

2019-20 PAL Practice Schedule

Team	MON	TUE	WED	THUR	FRI
Elementary	6:15-7:30pm @ FIT CLUB	OFF	5:30-6:45pm @ FIT CLUB	OFF	OFF
Competition Team/ Middle School	OFF	6-7:30pm @ WARDE	OFF	6 - 7:30pm Ludlowe	6-7:30PM Warde HS

*****If there is no school or early dismissal, there is no practice** (fit club could have practice, we would confirm) ***FIT CLUB will be used as an alternate practice site for the competition team.***

<u>Elementary School Team</u>	<u>Dates</u>
First Practice	2-Dec
Program Ends	March 2nd

<u>Competition/Middle school Team</u>	<u>Dates</u>
First Practice	3-Dec
Program ends	March 3rd

<u>Practice Locations</u>
<p><u>Warde HS - Warde Wrestling Room</u> Warde wrestling room located in the balcony of the small gym.</p>
<p><u>**FIT Club (Boost site) - 210 Old Dam Rd</u></p>
<p><u>Ludlowe HS = Ludlowe Wrestling room</u> access school through entrance across from football field entrance Go straight room located across from locker rooms.</p>

For updated forms and info go to :
 USA wrestling tournament information and events schedule: www.usawct.org
 Coach Shaughnessy's Email: Coachshaughnessy@gmail.com (email me to be part of the distribution list for PAL)
 When emailing me indicate the child's name and the team (elementary/Middle or competition team)
 Wrestlers should purchase wrestling shoes or they will practice in socks. Wrestling headgear is also a good idea.
 Wrestlers may move into the competition team at any time by purchasing a USA card (\$42) from Coach Shaughnessy.