

PACER WRESTLING NEWS – WEEK OF DECEMBER 9

We had a great day on Saturday. I could see evidence of all the hard work the wrestlers have put in.

This Week's Schedule:

Monday - practice 3:00-5:25

Tuesday - practice 3:00-5:25 -

We still have a lot of open spots in our lineup, so **new wrestlers would be most welcome.**

Wednesday - Milan will be here for anyone who has not done their **skinfold**

practice 3:00-5:00 (out early for those who want to attend Advent services)

Thursday - Dual Meet @ St. Joe's - All wrestlers - competition starts at 7. Bus loads at 4:15

We will get matches for as many as we can, but won't know for sure until shortly before the meet begins.

Friday - Practice 3-4:45 (out early for Christmas concert)

Saturday - Day off - Active rest (take a walk; light workout, etc.) Recover, eat healthy & stay hydrated.

Dual Meet - @ St. Joe's, Thursday 7 PM

4950 S Lake Dr, Cudahy, WI 53110

Schedule:

3:00-Wrestlers meet on stage for study time; send me a screenshot of your grades.

4:00-4:45 Free time

4:15- Load bus

5:00 weigh in

6:00 wrestle

We will try to get matches for everyone, but won't know until a little before the meet.

Note: I won't be there because I will be attending Zach's college graduation. Congratulations, Coach Zach!

Coach Patterson will come on the bus and other coaches too I think.

No tournament this weekend. Enjoy the day off!