesn't help anybody.
- 5. *Be accountable.* The actions of one reflect upon everyone else. People are much more likely to do the right thing if they know they represent something bigger.
- 6. *Talk less, do more.* Long-winded pre-game speeches are worthless today. Emotion doesn't last; good work habits do.
- 7. *Live with honor*. No one can take away your dignity or your self-respect. Live with honor, tell the truth, do the right thing, and you'll be a success to those who matter most: you, your friends, and your family.

EXPECTATIONS:

- The Wildcat Wrestling team is a family unit; do your best every day to contribute to the athletes' education as if they are your own children
- Remember that you represent the program with your words and actions; your words and actions also represent who you are—your faith, family, values, etc.
- Set good examples for the athletes at all times; they look up to us and we have a much bigger impact on their lives than we truly know
- Our goal is to build our program to be one of the best in the state every year; your contributions are key in achieving this goal
- Maintain clear communication throughout the season, whether it is with other coaches, administration, wrestlers, or parents

APPEARANCES AND FACILITIES:

Attire

- At School on Competition Days: (duals and two-day tournaments) collared shirt and tie
- At Saturday Competitions: jeans and LHS Wrestling t-shirt, coaching polo, or pullover jacket
- At Championship Series Competitions: (League, Regionals, and State) collared shirt and tie
- At State Championship Matches: jacket and tie

Practice Area

- Trash (ice bags, tape, papers, discarded gear) must be picked up or thrown away
- Body fluids clean-up materials must be visible and readily accessible
- Food and drink must be kept in the coaches office or outside the room (water bottles are an exception)

Coaches Office

- Desk should be clear of goods, papers, etc. so that the coaches have a clear work area
- Bags and purses should be stored elsewhere

Storage Room

- Tape, Ken Shield, med kit materials, and team gear that have been used must be put away as originally found
- Storage closets must be locked at the end of each practice
- After use, mat cleaning equipment must be dumped in the proper location

INJURED WRESTLERS: Assistant Coaches will be on a rotating schedule to train and condition injured wrestlers. Athletes with recurring injuries, limiting injuries, skin infections, etc. will not be allowed on the mat, but it is imperative that they maintain their athletic conditioning. In an effort to minimize athletes sitting and doing nothing or being distractions to others, we will require these athletes to engage in individually-tailored work-outs during the regular practice time.

WRESTLERS' COUNCIL: The Wrestlers' Council is voted on by the team, and will consist of the team captains, 1 freshman, 1 sophomore, and 1 junior. The purpose of the council is to establish a solid line of communication between the team and the coaching staff, as well as give the team a voice when decisions are made. The council will meet with the coaching staff twice a month during Advisory to discuss team operation, problem areas, etc. The council will also help make decisions for the team, including anything from choosing what singlet we wear to disciplinary actions for a teammate who has broken team rules. These wrestlers will be the voice for the team. It also creates an opportunity for a wrestler to bring an issue to a member of the council if he is not comfortable going straight to a coach.

MANAGERS: At the beginning of the season, all managers will be required to attend practice on a regular basis to assist with uniform check-out, clerical tasks, and other labor-intensive needs. Once the competitions begin, two managers will be on duty at practice every day to attend to mopping mats, cleaning up blood, miscellaneous chores, timing challenge matches, etc.

Managers will report to the assistant coaches. If any issues cannot be resolved with an assistant coach and the problem requires the head coach's involvement, the result will be the dismissal of the manager(s) involved.

