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# Prior Lake Wrestling

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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
  - Weight Certs
  - Clean practice gear
  - Morning workouts
  - JV vs. Varsity events
- Handbook items
  - Letter requirements (pg. 3)
  - Practices (pg. 5)
  - Challenge System (pg. 6)
- Fundraiser Saturday, November 16th 10:00am - 2:00pm
- Pizza Sales - HS wrestlers only
- Family/Corporate Sponsorships - Chad LeMair
- Facebook
- Twitter: @PLHS\_Wrestling
- Group Me

Notes:

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