

Practice & Team Information for the first 2 weeks

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| Monday Nov. 21st | First Practice | 2:00 to 4:00 |
| Tuesday Nov. 22nd | Practice | 2:00 to 4:00 |
| Wednesday Nov. 23rd | Practice | 8:30 to 10:30 |
| Thursday Nov. 24th | NO PRACTICE | THANKSGIVING |
| Friday Nov. 25TH | Practice | 4:00 TO 6:00 in gym |

Friday Fun Night

We will be having our letter writing campaign after practice. Make sure to have 5 addresses to send letters to. If you have more connections bring as many so wrestlers that don't have 5 can use them.

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| Saturday Nov 26th | Practice/Takedown Scrimmage | 9:00 – 11:00 |
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Wreath pick-up after scrimmage

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| Monday Nov 28th | Practice | 3:15 to 5:15 |
| Tuesday Nov. 29 th | Practice | 3:15 to 5:15 |

Certification Night all parents need to be here for meeting @ 6:30

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| Wednesday Nov 30th | Practice | 3:15 to 5:15 |
| Thursday Dec 1st | Practice | 3:15 to 5:15 |
| Friday Dec 2nd | Practice | 3:15 – 5:15 |
| Saturday Dec 3rd | Elk River Quad | 9:00, 11:00, and 1:00 times are approx. |

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 2016 - 2017 season.

“Go Bears”

Coach Nasvik