



# Indian Woods Wolf Pack Wrestling 2019



**Who?** Any Indian Woods seventh and eighth grade student.

**What?** Learn fundamental wrestling skills and engage in competition. Wrestling promotes good physical and mental conditioning.

**When?** The wrestling season is from September 23 through November 9. Practice every day after school from 4:00-5:45. Wrestlers will compete in five dual competitions.

**Where?** Practice location is still TBD. Dual competitions will be scheduled at SMSD high schools.

**How?** Fill out a sports packet with completed physical form and return to IW office by Wednesday, September 11.

- There will be a preseason informational parent meeting on Thursday, August 29 @ 7pm in IW library.

Coaches – Coach Gavin Spake, Coach Kelsey Blackman