

Practice & Team Information for the first 2 weeks

Monday	First Practice	2:00 to 4:00
Tuesday	Practice	2:00 to 4:00
Wednesday	Practice	8:30 to 10:30
Thursday	NO PRACTICE	THANKSGIVING
Friday	Practice Friday Fun Night	4:00 to 6:00

We will be having our fund-raising campaign after practice. Make sure to have 20 e-mail addresses to send letters to. If you have more connections bring as many so wrestlers that don't have 20 can use them.

	Practice/Takedown Scrimmage	
Saturday	Wreath pick-up after scrimmage	9:00 – 11:00
Monday	Practice	3:15 to 5:15
Tuesday	Practice	3:15 to 5:15
	Certification Night all parents need to be here for meeting	6:30
Wednesday	Practice	3:15 to 5:15
Thursday	Practice	3:15 to 5:15
Friday	White Bear Lake Quadrangular	Matches at 4:30pm, 6:00pm, 7:30pm

I am looking forward working with you and your sons in making this year a year to remember. We stress **TEAM** and **COMMITMENT**. We all need to share in this responsibility to each other. I wish you all the best in 2017 - 2018 season.

“Go Bears”
Coach Nasvik