- PERFORMANCE MEASURE: As coaches, when we look at our progress through the season, we must have a concrete idea of how we will measure our athletes' performances. The most obvious measure is of wins and losses and other statistics, but we must also look at the team's strengths and weaknesses. At the beginning of each week, we must set team goals and evaluate the previous week's accomplishments and set-backs. Members of the team will be expected to perform above standards in academics. All athletes must maintain good sportsmanship at all times—in the practice room, at competitions, after wins, and after losses. We should expect to achieve above what is expected of us—100% of our seeded wrestlers at tournaments should win a medal, and the team should achieve a winning dual record throughout the season.
- **POST-PRACTICE DUTIES:** The coaching staff will be on a rotating schedule pertaining to post-practice duties. When on duty in the locker-room, the assigned coach will need to be visible for approximately 20 minutes. He can either remain in the locker-room area or in the P.E. coaches office. He will need to make sure that the athletes all take proper showers, there is no horseplay, no hazing is occurring, and athletes are picking up after themselves. When on duty with PTA make-ups, the assigned coach will need to remain in the practice room to supervise and lead the work-outs. One PTA make-up session should last about 15 minutes. If a wrestler is not performing up to par, it is the coach's discretion as to whether or not the wrestler should be dismissed from practice. Wrestlers are responsible for confirming that their PTA make-up has been recorded properly. The assigned coach has the option of leading an additional PTA make-up, but he is not required to do so.
- **PRACTICE SCHEDULES:** In the event that the Head Coach is absent or is attending to other matters during practice, it is the responsibility of the Assistant Coaches to adhere to the posted practice schedule. If no schedule has been posted, then the Assistant Coaches may tailor their own schedules. Practices should follow a format that enables athletes to learn new techniques, practice these techniques and integrate them into their repertoires, drill old techniques, and condition.
- **STRATEGIC LEARNING:** As dedicated professionals, the LHS coaches should commit to the belief in continuing education and development, with the objective of developing champions on and off the mat. Coaches should read books and articles devoted to the sport of wrestling, join wrestling and coaching associations (Kansas Wrestling Coaches Association, Kansas Coaches Association, USA Wrestling-Kansas), and attend technique and coaching clinics.
- **WRESTLER DISCIPLINE:** The coaching staff has been structured so that the disciplinary procedures will be as fluid, as consistent, and as fair as possible. Wrestlers will report to their captains, who will in turn report to their assigned coaches. These assistant coaches will then report to the head coach regarding any particular disciplinary situation. Any disciplinary measures taken against a wrestler or manager must be reported to the head coach either prior to the measure or immediately after. Cases involving serious rules infractions will need to be documented by the parties directly involved.

Should a wrestler violate team policy, the following steps are viable options for disciplinary procedures:

- 1. Verbal reprimand from a coach
- 2. Extra work outside of regular practice requirements (15-minute PTA sessions)
- 3. Removal from practice / Withdrawal from competition
- 4. Suspension from practice and / or competitions
- 5. Dismissal from team

COACHING RESPONSIBILITIES

Coach Bovaird, Head Coach

- 1. Overseeing total operation of the LHS wrestling program
- 2. Scheduling competitions and practices
- 3. Promoting the values and philosophies of the program
- 4. Arranging transportation
- 5. Working one-on-one with wrestlers (behaviors, techniques, etc.)
- 6. Daily practice schedules
- 7. Depth chart and line-up decisions
- 8. Weigh-ins for varsity competitions
- 9. Budget and purchase orders
- 10. Statistics
- 11. Post-season booklet, awards, publishing newsletters, and updating web site
- 12. Off-season conditioning

Coach Ott and Coach Dean, Assistant Coaches

- 1. In charge of program in the absence of the head coach
- 2. Supporting the head coach and program policies
- 3. Lead warm-ups as needed early in the season and supervise throughout the season
- 4. Technique instruction
- 5. Working one-on-one with wrestlers (behaviors, techniques, etc.)
- 6. Take junior varsity to competitions as necessary
- 7. Pre-meet routine for varsity competitions
- 8. Oversee managers in attendance / PTA make-up list, pre-practice mat cleaning
- 9. Equipment for varsity / junior varsity competitions
- 10. Competition set-up for home meets
- 11. Training supplies and rehab assignments
- 12. Directly overseeing managers and team captains / captains groups
- 13. Recording locker numbers, combinations

Team Captains

- 1. Lead team through warm-ups at practice and competitions
- 2. Lead team in conditioning drills and PTAs throughout the season
- 3. Make sure all wrestlers shower after practice and competitions and apply Ken-Shield before and during competitions
- 4. Coin toss before dual competitions
- 5. Mentor younger wrestlers, encourage teammates in a positive manner, and lead by positive example

