

---

# Prior Lake Wrestling

---

7 Time Section 2AAA Champions 2006, 2008, 2011, 2012, 2013, 2014, 2015

4 Time State Team AAA 3<sup>rd</sup> Place 2011, 2012, 2013, 2015

State Team Runner Up AAA 2014

## Preseason PAC Agenda

- ☐ Welcome
- ☐ My Purpose Statement: I coach to develop young men and women of integrity who learn self-discipline, mental toughness and selflessness on and off the mat.
- ☐ Coaches
- ☐ Welcome new families
- ☐ Wrestling Website: [www.priorlakewrestlingclub.org](http://www.priorlakewrestlingclub.org)
- ☐ Season Calendar
  - ☐ Competition Schedule
  - ☐ Morning workouts
  - ☐ JV vs. Varsity events
- ☐ Handbook items
  - ☐ Letter requirements (pg. 3)
  - ☐ Practices (pg. 5)
  - ☐ Challenge System (pg. 6)
- ☐ Fundraiser Saturday, November 18th 10:00am - 2:00pm
- ☐ Pizza Sales - HS wrestlers only
- ☐ Family/Corporate Sponsorships - Chad LeMair
- ☐ Facebook
- ☐ Twitter: @PLHS\_Wrestling
- ☐ Group Me

Notes:

---

---

---

---

---

---

---

---