

WRESTLING EMAIL #2

11/18/2019

DOC: https://docs.google.com/document/d/1HQcdFdAHdy8QysewR_La8M0LTI9V3agWimsyt4m04-Y/edit?usp=sharing

Hello Oldtimers and any new families, It's week one of the 2019-2020 Wrestling Season! Today will be the first official practice in our new home GAC Fitness!

This email will contain the following:

1. Alpha Weigh-Ins
2. Friday Practice on Campus
3. Regulators Wrestling Club
4. 2-Week Schedule-Note Change on Friday 11/22/19

1-Alpha Weigh-ins

- [Saturday November 23rd 2019-8:50AM](#)
- [North College Hill High School, 1620 West Galbraith Road, North College Hill, OH 45239](#)
- 8:50am Alpha Weigh-ins
- 10AM approximate (Maybe Sooner)
- [Flyer](#)

2-Friday Practice on Campus

*We will have a **SHORT** Practice on Campus Friday in order to increase visibility and hopefully recruit more Wrestlers!!!!!!!!!!!!!!*

3-Regulators Wrestling Club

- Anyone Grades K-8
- 6:30PM-8:30PM
- December-Janurary-February
- [Flyer](#)

4-2Week Schedule (Click Link On Picture)

Monday	11	18	2019	#VarsityWrestlingPractice	4:30PM-6:30PM	GAC Fitness 827 WEST Central Avenue, Springboro, OH 45066	Meet in front of Building Please wear Long Pants and Sleeves
Tuesday	11	19	2019	#VarsityWrestlingPractice	4:30PM-6:30PM	GAC Fitness 827 WEST Central Avenue, Springboro, OH 45066	Meet in front of Building Please wear Long Pants and Sleeves
Wednesday	11	20	2019	#VarsityWrestlingPractice	4:30PM-6:30PM	GAC Fitness 827 WEST Central Avenue, Springboro, OH 45066	Meet in front of Building Please wear Long Pants and Sleeves
Thursday	11	21	2019	#VarsityWrestlingPractice	4:30PM-6:30PM	GAC Fitness 827 WEST Central Avenue, Springboro, OH 45066	Meet in front of Building Please wear Long Pants and Sleeves
Friday	11	22	2019	#VarsityWrestlingPractice	4:30PM-6:30PM	North College Hill High School, 1620 West Galbraith Road, North College Hill, OH 45239	
Saturday	11	23	2019	Alpha Weigh-ins	8:50 AM	N/A	N/A
Sunday	11	24	2019	DAY OFF	N/A	N/A	N/A
Monday	11	25	2019	#VarsityWrestlingPractice	4:30PM-6:30PM	GAC Fitness 827 WEST Central Avenue, Springboro, OH 45066	Meet in front of Building Please wear Long Pants and Sleeves
Tuesday	11	26	2019	#VarsityWrestlingPractice	4:30PM-6:30PM	GAC Fitness 827 WEST Central Avenue, Springboro, OH 45066	Meet in front of Building Please wear Long Pants and Sleeves
Wednesday	11	27	2019	#2019ThanksgivingBreakPractice	9AM 12PM 3PM 6PM	GAC Fitness 827 WEST Central Avenue, Springboro, OH 45066	Meet in front of Building Please wear Long Pants and Sleeves
Thursday	11	28	2019	Happy Thanksgiving!	N/A	N/A	N/A
Friday	11	29	2019	#2019ThanksgivingBreakPractice	9AM 12PM 3PM 6PM	GAC Fitness 827 WEST Central Avenue, Springboro, OH 45066	4 Practices to choose from
Saturday	11	30	2019	#2019ThanksgivingBreakPractice	9AM 12PM 3PM 6PM	GAC Fitness 827 WEST Central Avenue, Springboro, OH 45066	4 Practices to choose from
Sunday	12	1	2019	DAY OFF	N/A	N/A	Football Team Banquet-4PM

As always please contact me with any questions, concerns or comments!

Our time is your time.

Adam Coffey

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-Fenwick Wrestling 2020 All Hands On Deck