STAFF DIRECTORY

Bobby Bovaird, Head Coach	Brandon Ott, Asst. Coach	Philip Dean, Asst. Coach
1311 N 1 st St. East	515 N 7 th St.	302 N 3 rd St.
Louisburg, KS 66053	La Cygne, KS 66040	Louisburg, KS 66053
(913) 424-0999—cell	(785) 893-0630—cell	(816) 808-1936—cell
(913) 837-1747—school	ott_b@yahoo.com	deanp@usd416.org
bovairdr@usd416.org		



POST-PRACTICE ASSIGNMENTS

	PTA Make-Ups	Locker-Room
Nov. 12 through 16		
Nov. 19 through 23		
Nov. 26 through Nov. 30		
Dec. 3 through 7		
Dec. 10 through 14		
Dec. 17 through 21		
Dec. 31 through Jan. 4		
Jan. 7 through 11		
Jan. 14 through 18		
Jan. 21 through 25		
Jan. 28 through Feb. 1		
Feb. 4 through 8		
Feb. 11 through 15		
Feb. 18 through 22		

Locker-room Duty: You will need to be visible in the locker-room for about 20 minutes. You may either stand in the locker-room or you may be in the P.E. coaches office. After this time has elapsed, you will need to herd the remaining athletes out as quickly as possible. Be sure that athletes are not horsing around in the shower, that no hazing is occurring, and that the athletes are picking up after themselves.

PTA Make-Ups: After practice on these days, the coach on PTA Make-Up Duty will need to remain in the practice room. A PTA make-up for an <u>excused absence</u> will consist of a strenuous 15-minute workout session. A PTA make-up for an <u>unexcused absence</u> will consist of a strenuous 45-minute workout. If a wrestler is not performing up to par, you may send him out of the room. Be sure to inform the athlete that the PTA does not count and that he will have to complete another full 15-minute session.

DYNAMIC WARM-UP ROUTINES

Start your <u>personal</u> warm-ups by 3:25 – <u>Team</u> warm-ups start at 3:30

Jog, following captains	ST. CLOUD STATE WARM-UP	Lines, Facing Captains
5-minute jog (roll out shoulders and neck) Stance—shuffle in, shuffle out Skip High knees Lunge reach back Quad pull Spiderman walks Carioca high knee—shuffle in, shuffle out	Duck Walk Penetration Steps Stance / Sprawls Forward Rolls High Kicks Hip Heists Cartwheels Cartwheels w/ Round-off Walk on Hands	Fire hydrant—R/L leg (forward/back) Hip-to-hip—5 each side Back neck bridge—10 seconds UPA drill—10 Pointers—5 Superman drill—5 Scorpion—5 Push-ups—25 <u>PERFECT</u> Planks—30 <u>INCREASING</u> Tip-Ups Buddy Lifts—Partner, 10 lifts

PARTNER DRILLS

Partner Pull-Ups Wheelbarrow Squat-and-Thrust
Wheelbarrow Rows (one arm) Partner Curls
Fireman's Squats Gut Wrenches Rockies (kick-overs)

SHADOW WRESTLING / POSITIONING DRILLS

Stance and Motion

1—Head-block 2—Re-attack (inside or outside shot) 3—Sprawl 4—Re-attack 5—Re-attack x3

MATCH PREP WARM-UP SERIES

Jog

(5 minutes)

(Full warm-ups on, headgear on, running as a team)

STATIC STRETCH

(5 minutes)

(Warm-ups on, headgear on, stretch on your own)

WRESTLING CALISTHENICS

(5 minutes)

(Jackets off, sweats and headgear still on)
Shadow-Wrestling / Positioning Drills

JOG, DYNAMIC STRETCH

(5 minutes)

(Jackets off, sweats and headgear still on)

Shuffle-in, shuffle-out, skip, spiderman crawls, high kicks, lunge and reach-back, quad pulls, penetration shots, cartwheels, forward rolls, walk on hands

WRESTLING CALISTHENICS

(10 minutes)

(Sweats off, headgear on)

Neutral Wrestling

Shot-Counter-Shot

Mantis: Offense, spin to spiral Mantis: Defense, circle sweep to double

Mantis: Defense peak-out to spiral

FH: Offense circle to cradle/wrap-around

FH: Defense sucker-drag out

Mat Wrestling

Top: Breakdown Drill Top: Mat Returns Bottom: Smash Drill

Bottom: Base Drill

Bottom: Hard Sit (switch or sit-and-turn)

Both: Follow-Drill

OPEN MOVEMENT

(5 minutes)

Takedowns, mat wrestling, jogging, etc.

