

Pacer Wrestling News - Week of December 19, 2016

Practice Schedule:

Monday: 3:15-5:25

Tuesday: 3:15-5:25

Wednesday: Away dual meet at Lake Country Lutheran - wear shirt & tie to school
3:10-3:40 Study Hall 4:40 - Load bus

Thursday: 3:12-5:00 practice

Friday: no school or practice

Merry Christmas!

Pizza Orders Arrive Tuesday

Pizzas are expected to arrive on Tuesday. If you have not paid yet, checks may be made out to SLHS Wrestling. Please make plans, if possible, to bring pizzas home after practice on Tuesday.

Away Dual Meet - Lake Country Lutheran, Wednesday, December 21

Load Bus: 4:40 -- Weigh-in: 6:00 -- Wrestle: 7:00

Location: 401 Campus Dr, Hartland, WI 53029

Study Hall: 3:10-3:40

Lake Country is a conference opponent now. Looking at TrackWrestling, it looks like they have a decent-sized roster, but not a lot of experience. We should be able to get a good number of matches, probably for JV also.

See roster below for information.

Vacation Workouts

We have practice scheduled on January 3 from 9-11 AM. Until then, wrestlers should do whatever they can to keep their conditioning levels up. There may be opportunities to come in to school during vacation. If that happens, I will keep you posted.