

## **PACER WRESTLING NEWS - WEEK OF JANUARY 25**

Congratulations to Lucas Schevikhoven (4th), Keenan Robinson (4th) and Japheth Patterson (7th) for placing at Sheboygan this Saturday. This is probably the toughest tournament of the year, so it's quite an accomplishment.

**Conference dual meets** continue this Wednesday as we travel to Martin Luther. Now that we've beaten BCC and St. Joe's, the simple way to a conference championship is to beat Martin Luther. Like last week, it's winnable but not automatic, so we need to put in the best preparation we can.

### **Practice Schedule**

Monday - 3:12-5:25

Tuesday - 3:12-5:25 **no study hall**

Wednesday - **wear shirt & tie? - Dual meet at Martin Luther**

study hall - 3:10-3:50

Load bus at 5:00 PM

weigh in 6:00 - wrestle at 7:00

Thursday - Home dual meet vs. Big Foot

study hall - 3:10-3:50

Meet in gym at 5:25

weigh in 6:00 - wrestle at 7:00

Friday - 3:12-5:00 Practice

Saturday - Enjoy your day off! Active rest (walking, light running) and mental focus on the upcoming postseason.

### **Volunteers needed for home tournament**

The Pacer Premier is on Feb. 6. We already have a lot lined up, but still need help to run a top-notch tournament again. If you haven't gotten the volunteer info by email about jobs to fill and food to bring, please let me know!

### **Note on weather conditions:**

- If school is cancelled due to weather, all competitions and practices are also automatically cancelled/postponed.
- If an evening event is cancelled/postponed during the school day, that notification will go out in several different ways, including this email list.
- Saturday tournaments are usually not cancelled due to weather unless it is very extreme- they cannot really be made up. If I find out the morning of the tournament that it has been cancelled, I will send out an email to this list as soon as I can.

### **Meet at Martin Luther**

5:00 - load bus

6:00 - Weigh-in

7:00 Wrestle

Location: 5201 S 76th St, Greendale, WI 53129 (Across from Southridge)

If we win, we win the conference championship! Come ready to wrestle your best!

### **Home meet vs. Big Foot (grade school / senior night)**

Meet in gym 5:25 PM --- Weigh in: 6 PM --- Wrestle: 7 PM

Watch for an email survey for senior night on Thursday. Also note that grade school students attend for free - encourage relatives and friends to come!