CONCLUSION

5 Hard Sprints as a team

5 Hard Sprints / 5 minutes jumping rope after EVERY MATCH



PTA CONDITIONING DRILLS

P.T.A. #1 (WRESTLING)

1.Sit-and-Turn – on own

2.Sit- and-Turn – Top Ride

3.Shoot and Leapfrog

4. Push-Pull Drill

5.Head-Drive Drill

6.Repositioning / Hip Jam

7. Spin Drill

8. Snap and Spin

9.Lifts – 5 front, 5 side, 5 behind

10. Scarecrow Penetration Steps

P.T.A. #2 (PARTNERS)

1. Wheelbarrow Push-ups

2. Pullover Bridge / Rockies

3.Mat Pull-Ups

4. Handstand Push-Ups

5. Piggyback Carries

6.Dogsleds

7. Buddy hops

8. Partner Sit-ups

9.Gut Wrenches

10. Explosions

P.T.A. #3 (No Partners)

1.Sprawls – jam hip

2. Grass Drills

3. Sprawls to Knee Jumps

4. Mountain Climbers

5.Jog / Sprint in place on whistle

6. Superman Jumps

7.Seals

8.Crabs

9.Bear Crawls

10. Push-ups to Failure



ZIPPERS Sprint to the end of the mat x6

1. Back-peddle

Watch behind you; pump your arms

2. Bear Crawl

Weight on hands, head up, hips down

3. Hops

Hands behind your head, deep squat, jump both feet at the same time

4. Penetration steps

Stay in a stance, change levels, explode with your shots

5. Backwards Bear Crawl

Weight on hands, head up, hips down

6. Sprint

Full-sprint down and back; finish with 10 push-ups



PRACTICE SCHEDULE TEMPLATE

	Weight check, practice preparation Dynamic Warm-Up
PRACTICE 3:45 – 4:10	E: Session 1 –
4:10 – 4:35	Session 2 –
4:35 – 4:40	Water Break
4:40 – 5:10	Session 3 –
5:10 - 5:30	Practice Conclusion
POST-PRA	ACTICE: ents / Reminders:
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PRACTICE SCHEDULE VARIATIONS

Red Flag Day:

- Mixture of live wrestling and conditioning drills
- Effective dynamic warm-up is critical
- High-intensity atmosphere during practice
- Extended cool-down at the end

Match Prep:

- Begin with match-prep drill series
- Conditioning based on weight management (zippers, monkey rolls, AMRAP sets, the "half dozen," PTA Drills, Thunderstruck, etc.
- 10-minute jog
- 10-minute sparring match
 - o 3:00 takedowns (3 each, escape w/ stand-up)
 - o 2:00 top-work (2 breakdowns, 2 turns, reverse with switch)
 - o 2:00 takedowns (2 each, hard cut)
 - o 2:00 top-work (2 breakdowns, 2 turns, reverse with switch)
 - o 1:00 takedowns (1 each, hard cut)
- Controlled live
- Free movement (sprints, drills, conditioning, jump ropes, etc.)

Black Flag Day:

- 5-man groups, #5 is the Black flag wrestler (no breaks)
- 1-minute live wrestling, rotation A
- 1-minute live wrestling, rotation B
- 2-minute live wrestling, rotation A
- 12-minute conditioning, led by Black Flags



