

2009-10 PAL Practice Schedule

Team	MON	TUE	WED	THUR	FRI
Elementary	6:30 - 7:45pm Ludlowe HS	OFF	OFF	6:30 - 7:45pm Warde HS	OFF
Middle School	OFF	6:30-8pm Warde HS	OFF	6:30 - 8pm Ludlowe HS	OFF
Competition Team	6:30 - 8pm Warde HS	6:30 - 8pm Warde HS	OFF or Match*	OFF or Match*	6:30 - 8pm Warde HS

If there is no school or early dismissal, there is no practice

**See competition team match schedule*

Elementary School Team

First Practice November 30th

Last practice March 4th

Skip Days

12/24, 12/28,
12,31, 1/18, 2/15,
2/18

Practice Locations

Warde HS - Warde Wrestling Room

Warde wrestling room located in the balcony of the small gym.

Middle school Team

First Practice December 1st

Last Practice March 4th

Skip Days

12/24, 12/29,
12/31, 2/16, 2/18

Ludlowe HS = Ludlowe Wrestling room

access school through
entrance across from football field entrance
Go straight room located across from locker rooms.

Competition Team

First Practice November 30th

Last Practice March 12th

Skip Days

12/25, 12/28,
12/29, 12/31, 1/1,
1/18, 2/15, 2/16,
2/18

For updated forms and info go to : www.wardewrestling.com (click on teams Link then PAL Wrestling).

USA wrestling tournament information and events schedule: www.usawct.org

Coach Shaughnessy's Email: Coachjay@charter.net (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 (\$35) from Coach Shaughnessy.