

Wrestling Email #1

11/15/2019

DOC:	https://docs.google.com/document/d/1ZkFLn3VL3MLEYK-eWtyLkr2Th6h_E63Laaf11mc4Wfo/edit?usp=sharing
PDF:	

Hello Everyone, Wrestling season is upon us again!

We are heading into a challenging and exciting season in our new home GAC Fitness!

This email will contain the following:

1. Wrestler Meeting 11/15/19
2. Alpha Weigh-Ins
3. 2-Week Schedule

1-Wrestlers Meeting

- Lift after School
- Meet in Teachers Workroom
- Dismissal 5:30PM
- [Wrestlers Meeting Agenda](#)

2-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](#)

3-2Week Schedule (Click Link in 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	GAC Fitness 827 WEST Central Avenue, Springboro, OH 45066	Meet in front of Building Please wear Long Pants and Sleeves
Saturday	11	23	2019	Alpha Weigh-in	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