VARSITY MEETS-TIMES AND ASSIGNMENTS

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u>	Start Time:	Coaches Mtg.	Depart:	Weigh-In:	<u>Administrator</u>	Excused:	Points:	Coaches:
Tue.	11/26	Purple-White Scrimmage	HOME	6:30 PM	_	_	<u> </u>	_	_	_	All
Sat.	12/1	Ft. Scott Duals	Ft. Scott	9:00 AM	8:30 AM	6:30 AM	6:00 AM	6:15 AM	—	3	Bovaird
Fri.	12/7	Baldwin December Duals	Baldwin	4:00 PM	—	2:00 PM	7:00 AM	7:15 AM	1:45 PM	3	All
Weds.	12/12	Olathe West Dual	HOME	6:00 PM	_	_	7:00 AM	7:15 AM	_	1	All
Sat.	12/15	Tonganoxie Inv.	Tonganoxie	9:00 AM	8:00 AM	6:30 AM	6:00 AM	6:15 AM	_	3	All
Sat.	1/5	Wildcat Classic	HOME	9:00 AM	7:30 AM	—	7:00 AM	7:00 AM	—	3	All
Thurs.	1/10	Spring Hill Dual	HOME	6:00 PM	—	—	7:00 AM	7:15 AM	—	1	All
Sat.	1/12	Topeka Invitational	Topeka	9:00 AM	7:30 AM	6:00 AM	5:30 AM	5:45 AM	—	3	
Fri.	1/18	Parsons Dual	Parsons	3:30 PM	2:30 PM	12:00 PM	7:00 AM	7:15 AM	11:45 AM	3	
Thurs.	1/24	Ottawa Dual	Ottawa	6:00 PM	—	4:30 PM	7:00 AM	7:15 AM	<u>—</u>	1	All
Sat.	1/26	Baldwin Inv.	Baldwin	9:00 AM	7:15 AM	6:00 AM	5:30 AM	5:45 AM	—	3	All
Weds.	1/30	Lawrence Dual	Lawrence	5:30 PM	_	3:00 PM	7:00 AM	7:15 AM	2:45 PM	1	All
Thurs.	1/31	Piper Dual	HOME	6:00 PM	—	_	7:00 AM	7:15 AM	—	1	All
Sat.	2/9	Frontier League	Paola	9:00 AM	7:30 AM	7:00 AM	6:15 AM	6:30 AM	_	3	All
Fri.	2/15	4A Regionals, day 1	TBA	TBA	TBA	TBA	TBA		TBA	_	All
Sat.	2/16	4A Regionals, day 2	TBA	TBA	TBA	TBA	TBA		TBA	—	All
Fri.	2/22	4A State, day 1	Salina	TBA	TBA	TBA	TBA		TBA	_	All
Sat.	2/23	4A State, day 2	Salina	TBA	TBA	TBA	TBA		TBA	_	All

JV MEETS-TIMES AND ASSIGNMENTS

<u>Day</u>	Date	<u>Opponent</u>	Location	Start Time:	Coaches Mtg.	Depart:	Weigh-In:	Administrator	Excused:	Points:	Level:
Sat.	12/1	Blue Valley North JV	BVN	8:00 AM	7:00 AM	6:30 AM	6:00 AM	6:15 AM	_	3	Ott / Dean
Thurs.	12/6	BVNW JV Mixer	BVNW	6:00 PM	_	4:15 PM	7:00 AM	7:15 AM	_	2	
Fri.	12/7	Baldwin December JV	Baldwin	4:00 PM	_	2:00 PM	7:00 AM	7:15 AM	1:45 PM	2	All
Mon.	12/10	Baldwin JV Mixer	Baldwin	4:30 PM	_	2:30 PM	7:00 AM	7:15 AM	2:15 PM	2	
Weds.	12/12	Olathe West Dual	HOME	6:00 PM	—	—	7:00 AM	7:15 AM	—	1	All
Thurs.	1/10	Spring Hill Dual	HOME	6:00 PM	—	—	7:00 AM	7:15 AM	—	1	All
Sat.	1/12	BVNW JV	BVNW	9:00 AM	7:30 AM	7:00 AM	6:00 AM	5:45 AM	—	3	
Thurs.	1/17	BVW JV Mixer	BVW	6:00 PM	—	4:30 PM	7:00 AM	7:15 AM	—	2	
Sat.	1/19	Bishop Miege 9th Grade	Bishop Miege	8:00 AM	7:00 AM	6:15 AM	5:45 AM	6:00 AM	—	3	
Thurs.	1/24	Ottawa Dual	Ottawa	6:00 PM	—	4:30 PM	7:00 AM	7:15 AM	—	1	All
Weds.	1/30	Lawrence Dual	Lawrence	5:30 PM	—	3:00 PM	7:00 AM	7:15 AM	2:45 PM	1	All
Thurs.	1/31	Piper Dual	HOME	6:00 PM	—	—	7:00 AM	7:15 AM	—	1	All

***TIMES SUBJECT TO CHANGE!