

PENNSAUKEN



WRESTLING

2011 - 2012

Pre Season Information Sheet

"The cowards never started and the weak died along the way." - Kit Carson

What Do I Need To Know?

- Practice Begins on **Monday November 28th @ 2:20**
 - Practices will run until the 5:30 bus **EVERY DAY**
 - No physical = No try out - **NO EXEMPTIONS**
 - We will make cuts this season - We cannot practice during the Fall Break and our priority is to win a team championship this season!
- There are **NEW** weight classes this season
 - 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
 - You should be planning where you want to wrestle **NOW**
- Hydration / Weight Certifications happen **EARLIER** this season
 - **MUST** be certified by December 16th or you cannot wrestle (per NJSIAA)
 - We will probably be testing the weekend of December 9th-11th (only one week before the deadline)
 - **YOU ONLY HAVE 2 WEEKS OF PRACTICE TO GET TO YOUR DESIRED WEIGHT CLASS!!!**
 - If you do not pass hydration when the team goes, you are **REQUIRED** to pay for your make up test at the testing site at the time of your make up test (\$5)
 - There will be **NO APPEALS** this year (if you are 1 pound off of your weight at the time of testing you could be not allowed to wrestle at that weight)

If you aren't eligible (either academically or because of not having a physical) you will be notified by Coach Mossop
If you have any questions, comments or concerns please contact Coach Mossop at emossop@pennsauken.net

CODE RED

Learn it, Live it, Respect it